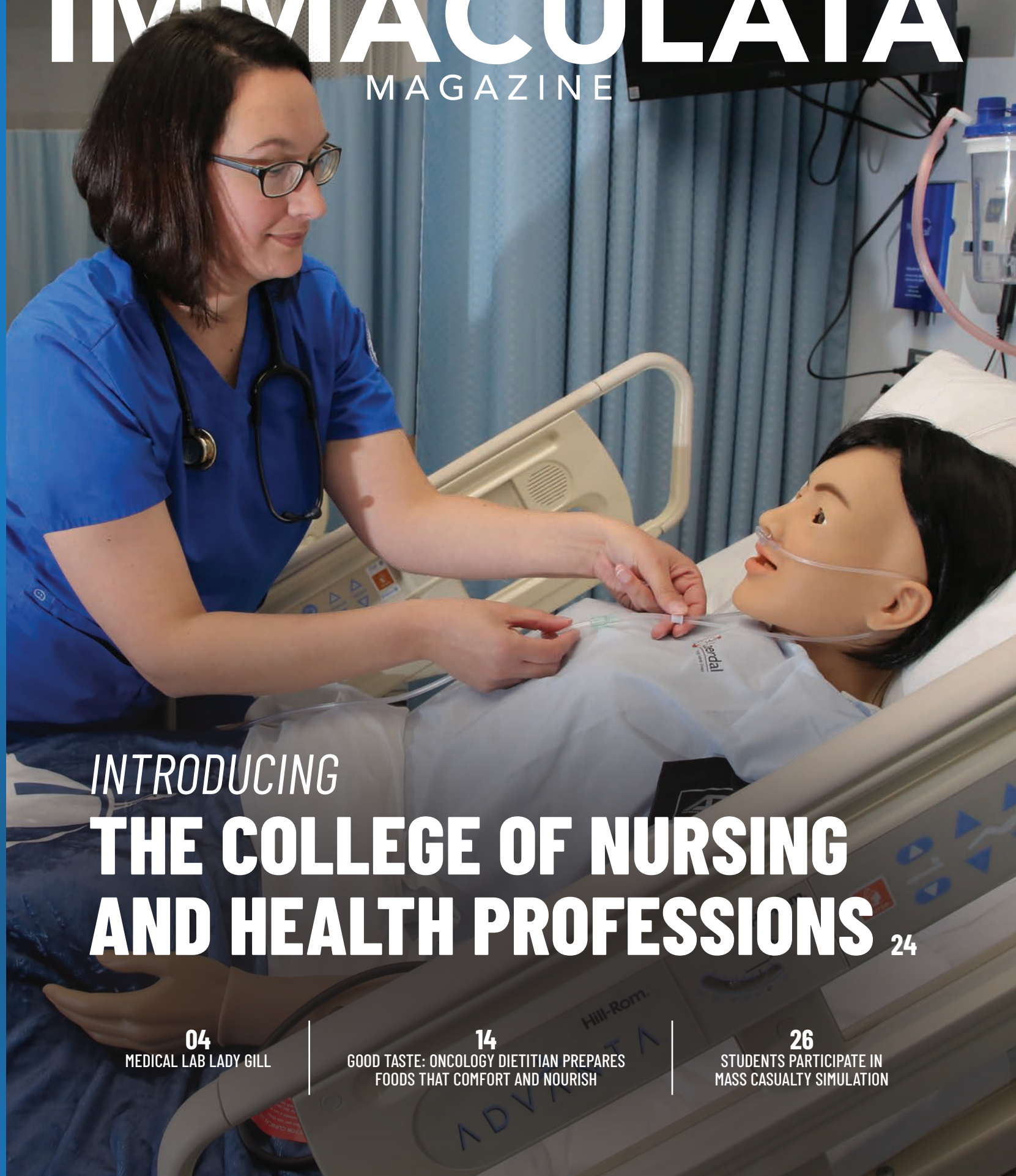


IMMACULATA

MAGAZINE



INTRODUCING THE COLLEGE OF NURSING AND HEALTH PROFESSIONS 24

04
MEDICAL LAB LADY GILL

14
GOOD TASTE: ONCOLOGY DIETITIAN PREPARES
FOODS THAT COMFORT AND NOURISH

26
STUDENTS PARTICIPATE IN
MASS CASUALTY SIMULATION

IMMACULATA

MAGAZINE

Immaculata University
Winter 2023 Issue
magazine.immaculata.edu

Immaculata Magazine is published by Immaculata University's Communications Department. Immaculata Magazine showcases the incredible work of the University community.

PRESIDENT

Barbara Lettiere '72

VICE PRESIDENT FOR COMMUNICATIONS & MARKETING

Steven Kendus, MPA

EDITOR

Lydia Szyjka '09 M.A.

ART DIRECTOR & DESIGNER

Michaela Currie

DESIGN INTERN

Abigail Yarrison '24

EDITORIAL

Allison Duncan
Lydia Szyjka '09 M.A.
Abigail Yarrison '24

PHOTOGRAPHY

Payton Atkinson '25
Crabtree, Rohrbaugh
& Associates – Architects
Michaela Currie
Shannon Garland '17
Hunter Martin
Jaci Downs Photography

DIGITAL MAGAZINE EDITOR

Paul Dempsey

WE WANT TO HEAR FROM YOU

Please send us your feedback by emailing macmedia@immaculata.edu.

Thank you to the Immaculata Magazine editorial board for their support and guidance.

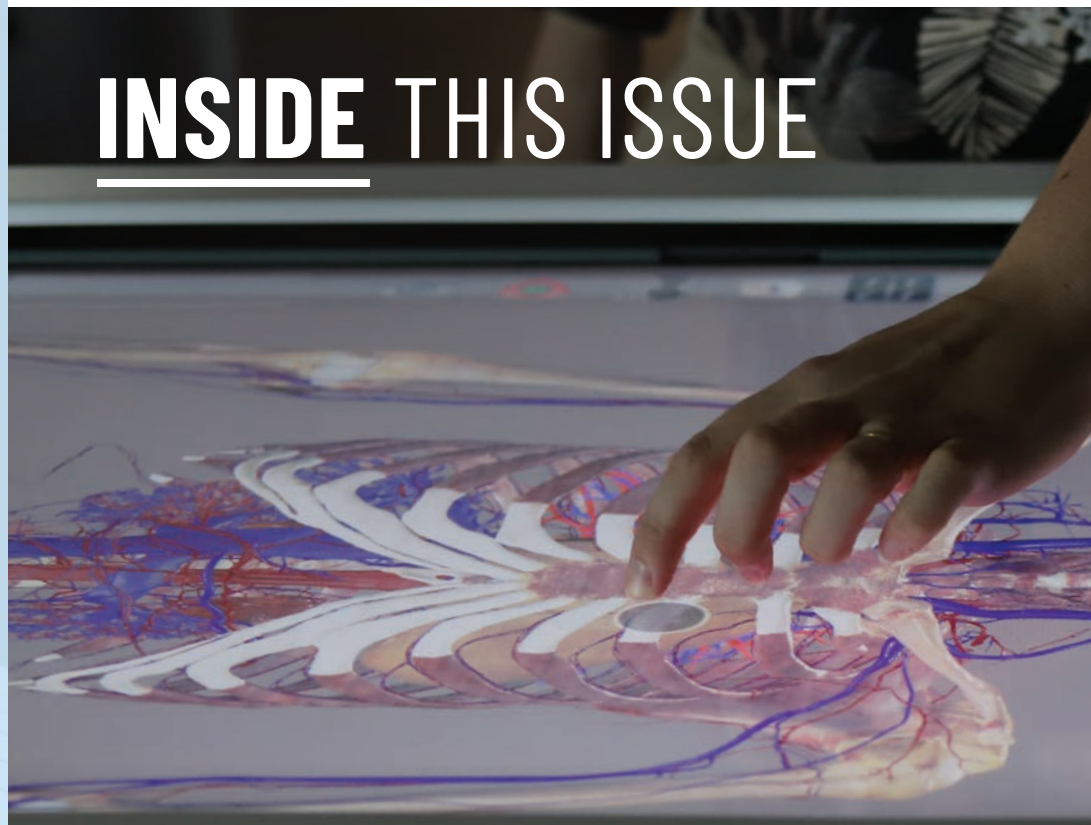


ON THE COVER

Nursing student Shauna Bassett '22 practices on a simulation mannequin in one of the eight nursing simulation labs housed in the new College of Nursing and Health Professions.



INSIDE THIS ISSUE



24

INTRODUCING THE COLLEGE OF NURSING AND HEALTH PROFESSIONS

Immaculata's programs in nursing, health care management, exercise science, athletic training, allied health and nutrition will be housed within the new college, opening fall 2023.



04 MEDICAL LAB LADY GILL

Tiffany Gill '04 is a YouTube star whose Cell Bowl competitions educate students and highlight the crucial work of medical lab professionals.



08 THE EVOLUTION OF IMMACULATA'S SCHOOL NEWSPAPER

Though it has evolved over the years, Immaculata's campus newspaper has always been created by students, enabling them to gain professional experience.



10 THE FIRST MIGHTY MAC CADETS

Last summer three students completed an Army Advanced Camp training. When they graduate from Immaculata, they will be the first students from IU to be commissioned as officers in the U.S. Army and sworn into the Pennsylvania National Guard.



14 GOOD TASTE: ONCOLOGY DIETITIAN PREPARES FOODS THAT COMFORT AND NOURISH

With her culinary and clinical training, Audrey Caspar-Clark '00, '09 M.A. helps oncology patients stay nourished and find foods they can enjoy.



22 A SPIRITUAL HOME FOR ALL STUDENTS

Immaculata's campus ministry programs are thriving, with input from student leaders and a new emphasis on Alphonsian-IHM spirituality.

IU 2022 Social Media Recap..... 7
 Students Explore, Experiment & Learn in New Applied Technology Lab 13
 Learning Support Services..... 16
 Head of the Class: IU Grad Percell Whittaker Opens Doors for Students..... 18
 Students Participate in Mass Casualty Simulation to Practice Life-saving Skills..... 26
 Faculty Farewell..... 37



LETTER FROM THE PRESIDENT

With the spring semester firmly underway, I hope our students recognize that it is not a sprint to May, but a journey to be enjoyed. As an alumna, I can attest that I spent many days worried about exams and projects and how to fit everything in. Looking back, I wish I would have worried less and enjoyed more—but often you don't think about these things until after you've graduated.

However, our students have the wonderful resources of Learning Support Services to help them stay on track—and organized—so they can be successful. You can read about their efforts to serve our students in this issue of the Immaculata Magazine.

We recently announced the creation of a College of Nursing and Health Professions (CNHP). With nearly a quarter of our undergraduate student population majoring in nursing, and with exercise science and allied health in the top 10, it was important for Immaculata to recognize the growth and interest in these areas and provide resources to ensure student achievement. Mary Powell, Ph.D., CRNP, CDCES, has the distinction of being the founding dean of the new college, which opens in fall 2023.

In the magazine, we like to feature our alums and the amazing things many of them are doing. I hope you enjoy reading about several of them who are involved in everything from helping cancer patients with nutrition issues to offering virtual learning for medical laboratory students.

You will also read about a number of things taking place here on campus. I am always humbled by the outstanding work our faculty and staff do for our students to make them successful.

I wish each of you a happy, peaceful and prosperous spring. Please keep Immaculata in your thoughts and prayers.

Barbara Lettiere '72



DEPARTMENTS

What's New at IU..... 20
 Class Notes..... 28
 Faculty Voices..... 38



MEDICAL
LAB LADY
GILL

Photo by: Carol Davis



MedicalLabLadyGill

225+
Videos

3.5M+
Views

31.1K
Subscribers

As of November 29, 2022

The last time your doctor told you to have blood work done, you probably went to a medical facility where a phlebotomist drew blood from your arm, and you were sent on your way. That sample was then sent to the lab where dozens of behind-the-scenes medical laboratory professionals analyzed the samples and provided a diagnosis.

Tiffany Gill '04, MLS (ASCP) is a medical laboratory scientist and tenured professor who is concerned about the medical laboratory's lack of visibility in the community. After all, pathologists, phlebotomists, medical laboratory scientists, medical laboratory technicians, histology technologists, and histology technicians are in high demand, and medicine, vaccines, diagnoses, and medicine dosages are made or influenced by laboratorians. Since most people do not know what medical laboratorians do and the critical roles they play in health care, Gill has tried to fix this problem. In fact, because of her long-standing and effective strides in calling attention to laboratorians, the American Society for Clinical Pathology (ASCP) recognized Gill as a Top Five "40 Under Forty" honoree and gave her the Career Ambassador Award for 2022.

YOUTUBE STAR

For over a decade, Gill has run the medical laboratory technology program at the College of Southern Maryland, where she also serves as the academic program coordinator. While teaching in the lab, she noticed that students would become disengaged if they had trouble seeing the demonstrations. To solve this problem, she started recording her lab demonstrations and making them available online.

"I thought I could do better for my students, improve transparency, and improve accessibility of the information so students would be able to review the content on-demand with the best seat in the house. Now, students are required to watch certain videos before classroom lab in order to prepare," Gill stated.

In 2017, she launched her own YouTube channel, Medical Lab Lady Gill, to offer the lab demonstration videos to anyone who wanted them. To her surprise, people across the world viewed them, especially during the pandemic when faculty members needed virtual learning tools. Students and professionals from all educational levels—including medical schools, laboratory education programs, and high schools—are using Gill's videos. Although the purpose of the videos is to support students, she also recognizes that it promotes the field and helps other program directors.

THE CELL BOWL

Gill's creativity didn't end with the Medical Lab Lady channel. As an active member of ASCP, she is a mentor and career ambassador who serves on the social media committee, where she is charged with developing an annual "passion project" that promotes and supports the profession.

For her first passion project, Gill took a competition she used in her medical laboratory technology program and made it a national event, the Cell Bowl. The Cell Bowl is a virtual NFL-style hematology competition where MLT and MLS college students must correctly identify up to 30 hematology cells in one minute using an app. The students who do this in the shortest amount of time earn points for their team. For

Photo by: Robert Gill



▲ PICTURED: Gill holds the ASCP Career Ambassador and ASCP 40 Under Forty Top Five Honoree 2022 awards at the 100th Anniversary Awards Luncheon.

“
Science
really is
art too;
it’s just
living art.”

TIFFANY GILL '04



► **PICTURED:** Gill is in the lab accessioning blood specimens into the MLT program’s laboratory information system.

the first four weeks, the regions compete against themselves, with the top two teams advancing to the playoffs. From this pool, the top three programs from the first round of the playoffs continue to the semi-finals. Finally, the top two programs vie for the Super Cell Bowl national title.

Seventy-one laboratory technology programs across the country participated in Cell Bowl I. In this year’s Cell Bowl II, 87 programs from 41 states and districts participated.

For each week’s virtual Cell Bowl segment, Gill and cohost Aaron Odegard, the former chair of ASCP’s council for laboratory professionals, highlight participating National Accrediting Agency for Clinical Laboratory Sciences (NAACLS) accredited medical laboratory educational programs, discuss advancement in the profession, and provide a tutorial on a specific hematology cell line. They also invite a hematologist to discuss the competition and provide a tutorial.

“We joke around and have a really good time, but it’s all very informative,” Gill states. “I have noticed that on the certification exam, it has helped our recent graduates to improve in the hematology section.”

Continuing to expand the reach of Medical Lab Lady Gill’s channel, she also created a microbiology Pictionary-like game in spring 2022. She invited world-renowned microbiologists and a pathologist who specializes in parasitology to help bring visibility to this section of the laboratory. However, according to Gill, no matter what tools you use to teach, you must reach your students, or the tools are not effective.

BUILDING A FOUNDATION

Growing up in Maryland, Gill wasn’t sure what interests to explore and turn into a career. She wanted to be a veterinarian, then a singer and finally a physician. After high school, she enrolled at Immaculata as a biology-chemistry major, which is the University’s pre-med program. As an undergraduate student, she learned the basics that would form the foundation for her career. Although she consistently made the dean’s list, was a member of the Immaculata Honor Society and the bio-chem club and president of Sigma Zeta (national honor society for natural sciences, computer science, and mathematics), she never relinquished her love for music. She joined the chorale, the show choir, started a saxophone quartet, was a member of the theater group and was active in the art department.

“I was a very artsy person, but I loved science as well,” Gill acknowledged. “Science really is art too; it’s just living art,” she pointed out.

When she graduated from Immaculata, she realized that what appealed to her about being a physician actually came from the laboratory. Soon she began working in a local hospital lab in Maryland while awaiting acceptance into the one-year MLS program at Medstar Washington Hospital Center School of Medical Technology in Washington, D.C. Gill worked in the cytopathology department while in the program. “I was excelling in a way that surprised a lot of people. They were like, ‘You already seem like you know what you’re doing.’ But they didn’t know my laboratory background,” Gill said.

After becoming ASCP certified, Gill began teaching in Medstar Washington Hospital Center’s program as the clinical chemistry instructor, training employees, and teaching students rotating in the laboratory from other institutions.

Since the early days of her career, Gill has indeed excelled in every aspect of her profession and is worthy of the accolades bestowed upon her. As a true advocate for her profession, she is shedding light—and recognition—on the field of pathology and laboratory medicine.

However, the best reward will come when more people understand what happens to their blood when it’s sent to the lab. 🔥



Photo by: Valerie Nyce, College of Southern Maryland

IU 2022 Social Media Recap

Here are some of Immaculata's most popular social media posts from the past year! Follow us on Instagram (@[immaculatau](#)) and Facebook to see eye-catching campus beauty, your favorite IU traditions, inspiring student stories and Mac clowning around.



FEB. 26, 2022

CONFERENCE CHAMPIONS! GO MACS!
21,450 VIEWS



OCT. 11, 2022

Mac is supporting his @phillies friends during #RedOctober
15,834 VIEWS



DEC. 2, 2022

A beloved Immaculata tradition: Carol Night 2022
15,640 VIEWS



DEC. 6, 2022

Another coveted IU tradition: Late Night Breakfast
14,278 VIEWS

OCT. 28, 2022



Dancing on our own for the Phillies World Series

24,662 VIEWS



635



10

IMMACULATAN

Extra! Extra! Read All About It!

The Evolution of Immaculata's School Newspaper

By Abigail Yarrison '24,
Immaculatan Editor-in-Chief

How did Immaculata students get their news before the Dome Digest campus e-newsletter and Instagram? How did students hear about upcoming events or the latest hot topic? The answer arrived in 1928 as The College Journal, Immaculata's campus newspaper.

From the start, the paper was, and still is, written, designed and edited by Immaculata students of all different disciplines. The first editions were published biweekly at the subscription price of \$1 per year. The College Journal was the go-to source for school news as well as gossip. There were classic columns, including Athletics, News of the Clubs, Music Notes and Alumnae News, and there were creative columns such as Poet's Corner, We've Often Wondered and Student Opinions. The gossip column, Of Spice and Men, began appearing in October 1936 and ran for over 15 years. Written by the mysterious "Snoop," the column was likely a hit for the ladies of Immaculata.

In 1934, The College Journal changed its name to The Immaculatan, and by the '70s, the small, light-hearted newspaper was a primary informant for campus community news. During the later decades, the staff shifted away from gossip and became more journalistic, focusing on columns dedicated to human interest, entertainment, world news and sports stories. In 2006, the paper's mission statement was born: "dedicated to spreading cultural diversity and acknowledging writers from across the disciplines."

"I felt like we were making a big difference by providing an outlet for students to cover the topics that were interesting to them and participate in the discourse that was important to the readers," said Jane Kollmer '05, who was an editor of The Immaculatan before she became its faculty advisor from 2006 to 2009.

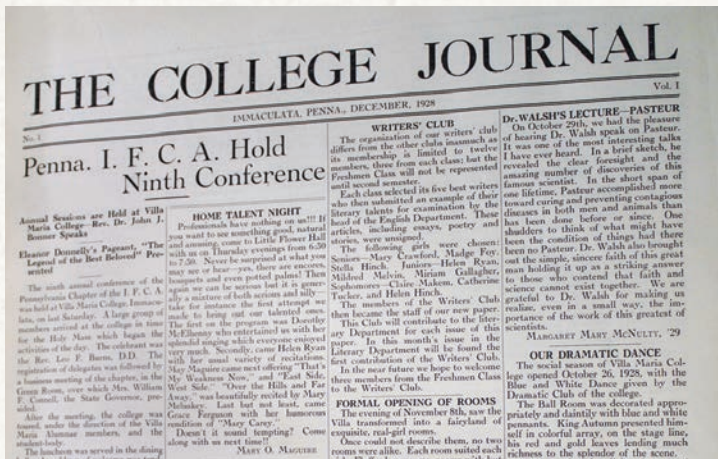
In 2006, the paper was publishing twice a semester and printing 400-500 papers each edition. "I dispersed them around campus or mailed them out to our subscription list. The IHM Sisters in Camilla were also avid readers," said Sara Pletcher-Bluhm '08, the editor-in-chief from 2006 to 2008.

Today The Immaculatan looks a bit different. "We had partly gone digital in roughly 2017 to try to remain a little more contemporaneous with coverage since we were only publishing four to five times a year," said Sean Flannery, Ph.D., the advisor for the newspaper since 2010 and chair of the arts, languages and letters department. "Then we went full time because of the pandemic and our publishing company shutting down."

While some readers prefer the printed version, there are advantages to publishing online. Having a website saves printing and mailing costs and reduces paper waste. Students can gain



▲ PICTURED: Staff writers with a publication of The Immaculatan in 1977, sourced from the 1976-1977 Gleaner.



▲ **PICTURED:** First publication of The College Journal from 1928, from the Gabriele Library Archives.

The Immaculatan has provided me with an opportunity for self-expression.

—Stephanie Marinelli '25

experience writing for the web and can easily share URLs to their articles in digital portfolios or LinkedIn profiles. Publishing articles online also allows for the incorporation of images, videos and links, which makes The Immaculatan interactive for readers. The online presence broadens the circulation beyond what a printed version could, with The Immaculatan website receiving an average of 282 views every month.

The current editorial team plans to revitalize The Immaculatan by bringing back traditional printed papers while continuing to publish online. Alongside bringing quality journalism to the school, being on the staff of The Immaculatan is an educational experience. “I learned a lot about graphic design, just by working on the layout,” observed Kollmer.

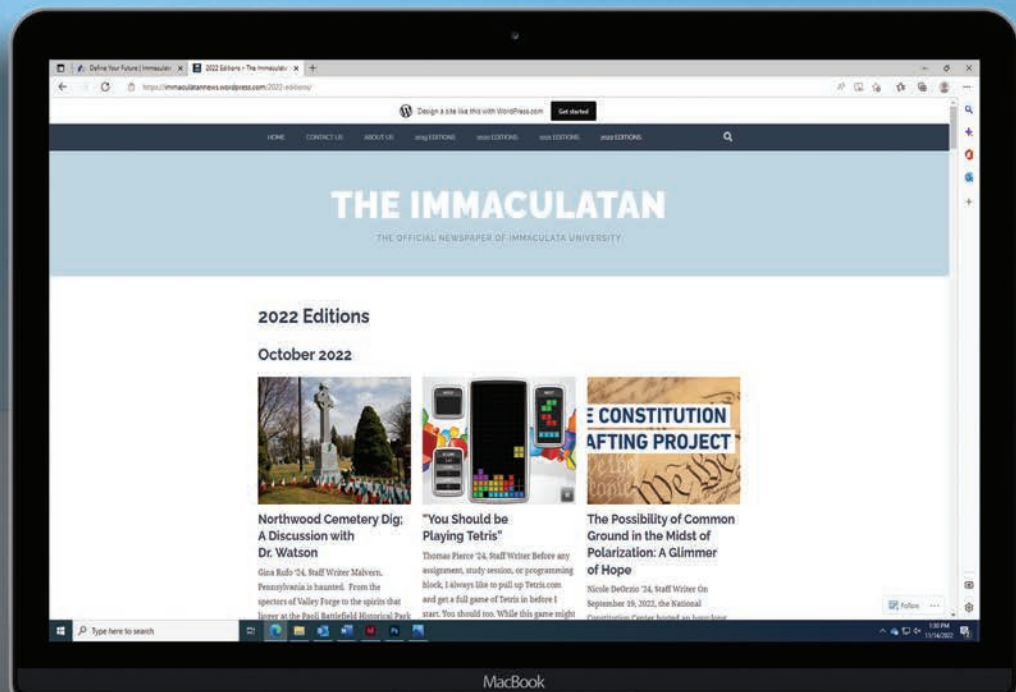
Working on the paper taught Bluhm how to lead projects and people and how to manage a budget. It played a part in leading her to her current career as a public information officer.

Stephanie Marinelli '25, the current managing editor of the newspaper, says, “The Immaculatan has provided me with an opportunity for self-expression. The newspaper allows me to feel seen and heard.”

“I really encourage the current student body to support the newspaper, because it has deep roots in the school's history,” says Kollmer. “Whether or not it is online or printed on paper, it is important to have an independent source of news for the students and by the students.”



▲ **SCAN THE CODE** to visit The Immaculatan Newspaper website and read current and previous editions!
immaculatannews.wordpress.com



The First **MIGHTY MAC CADETS**



PICTURED: Cadets from across the nation participated in the Army's Advanced Training Camp and attended the graduation ceremony. (Photo by: U.S. Army Cadet Command)

“Three, two, one. Take off your masks,” a noncommissioned officer instructed the cadets.

“I couldn’t see anything. I could barely open my eyes, I couldn’t breathe. It was just burning. I was walking in circles and my head was dizzy,” stated Immaculata University business management major Carson McNally ’23.

What caused such a reaction? Tear gas.

McNally, along with his Immaculata classmates Abigail Hassler ’23 and Rita McDowell ’23, attended a 35-day Army Advanced Camp held in Fort Knox, Kentucky over the summer. The confidence chamber, filled with tear gas, was part of the training.

These students are the first from Immaculata to go through the Army Reserve Officers Training Corps (ROTC) and successfully complete the Advanced Camp training. When they graduate from Immaculata, they will be commissioned as officers in the U.S. Army and sworn into the Pennsylvania National Guard.

For the cadets, it all comes down to trust.

Do you trust your equipment—like your gas mask? Do you trust your comrades? Do you trust your superiors? Military training helps cadets develop this trust, along with assessing their potential to serve as commissioned officers.

The cadets were mentally and physically tested during a 12-day consequence-driven field training exercise that replicates a combat scenario with four missions a day. Successful completion

of the Advanced Camp is a prerequisite for commissioning, so they must pass the ambush, attack, movement-to-contact and patrol base exercises. Each cadet rotates through leadership positions during all four so the officers in charge can grade them on each mission.

“They don’t grade us on how the missions goes, per se. They grade us on our thought process,” McNally said. “They just want to see, under pressure, how we act.”

When McNally reflects back on his experience, even the chemical, biological, radiological and nuclear training (aka the chamber with tear gas) wasn’t so bad. Hassler explains that they trained on how to put on the gas mask, tighten it and seal it properly before going into the chamber. If they did it properly, they wouldn’t be able to smell anything. They conducted physical exercises to ensure that their mask wouldn’t budge—this proved to the cadets that they could trust their equipment. McNally noted that since the mask only covers the face, he could feel the tear gas burning his neck, even though they were only there for about 30 seconds.

Then the ultimate test of trust came when they had to take off their masks while still inside the chamber. “First, they told you to grab the shoulder of the person in front of you,” Hassler remembers. Then the training cadre instructed them to take off their gas masks and remain inside until everyone took them off.



▲ PICTURED: Abigail Hassler with her ROTC cadre, Army Sergeant First Class Charles E. Mills.



▲ PICTURED L: Cadets are trained on how to properly affix a gas mask. (Photo by: U.S. Army Cadet Command)



▲ PICTURED R: Army Advanced Camp includes conquering the 70-foot rappel tower. (Photo by: U.S. Army Cadet Command)



These people who have been teaching us, that has been their job for the last three years. I trust them with everything.

CARSON MCNALLY '23



▲ PICTURED: Sessions in map navigation are part of the Army Advanced Camp. (Photo by: U.S. Army Cadet Command)

▼ PICTURED: Carson McNally (second from left) celebrated with members of his platoon on graduation day.



The goal was to create a human chain, with each person following the cadet in front of him/her, to escape. Hassler held onto her linemate's collar, but a cadet standing behind her saw light from an opened door and pushed her as far forward as he could so they could escape quicker.

"It's funny, you think everyone has their hand on someone, but the guy in the back is in there the longest, so he's saying, 'Get me out of here' and pushing—panicking," McNally said.

"It's confidence training," McNally adds. "If I can handle a tear gas chamber, I can handle a loud gun going off."

Some of the other training sessions included an eight-mile hike with 35 pounds of equipment, day and nighttime land navigation, rifle marksmanship and a confidence-boosting obstacle course, where they had to rappel down a 70-foot tower.

Before Hassler, McDowell and McNally could attend Advanced Camp, they learned the basics as part of their ROTC classes. Started in 1916, ROTC is a college/university-based officer-training program for developing commissioned officers for the United States Armed Forces. Immaculata is part of West Chester University's ROTC program, which is a satellite program of Widener University's Army ROTC "Dauntless Battalion."

Students in ROTC take military science classes every semester in addition to lab work. With their 18 credits in military science plus six credits in leadership from Immaculata, the cadets will graduate with a minor in military leadership.

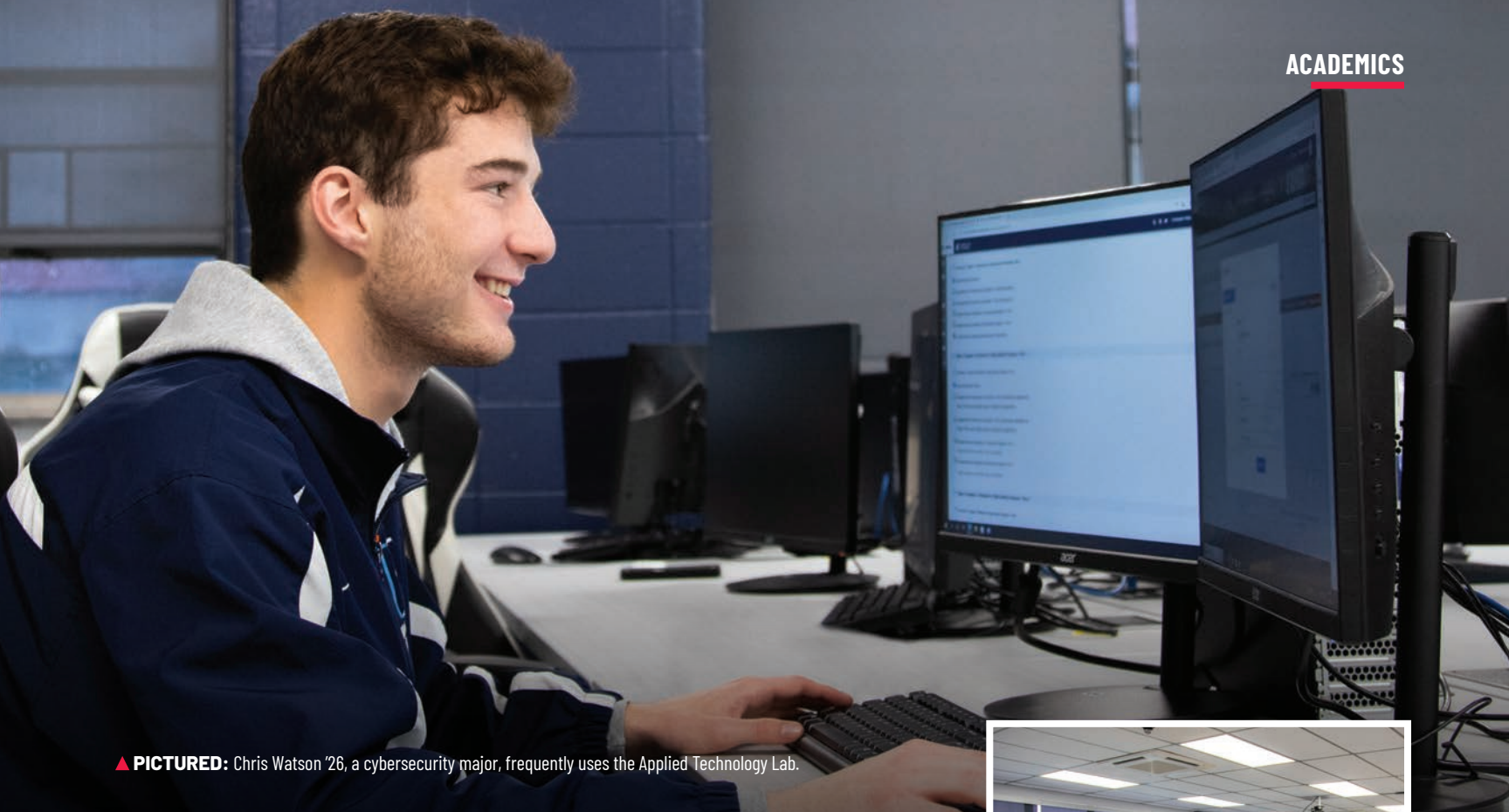
When Hassler graduates next December with a degree in criminology, she will become an officer in the military police corps and would like to secure a full-time government position with the U.S. Department of Justice.

McDowell will work in transportation for the 328th Brigade Support Battalion of the Pennsylvania National Guard at the Lebanon Armory.

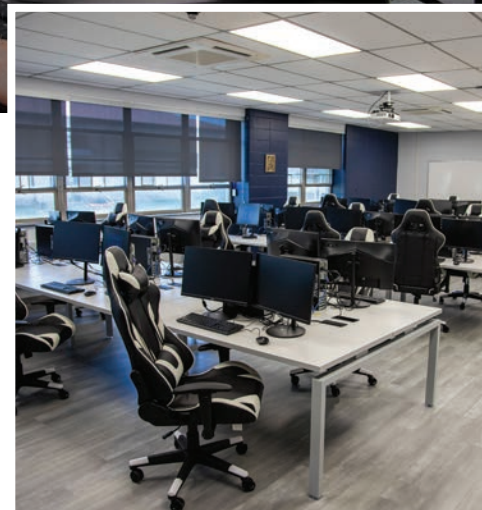
McNally is a finance/business major who will be commissioned as an Army Adjutant General Branch Officer with the 213th Personnel Company at Fort Indiantown Gap, a National Guard training center.

"Some people would say, 'Oh, you jumped off a 70-foot platform.' Yes, I trust my equipment. These people who have been teaching us, that has been their job for the last three years," McNally stated. "I trust them with everything."

Mission accomplished. 🏠



▲ **PICTURED:** Chris Watson '26, a cybersecurity major, frequently uses the Applied Technology Lab.



STUDENTS EXPLORE, EXPERIMENT & LEARN IN NEW APPLIED TECHNOLOGY LAB

In fall 2022, Immaculata opened its new Applied Technology Lab, which is designed for students majoring in popular, in-demand fields such as information systems, cybersecurity and data analytics.

M.E. Jones, Ph.D., professor of mathematics and computing at Immaculata University, is pleased with the lab's professional environment and equipment that prepare students for what they will encounter when they begin their careers in the technology field. She noted that the lab "is an environment where students are not afraid to try things because we're on a separate network. If they want to experiment with some new technology—if something happens and the system goes down—we're not taking down all of Immaculata."

"We need students to learn the technology but also wonder, 'What would happen if I tried this?'" Jones said. From her time working for several technology companies, including GE Aerospace/Lockheed Martin and AstraZeneca, she understands that corporate America works by asking the "what if" questions.

Students interested in cybersecurity have opportunities to think like hackers and develop skills to prevent cyberattacks and thwart hackers' efforts to break into computer networks. For example, students are working on a "honeypot," which Jones describes as a way to entice hackers to attempt to infiltrate a system (similar to a police sting operation). In addition, students can set up computer networks, experiment with and analyze extensive datasets, use data modeling techniques and Structured Query Language (SQL), and become familiar with computer programming.

Cybersecurity major Chris Watson '26, a frequent visitor to the new lab, commented, "It's very different from any other classroom here. It really makes me feel like a coder when I'm in there for my database class."

"I think it's very cool, and I'm happy we got a place specifically for cyber/info systems/tech students," stated Makenna Piaskowski '24, a cybersecurity and information systems major with minors in criminology and digital forensics. Students find the lab comfortable and easy to

work in and often study in the lab outside of class.

In addition to the Applied Technology Lab, the University dedicated space in a room directly next to the new lab for computer research. Here students gain experience with the Linux operating system and can delve into computer hardware by breaking down and reassembling computer systems.

Jones, who is an Immaculata alumna from the class of 1982, helped to support the lab financially, in tribute to Sister Maria Socorro, IHM, who was her professor for seven physics courses, and in honor of her parents, Mary and Alexander Jones. 🏠

Good Taste

Oncology Dietitian Prepares Foods That Comfort and Nourish

From the culinary world to clinical settings, and from caring for her father during his cancer treatment to helping oncology patients get adequate nutrients, Audrey Caspar-Clark '00, '09 M.A., has a range of personal and professional experiences with food. She has been a registered dietitian at Penn Radiation Oncology and the Abramson Cancer Center for 18 years, helping patients nourish themselves during and after treatment.

Early in her career, Caspar-Clark worked in restaurants, went to culinary school and spent some time backpacking in Europe, savoring Spanish paella and granitas. When she left restaurant work to raise three children, she used her cooking skills to make vegetarian meals for them, including crispy tofu and from-scratch pizza and pasta.

When Caspar-Clark's father was diagnosed with head and neck cancer, he had to give up most of the foods he had loved and rely on a feeding tube instead.



“As he lost his ability to enjoy the taste of food, my toddlers were having their first experiences with a wide array of new foods, tastes and textures—all of which fostered a growing interest in human nutrition,” she told the American Institute for Cancer Research in an interview for their website.

Immaculata was just five minutes from Caspar-Clark’s home and offered nutrition programs, which were not commonly available at other local institutions at the time. She chose to earn both her bachelor’s and master’s degrees in nutrition there and appreciated the flexibility and support she received as an adult student. “I had a lot of interruptions in my undergraduate program, and part of why I loved Immaculata so much was because everyone was so supportive of me being a mother of small children.” Sometimes she brought her children to class in a stroller, and she fondly remembers how the IHM Sisters made a fuss over her kids. “I have a tremendous soft spot in my heart for Immaculata.”

Caspar-Clark enjoyed taking an ethics course and learning to think critically about the ethical aspects of food insecurity, homelessness and mental illness. Her class considered questions related to social supports and discrimination. “How do we care for everyone without thinking, ‘This person doesn’t deserve it?’” she pondered.

One of Caspar-Clark’s nutrition instructors was a practicing dietitian who shared case studies of her patients with students and asked what they would do in those scenarios. “It really helped me to take my book learning and turn it into real life,” Caspar-Clark said.

Science is the foundation of nutrition, she added. “I learned how important it is to read journals and scientific articles and how to interpret studies,” using evidence as the basis for nutrition recommendations. For her master’s research project, she designed a quality improvement project with the food service department at the Hospital of the University of Pennsylvania, where she was doing her dietetic internship. She educated the staff about how to handle food safely for immunosuppressed patients and what foods were and weren’t appropriate for their specific diet.

Caspar-Clark also studied medical nutrition therapy at both the undergraduate and graduate level at Immaculata, learning how to calculate the amount of nutrients to meet patients’ unique needs. As an oncology dietitian, she provides specialized support for patients who may not be able to chew or who have had part of their gastrointestinal tract removed. At Penn, she collaborates with other medical practitioners to

treat patients with complex cases or rare forms of cancer that may require clinical trials or other treatment options.

“Probably a third of the dietitians I’ve worked with at Penn have been Immaculata graduates,” Caspar-Clark said. “It’s been a very strong program for decades. It’s highly respected.”

Her clinical training coupled with her culinary background helps Caspar-Clark provide additional food options for patients whose appetites decline during their cancer treatment.



Healthy eating is a lifelong thing.

Audrey Caspar-Clark

They may lose substantial weight and struggle to eat enough, unable to enjoy the simple pleasure of a meal.

“Quality of life issues are really important,” Caspar-Clark said. She is mindful of “how drastically people’s lives change with a cancer diagnosis. It affects digestion, metabolism, taste buds, all these things that we take for granted that no longer function the way we’re used to.” She remembers one patient with head and neck cancer who could no longer swallow most foods and used liquid nutrition instead. But he told her that every week, he bought a freshly baked bagel and savored the smell of it.

Although Caspar-Clark’s caseload includes patients with a range of cancer types, she has special compassion for patients like this man who had head and neck cancer like her father. “It’s something my dad would be proud of me for doing, because he would know that I try very hard to help patients find ways to stay nourished

[and feel] like they have some control,” she reflected.

“It’s really important to help patients have something that gives them pleasure,” Caspar-Clark said. She encourages patients to eat a balanced diet that includes “care and comfort nutrition,” such as a favorite dessert from childhood. Sometimes family members are afraid to let their loved one eat a cookie or ice cream, mistakenly believing that sugar feeds cancer. “An 800-calorie milkshake is sometimes the right thing,” Caspar-Clark said. For cancer patients struggling to eat enough, she said, “don’t make them a smoothie with kale in it—it’s not the same!”

For patients who can tolerate more foods, Caspar-Clark recommends smoothies as a simple way to incorporate fruits and vegetables in their diets. Some of her patients don’t know how to cook or are too tired to prepare foods, so she suggests frozen vegetables, nuts and seeds as easy sources of nutrients.

She also points them to resources and recipes from the American Institute for Cancer Research (AICR). “Patients and their loved ones are frequently bombarded with information coming from a wide array of sources. Some of these sources are unreliable and occasionally predatory, with intent to sell dietary supplements or other therapies that may be risky,” Caspar-Clark commented. “It is so important to have credible, evidence-based information that is visually attractive and easy to navigate like the resources from AICR.”

For patients whose head and neck cancer goes into remission, Caspar-Clark offers support groups beginning about a year after their last visit with her. “They look so terrific,” she said. They thank her for all the nutrition guidance she has given them. “Patients and their families are so appreciative.” She finds it rewarding to develop long-term relationships with patients, addressing their changing needs at each stage of treatment and recovery. “Healthy eating is a lifelong thing,” she said. 🏠



◀ **SCAN THE CODE** to check out two family favorite recipes from Caspar-Clark: potato asparagus salad and oatmeal pancakes!

LEARNING SUPPORT SERVICES

at Immaculata University

Nursing major Leela Tso '25 has the right idea—seek help before you need it. When she was two points shy of passing her Nursing Concepts class, she was required to retake it. This time, she requested a peer tutor through Immaculata's Learning Support Services (LSS) and was assigned to Julia Darlak '24, who is also a nursing major. The students meet for one-hour tutoring sessions where Darlak identifies the best way to present ideas and concepts so Tso can understand them.

Tso finds it helpful when Darlak explains something to her and then asks her to explain it in her own words. They also do practice exams, so Tso is prepared for the real thing. So far, peer tutoring is making a significant impact on Tso.

"The next day in class, I have better confidence—I know this because Julia showed me," Tso stated.

The LSS department provides curriculum-based support for students. Each area within LSS has its own function, but they all work together to support students. Besides peer tutoring, students can utilize the writing and math centers, receive academic coaching, and seek academic accommodations through the disability services office—all housed within the LSS department, which employs a total staff of 10 full- and part-time workers. Jennifer Peruso is the executive director of LSS and also serves as the disability services officer. This position oversees the complexities of disability services that ensure equal access and provide reasonable accommodations for qualified students with disabilities.

Some of the reasonable accommodations include extended time on exams and reduced-distraction testing environment; audio recording of lectures and note-taking technology devices; and alternative formats for textbooks and materials, such as Braille, large print, e-text and audio.

Peruso has noticed a rise in the needs of students requesting learning support. Although the increase began before COVID-19 hit, she attributes a portion of it to the effect of the pandemic lockdown that left many high school students less prepared for college. With an increased need, the University secured a larger space for LSS, including an expanded area for testing accommodations and peer tutoring.

Additionally, Peruso is seeing an increase in students requiring academic accommodations. During the spring 2022 semester at Immaculata, the LSS staff processed 149 student requests for academic accommodations, which was 86% higher than 2020.

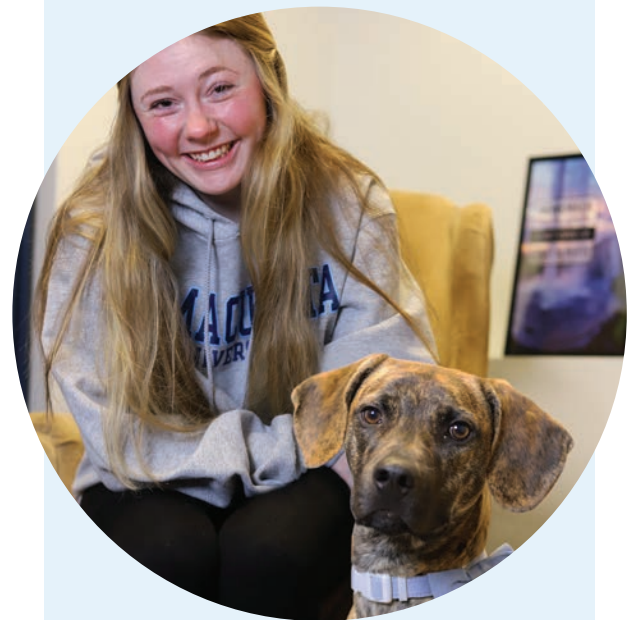
Nicole McGhee '25 has dyslexia, so she applied for accommodations, including more time to take her exams in the quiet, undistracted environment of the LSS Testing Center. In the past, she took exams in the classroom, which was more stressful for her.

Any student who needs help with math or writing can use the math and writing centers, which provide student and faculty tutors who work with students on these two core academic subjects. Sessions are offered in one-on-one meetings, asynchronously or online. The goal is to



86%

INCREASE IN STUDENT REQUESTS
FOR ACADEMIC ACCOMMODATIONS
FROM 2020 TO SPRING 2022



▲ PICTURED: Abby Reese '25 with dog Murphy.



LEARNING SUPPORT SERVICES

Recently, LSS moved to a larger space that functions as a multi-use learning support space that includes the testing center, peer tutoring center and general learning support space.

TESTING CENTER:

10 individual testing cubicles can accommodate between 18-22 students at one time, and four testing rooms, each of which can accommodate up to two to three students at a time.

PEER TUTORING:

Three separate, large peer tutoring/group study areas can accommodate four to five students at a time.

LOUNGE AREA:

General space for academic coaching and working on class assignments. Can also be used for printing needs and as a refreshment area where students can help themselves to coffee, tea, hot cocoa, water and a variety of snacks.

offer a supportive learning environment to help reduce anxiety surrounding math or writing so students become confident and independent learners.

Some of the support that students may need involves time management, organization and planning skills, and deciphering class assignments. Students struggling in these areas can sign up for academic coaching, which is conducted by the staff of academic advising and LSS.

Disability services staff members frequently work in concert with other departments and the faculty. Peruso recently assisted a nursing student with a latex allergy who was concerned about gloves in the nursing and science labs. She reached out to the nursing faculty to determine what alternatives were available to the student and learned that Immaculata is latex-free. She also works with dining services to coordinate meal plans for students with food allergies or dietary

restrictions, and with the staff from residence life and housing to help students who may need accommodations in their living arrangements such as a specific room location due to mobility or other needs. Additionally, students can request an emotional support animal to help them cope with many daily issues and concerns. Last semester, three dogs and two cats served as emotional support animals for students on campus.

Peruso and her staff want students to feel safe and supported when reaching out to them. “Our goal is to help them become independent learners,” she said. “To quote one of our favorite taglines, ‘If we get them through the door, we got it from there.’”

According to Tso, more students should take advantage of the resources available. “Students shouldn’t wait to get help when they’re failing,” she pointed out. “Be proactive and ask for help.” 🙌



PICTURED L TO R: Melissa Carannante '25 and Gabriella DiGiacomo '25 study in the LSS suite.

HEAD OF THE CLASS: IU Grad Percell Whittaker Opens Doors for Students

In eighth grade, Percell Whittaker '02 M.A., '15 Ed.D., was a high-achieving student at a parochial school where he was one of just a few African American students. His mother was a teacher, and his family held education in high regard. He earned some of the highest grades in the class, but his teacher put him in the class's second track, among students with much lower grades. Believing he should be in the first track, Whittaker advocated for himself. He spoke with his guidance counselor and was in the first track by the second quarter.

“Look for different hallmarks of giftedness that may not be captured through traditional means.”

—
PERCELL WHITTAKER '02 M.A., '15 ED.D.

As a school psychologist, educator and administrator, Whittaker has continued to face inaccurate assumptions. He remembers students who thought he was a janitor and asked him about building maintenance, even though he was wearing a suit and tie. Building upon such experiences, he has spent his career helping schools adopt more equitable practices to serve diverse students and helping students access special education and gifted education to meet their needs.

With his school psychology certification and master's and doctoral degrees all from Immaculata, he has held various positions in several school districts. In January, he became director of special education at Fairwold Academy, a school that provides comprehensive academics within a therapeutic framework.

“The lessons I learned from Immaculata were so valuable, and I wouldn't be the successful professional I am without that training, my teachers and my classmates,” Whittaker said. During class discussions, he appreciated learning from other students and their decades of experience in education. He grew in confidence and realized, with guidance from education professor Joseph Corabi, Ed.D., that his knowledge enables him to speak with authority, offering not just an opinion but an expert perspective.

Last year, Whittaker shared his expertise as a co-presenter of a webinar for the Learning Disabilities Association of America to help educators recognize school practices, policies and assumptions that can fuel disproportionate over- or under-identification of students with learning disabilities based on race and ethnicity.

Whittaker also participated in the Pacific Educational Group's Courageous Conversation training to engage in interracial dialogue and address racial disparities, and he has led workshops focused on diversity, equity and inclusion for several school districts. After experiencing some resistance from other educators regarding discussing race, he wants teachers to know that, whether they realize it

or not, their cultures and experiences influence their teaching, so it's important to be aware of their biases and recognize that not everyone has the same experiences.

“Be cognizant; look for marginalized groups and how they experience things,” Whittaker advised. As director of student services at Chester Upland School District, he noticed that about 10% of children in his school were Hispanic, but school communications were only provided in English. He contracted with a company to translate school materials into Spanish. He also hired a Spanish-speaking social and emotional learning coordinator who formed relationships with Hispanic families.

Whittaker's dissertation explored the underrepresentation of African American

students in gifted education, and he is passionate about addressing the educational achievement gap within public schools. As his eighth grade teacher did, some teachers assume Black students are not gifted and limit their educational opportunities.

“That's the danger of not addressing racial issues in the room,” Whittaker said. He encourages educators to be intentional and “look for different hallmarks of giftedness that may not be captured through traditional means.” For example, he recalled times when he has disciplined bright students who were surprisingly persuasive in debating their case with him. “That was very insightful!” he said, laughing, and noting that their ability to question authority can be a sign of intelligence. To serve these students, he has developed practices and policies to identify their talents and increase their access to gifted education.

“My passion and my ‘why’ is student services,” Whittaker said. “Working with children is rewarding.” When he was a high school psychologist, he enjoyed developing relationships with students. He remembers supporting a student with significant mental health issues who is now married and works at a daycare. “I'm so happy for her and proud of her,” he said. “I always call her on her birthday.”

He remembers another student who often stopped by his office to talk. Her family didn't have much money, so he talked with her about how to afford a college education. A few years after she graduated from high school, she sent him a Facebook message about how much he had influenced her. She finished college with a 3.5 GPA and went on to graduate school to study history.

Whittaker's previous school was in a low-income area, where students had fewer opportunities to learn about a range of different professions, so he talked with them about the value of education for social mobility.

“I try to be a door to other opportunities for a student,” he said. 🙏



▲ **PICTURED L to R:** Khalid Mumin, Ph.D., Lower Merion School District superintendent, visited Percell Whittaker, Ed.D., at Chester Upland School District.

WHAT'S NEW AT IU?



▲ SCAN THE CODE
to read more campus news.

NEW ONLINE ACADEMIC PROGRAMS

Immaculata is offering two new online degree programs, a **Master of Business Administration (MBA)** and **Master of Science in Strategic Leadership**. Both programs are 30 credits and competitively priced at \$500 per credit, totaling \$15,000. Courses are offered through synchronous online delivery in seven-week sessions, which may be completed in five semesters. Students in either the online MBA or the online master's in strategic leadership can delve into specific areas related to business and earn stand-alone certificates or build stackable credentials to advance their careers. Additionally, Immaculata's undergraduate students can enroll in a 4+1 program where they take two classes (six credits) during their senior year, then take the remaining eight classes (24 credits) as a graduate student over the following 14 months.

GRANTS AND SCHOLARSHIPS

Pi Gamma Mu Scholarships

Allison Stein, a Psy.D. student, and **Stephanie Kohler**, who recently graduated with a Bachelor of Arts in psychology, received scholarships from Pi Gamma Mu, the international social sciences honor society, for which Immaculata hosts the Pennsylvania Alpha Rho chapter. The students were selected for the scholarship based upon their scholarly aptitude and accomplishments.

"Allison and Stephanie are great examples of the kind of dedicated and thoughtful students that call Immaculata home, and it's wonderful to see their efforts recognized," stated Joshua Weikert, Ph.D., faculty advisor for the chapter and associate professor and chair of the department of civic engagement.

Additionally, Immaculata's chapter of Pi Gamma Mu was named a Chapter of Distinction. Stein serves as the student chapter president.



W.W. Smith Charitable Trust

Immaculata University received a grant of \$87,000 for the 2022–2023 academic year from the W.W. Smith Charitable Trust. This year, 22 worthy full-time undergraduate students were awarded scholarships provided by the trust.

Grant Addresses Nursing Shortage

The Chester County Economic Development Foundation (CCEDF), through Health Care Connect, has given Immaculata University \$32,000 toward scholarships for students enrolled in the University's accelerated second-degree nursing program designed for people who have already earned a bachelor's degree in another field and would like to transition into health care. Eight students received a \$4,000 scholarship as a way to address the nursing shortage.

CAMPUS ACTIVITIES



Dedication of the Parsons Science Pavilion

The Parsons Science Pavilion was dedicated at the beginning of the fall semester. The new building offers top-notch laboratories and equipment to allow students to explore scientific concepts, conduct experiments and gain research experience with faculty mentorship. Students have access to modern learning spaces dedicated to general biology, anatomy and physiology, and environmental biology and ecology. (Pictured: Parsons family members in attendance at the dedication.)



Immaculata Launches First@IU Mentoring

College is challenging and can sometimes be more difficult for first-generation students, those whose parents did not complete a four-year college degree. In response to these needs, Immaculata launched First@IU, a unique program dedicated to helping students succeed as they progress on their academic journeys.

First@IU helps students connect with other first-generation students, build a strong and collaborative network and meet mentors made up of faculty and staff from various backgrounds who were first-generation

students themselves. In addition, students can learn about resources to help pay for college, build skills for academic success, feel more encouraged and empowered, and plan for their careers.



Fall Cue & Curtain Production

The Cue and Curtain theatre program performed “The Entire Pilgrims’ Journey (in 40 minutes or less),” a hilarious retelling of the pilgrims’ journey on the Mayflower. Kelly Gebhardt, D.M.A., an adjunct professor of music at Immaculata, directed the fall play.



Women’s Basketball Championship Banner

The Mighty Macs, who were the NCAA’s Division III Atlantic East Conference women’s basketball champions, unveiled their championship banner to start the 2022–2023 season.



STUDENT ACHIEVEMENT

St. Catherine Medal

Breanna Kratz '23 received the prestigious Saint Catherine of Alexandria Medal for 2022–2023. The medal was presented during the Mass of the Holy Spirit and is given based on leadership and service to the institution. Kappa Gamma Pi, a national honor society for graduates of Catholic colleges, sponsors this medal, which is named after Saint Catherine of Alexandria, who represents wisdom, fortitude and Christian service.

As a music therapy major with a minor in psychology, Kratz is taking graduate-level music therapy courses during her senior year. She is the president of the Immaculata University Honor Society, captain of the women’s swimming team, mentor for first-year students and personal relations representative for the music therapy club. Every Sunday, Kratz sings for the 11 a.m. campus Mass, and she also offered her talents for a parish retreat.

A Spiritual Home for All Students

GROWTH IN CAMPUS MINISTRY PROGRAMS & PARTICIPANTS



Though the pandemic initially reduced the number of participants, Immaculata's campus ministry is now thriving again. About 65 core students engage in at least one weekly event, whether at Mass, community nights with dinner and a guest speaker, service projects, or simply studying and napping on the couches in the campus ministry "living room," as the staff refer to it.

In fall 2021, as Immaculata relaxed its pandemic restrictions, the campus ministers worked "to build something for students to enjoy," said Sister Laura Downing, IHM, director of campus ministry. And now, she reflected, "it's just beautiful to see the way they've taken root here."

Sister Laura and her team—Amanda Bielat, assistant director of campus ministry, and two members of the Redemptorist Congregation, Father Royce Thomas, CSsR, and Brother Ken Stigner, CSsR—have expanded Immaculata's campus ministry programs this year and rooted them in Alphonsian-IHM spirituality, with support from a \$29,709 grant from the Ambassador's Fund for Catholic Education. This emphasis on Alphonsian tradition better reflects Immaculata's spiritual heritage because Father Louis Florent Gillet, who established the congregation of the Sisters, Servants of the Immaculate Heart of Mary, was a Redemptorist priest, an order founded by St. Alphonsus Liguori.

St. Alphonsus wrote, "Paradise for God is the human heart," and Sister Laura sees this as a foundation for her work. In her interactions with students, she notices some who struggle with anxiety and self-doubt. "This statement nicely contradicts that," she said. "Your heart is paradise for God," that is, you don't have to worry that you're not good enough.

With affirmation like this, students are taking ownership of campus ministry. Sister Laura formed a student leadership board and asked the group for input on a campus ministry mission statement she and Bielat drafted last spring. "What we have now definitely reflects what the students wanted," Sister Laura said.

"Immaculata University's Campus Ministry is a spiritual home for all students," the statement reads. "Our community is rooted in the Catholic and IHM traditions and inspired by the life and charism of St. Alphonsus Liguori, Mother Theresa Maxis and Father Gillet. We grow in relationship with God, ourselves and others through service, prayer and fellowship."

Students share in fellowship through the weekly community nights Sister Laura established last year, with pasta dinners and guest presentations on a variety of topics, some that are accessible for nonreligious students and others that are overtly Catholic.

"It seems to be a good way in for students," Sister Laura said, noting that some of them are uncertain about religion or unsure of where they are in their faith journey. About 30 students regularly attend community night, with a few new faces each week.

"It's really beautiful to see what God is doing right in our midst with these students."

SISTER LAURA DOWNING, IHM

And the students show up for more than just a free meal. They engage with speakers by asking thoughtful questions. "They're thinking very deeply about these topics and about their faith," Bielat observed.

Last fall, a larger than usual group of students attended the community night when Philadelphia Archbishop Nelson Pérez was the guest speaker. He let the students direct their time together, inviting them to tell him what was important to them.

One student referred to young people as the future of the church, and Pérez replied, "You are the church *currently*, right now," echoing Pope Francis' remarks at a previous World Youth Day.

"It was nice to hear him say it," Bielat reflected, "affirming that their voice matters. They matter." Bielat sees them growing into their place in the church, "learning who God made them to be and then living fully into that."

Sister Laura enjoys pointing out the good she sees in students and asking, "What do you want to do with that?" She has observed students with a variety of gifts—pastoral care, leadership, generosity and prayer. "They're often touched that someone noticed that in them," she said.

Students put their gifts to use through service projects, such as visiting retired IHM Sisters at Camilla Hall each week and helping to grow and harvest produce for the Chester County Food Bank. In January, students built homes in North Carolina with Habitat for Humanity, and over spring break, they will work on a farm run by a Catholic community in West Virginia.

"Service is about upholding and recognizing the inherent dignity and worth of the people that you're serving," said Bielat, who organizes the service trips. "It's not placing ourselves above people, but with them, in solidarity."

To encourage students to link service with their faith, student leader Theresa Arata '24 helped Bielat develop reflection questions: "In what places, people and situations have you found God? What challenged you? What experiences are you grateful for?"

"It's deeper than just doing something good," Arata said. "It's serving God through serving his people."

The students also served each other during Immaculata's Kairos retreat last fall, with a series of talks and activities to help them grow in relationship with themselves, each other and God. Sister Laura and the campus ministry staff prepare the student leaders, and during the retreat they help the student peer leaders shine. All the talks are given by students, not the staff, she noted.

Arata spoke about the ups and downs she has experienced in her friendship with God. Sometimes she struggles, but she sees fruits of this relationship in the patience and peace she gains to help her manage the challenges and time commitments of being a nursing student. A few retreatants told her they appreciated her openness about her struggles in her relationship with God, and several expressed how loved they felt as they connected with each other.

"In community, you see students come alive a little bit and let their guard down," Bielat said. "God is present in the laughter and the joy and in the tears as well"

"It's really beautiful to see what God is doing right in our midst with these students," reflected Sister Laura. "We get to see students flourish." 🙌

▶ **PICTURED:** Students spend time in the campus ministry "living room" with staff.

Pictured L to R, front row: Brian Clark '24 and Catherine Haas '25. Second row: Sister Laura Downing, IHM, De-Sean Hubert '26 and Brother Ken Stigner, CSsR. Back row: Gina Rufo '24, Father Royce Thomas, CSsR, and Melodey Falkenstein '25.

Immaculata University Introduces

THE COLLEGE OF NURSING AND HEALTH PROFESSIONS



IMMACULATA UNIVERSITY
College of Nursing
and Health Professions

Building upon 90+ years of health care education experience, Immaculata University has established a College of Nursing and Health Professions to provide focused experiential learning to today's outcome-oriented, cost-conscious students.

▲ PICTURED L TO R: Kimberly Chambers '24, Daniel Tadesse '22, Rita Kulemeko '24, Escarlet Lara-Lopez '24 and Douglas Neubauer '25.



Photo by: Crabtree, Rohrbaugh & Associates - Architects



▲ SCAN THE CODE

Learn more about Immaculata's new College of Nursing and Health Professions.

90.48%

NCLEX first-time pass rate for 2021–2022

Formally launching for the start of the fall 2023 semester, Immaculata's College of Nursing and Health Professions will support students interested in careers within the health care industry. Graduate and undergraduate programs in nursing, health care management, exercise science, athletic training, allied health fields and nutrition will be housed within the college.

“The College of Nursing and Health Professions is the most recent example of Immaculata's dedication to providing career preparation in professions that are in demand,” states President Barbara Lettiere. “Students will benefit from the industry-standard equipment and technology as well as our top-notch faculty specifically dedicated to teaching and supporting students interested in health professions.”

Students enrolling in the college can take advantage of clinical experiences and one-on-one mentoring. Depending on the program, students may observe or participate in clinical experiences at local hospitals, rehabilitation centers and health care facilities.

Illustrating the University's commitment to and support for the College of Nursing and Health Professions—and recognizing the need for nurses and other professionals in STEM- and health care-related fields—Immaculata recently received \$1.2 million from a private donor to provide scholarships and raised

\$7.5 million to support construction of the Parsons Science Pavilion. The new science facility is equipped with advanced technical and educational tools, including the Anatomage Table, an advanced 3-D anatomy visualization system used by leading medical schools, which provides detailed knowledge of bodily structures and systems.

Immaculata has prepared thousands of health care professionals to serve patients with compassion and competence and offers a variety of undergraduate and graduate nursing programs that equip students with the knowledge and skills needed to provide holistic, patient-centered, evidence-based care. What's more, the nursing licensure exam (NCLEX) first-time pass rates for Immaculata's nursing graduates have surpassed the national and Pennsylvania averages for the past several years, including a pass rate of 90.48% for 2021–2022. Students interested in health care professions can choose from Immaculata's career-oriented programs, including a pre-licensure B.S.N., an R.N. to B.S.N., a second-degree accelerated B.S.N., or an M.S.N.

In keeping with the core values of the University, nursing faculty take a holistic approach to teaching by focusing on caring for patients as whole persons—composed of mind, body and spirit—who are unique, valuable members of their cultures and communities. 🙌



Mary Powell, Ph.D., CRNP, CDCES

Founding Dean of the College of Nursing and Health Professions

Mary Powell, Ph.D., CRNP, CDCES has been named the founding dean of the new College of Nursing and Health Professions. She began her role on January 1, 2023.

“I will strive to serve students and faculty to ensure that they have the resources needed to succeed,” stated Powell.

As a registered nurse with over 40 years' experience in nursing and teaching, Powell came to Immaculata during the fall 2022 semester to teach graduate-level nursing students. Currently, she is collaborating with faculty to develop a family nurse practitioner program in response to stakeholder needs.

She began her career at Taylor Hospital in Ridley Park, Pennsylvania after graduating from the Chester County Hospital School of Nursing. Her clinical experience includes medical-surgical nursing, pediatric primary care, hospice and palliative care, and most recently primary care with a focus on working with patients with type 2 diabetes. Powell has also taught at multiple colleges and universities including Radford University of Nursing, Neumann University, Thomas Jefferson University and Widener University School of Nursing Clinics.

Powell earned her Bachelor of Science in Nursing from Eastern College; her Master of Science in Nursing from the University of Tennessee, Knoxville; and her Ph.D. with concentrations in nursing research and chronic illness from the Catholic University of America, where she received the Dean's Award for Excellence in Doctoral Studies and Research.

BREAKING NEWS

Students participate in mass casualty simulation to practice life-saving skills



As illustrated in a simulated event at Immaculata University on Oct. 18, when disaster strikes, first responders—whether seasoned EMTs or eager-to-learn nursing and athletic training students—brush fear aside and begin acting to save lives.

Staged as a four-car collision with multiple casualties, the simulated accident scene helped Immaculata students practice their life-saving skills during realistic chaos.

Seventeen students had been assigned to act out different clinical conditions and injuries, while three Master of Athletic Training students and two Bachelor of Science in Nursing students served as first responders, and 30 more B.S.N. students worked in emergency room settings. The student actors took their roles seriously, honking horns, screaming for help and demanding to know if their friends were OK. Fake blood and a few fake bones protruding from limbs added gravity to the experience.

“I wanted them to be able to appropriately triage patients during a disaster simulation and provide care based on that triage level and patient needs,” said Suzanne Wurster, Ph.D., assistant professor of nursing. She and Michele Monaco, D.Sc., exercise science professor, along with other nursing and athletic training faculty, collaborated to design and execute the mass casualty simulation. Emergency medical technicians from East Whiteland Township also participated, working alongside faculty to coach students as they provided care.

“The ability to quickly determine life-threatening injuries and treat them accordingly provides life-saving treatment,” Monaco said. As one mock patient had an open femur fracture with immense arterial bleeding, Monaco said, “Our students were able to determine this injury takes priority and quickly apply a tourniquet appropriately to stop the bleeding.”

◀ **PICTURED:** With guidance from local EMTs, Master of Athletic Training students Courtney Floyd '24 (L) and Ashley Hankin '24 (R) remove a mock patient from a vehicle during a disaster simulation.

Treat the patient, not just the numbers



◀ **SCAN THE CODE** to watch a video of the simulation, presented as a news broadcast.

Students used a color system and tags to categorize the urgency of mock patients' needs—green for patients with minor complaints; yellow for patients with serious injuries who could still breathe and speak; red for patients who needed immediate attention for severe problems, such as unconsciousness, respiratory distress or neurological symptoms; and black for victims who did not survive the accident.

“Our students were able to determine the injuries with very little prompting,” Monaco said. “They were able to identify head injuries, fractures, dislocations, disorientation, and various types of bleeding.”

The first responder students took mock patients by stretchers and wheelchairs into Immaculata's simulation labs, each of which had a designated triage color, where nursing majors reviewed patients' tags and provided treatment. Nine nursing faculty members served as doctors and shared mock patients' simulated vital signs and test results with the students, inviting them to make decisions based on their observations and the clinical data they received.

After the simulation ended, the nursing faculty and emergency medical services members debriefed with the students in a nursing leadership class. Matt Cole, EMS captain, congratulated students on doing a great job in the midst of the chaos. Because a few mock patients died as part of the simulation, he reassured students that it's OK to have a hard time with losing people. “Ask for help if you need it,” he said. “There's no shame in that. Mental health is important.”

The nursing faculty complimented students on their work and provided some reminders. Assistant Professor Lee Siwula, Ed.D., praised the students in the red triage room for staying calm as they called doctors, checked vital signs and followed the proper protocol for spinal cord injuries without needing her guidance. At one point, she noted, two nurses went to get something, leaving their mock patient alone. She coached the students on the importance of at least one nurse staying with critical patients to monitor them and lend aid if necessary.

Assistant Professor Sandra Nolan, Ph.D., and associate faculty member Denise Shelmerdine commended students for figuring out which needs to prioritize and encouraged students to assess patients about every 10 minutes, checking blood pressure, neurovascular function and other signs and symptoms. Likewise, Assistant Professor Charity Adedokun, Ed.D., observed that students communicated well with the doctor and each other, conducted appropriate tests, asked patients about allergies and about what happened during the accident, and splinted a broken limb right away.

When Wurster asked students to reflect on their takeaways from the simulation experience, she received feedback indicative of the training Immaculata nursing students receive. One student shared that although she initially focused on treating a leg fracture, she quickly realized through additional testing and observation that he had abdominal bleeding, a less obvious but life-threatening condition that needed immediate attention. Another recalled his training to “treat the patient, not just the

numbers” after realizing his mock patient's oxygen saturation was fine, but respiration was shallow and declining.

Immaculata offers a variety of health care programs that equip students with the knowledge and skills to provide holistic, patient-centered, evidence-based care. Immaculata's undergraduate nursing students consistently achieve high pass rates for the nursing licensure exam (NCLEX-RN®), and 97.56% of 2022 graduates who passed the exam are working as nurses. Immaculata's first class of Master of Athletic Training students will graduate this year and take their athletic training certification exam after completing coursework and six clinical education experiences to learn to prevent, diagnose and treat various musculoskeletal and medical conditions. 📌



▲ **PICTURED:** Minju Shim '23 (L) and Olivia Benyamin '23 (R) treat a mock patient as part of the mass casualty simulation.



CLASS NOTES

▲ PICTURED: Dia Veneziano '18 and Tucker Kitchens '16 celebrate their wedding with Immaculata friends.

1948

Class of 1948, plan to join us for your 75th Reunion on April 29, 2023. Look for details coming soon.

1953

Class of 1953, plan to join us for your 70th Reunion on April 29, 2023. Look for details coming soon.

1958

Class of 1958, plan to join us for your 65th Reunion on April 29, 2023. Look for details coming soon.

1961

Carol Giannini James shares, “My great-granddaughter, Destiny Howard, will be attending Immaculata in fall 2023, playing softball for the Mighty Macs, and is enrolled in the nursing program.”

1963

Class of 1963, plan to join us for your 60th Reunion on April 29, 2023. Look for details coming soon.

1967

Good fun was had at the Christmas Tea, which is always a lovely event. It was great seeing one another!

Save April 29th, Reunion Day at IU. Although 2023 is not a milestone reunion year for us, we will be attending and encourage you to join us. When possible, we should take advantage of these opportunities to spend time together. For those traveling, our hotel will be The Sheraton Great Valley. Request the IU rate, check the IU website for expiration date on the special rate. Use the IU website to send in your news.

Love From Your Q,

Robie Wright Verostick, Mary Anne Burns Duffy, Rita Bensinger Hartleroad and Kathy Cooper Kulesza

1968

Class of 1968, plan to join us for your 55th Reunion on April 29, 2023. Look for details coming soon.

1973

Class of 1973, plan to join us for your 50th Reunion on April 29, 2023. Look for details coming soon.

Eileen Monahan Chopnick shares that she and Mary Johnson Switkay '79 recently spoke to the Dietetic Internship class on campus at IU.

Margie Donohue is calling all members of the Class of '73 to mark their calendars for their 50th Reunion, which takes place on April 29, 2023. Please plan to attend and make sure IU has your updated home and email addresses.

Class Notes are edited for space, clarity and style. Please keep your entry about personal and professional accomplishments to 50 words or fewer. If submitting a photo via email, it must be at least 300dpi for print quality. Photos may be published as space and quality permit. The magazine may also print alumni news gathered through a media monitoring company.

1976

Renee Tomasso Esposito shares, “My granddaughter, Isabella Grace, was born by the grace of God and His Blessed Mother on June 13, 2022. Our family loves her so much. I spend four days a week taking care of her. I love being her grandma!”

1978

Class of 1978, plan to join us for your 45th Reunion on April 29, 2023. Look for details coming soon.

1983

Class of 1983, plan to join us for your 40th Reunion on April 29, 2023. Look for details coming soon.

Karen DeLucia Matweychuk shares, “Hello to the Class of ’83! Can you believe we will be out 40 years? I hope you will plan to attend our reunion on April 29, 2023. Mark your calendars now and plan to see all the great things happening on the Hill. It is never too late to return and catch up.”

1984

Bernie Andrews Humphrey celebrated her birthday with Greg Luzinski and Sandy Wojtelwicz Freeman this year.

(▼ pictured below R to L)



Jeanne Reddington Lloyd shares, “I am greatly saddened to announce the passing of my husband, Fred, on July 5, 2022. We celebrated 33 years of marriage and have two children, James (26) and Charlotte (25).”

Submit a Class Note:
bit.ly/alumniupdateformiu



▲ PICTURED: Alumni gathering On the Road in Hershey, PA

1988

Class of 1988, plan to join us for your 35th Reunion on April 29, 2023. Look for details coming soon.

Tanya Amoss Momtahan shares, “My husband and I are married 34 years, and recently moved to Philadelphia. We met when I was an undergrad at IU. We have one son, Sean, who was married in 2021 and lives nearby in Collingswood, NJ. We are happy to live in PA again.”

1993

Class of 1993, plan to join us for your 30th Reunion on April 29, 2023. Look for details coming soon.

1998

Class of 1998, plan to join us for your 25th Reunion on April 29, 2023. Look for details coming soon.

2000

Lisa DeTore Taraschi shares, “My daughter is a senior at Downingtown High. Deciding on colleges for next year. My son plays football at Downingtown High. Life is GOOD!”

2001

Elizabeth Morgan Gill shares, “My husband and I moved into our new house the week our rainbow baby was born. Gregory Edward Gill was born in April 2022. We are having so much fun seeing things for the first time through him.”

Christine Keithly has been promoted by Tower Health to vice president for nursing administration and operations.

2003

Class of 2003, plan to join us for your 20th Reunion on April 29, 2023. Look for details coming soon.

2008

Colleen Ciavola M.A. published “Dancing with Housework,” combining her psychology background with her sense of humor to offer motivational and practical housekeeping tips.

▼ Scan the code below to read more.



Class of 2008, plan to join us for your 15th Reunion on April 29, 2023. Look for details coming soon.

2009

Charles McKinney shares, “I will be participating in the newly launched Virtual Educator Program sponsored by the U.S. Department of State.”



▲ PICTURED: Alumni gathered at the Circle of Giving dinner

CLASS NOTES



▲ PICTURED: Alumni gathering On the Road in Bethesda, MD



▲ PICTURED: Alumni gathering On the Road in Chatham, MA

2012

Justin Cusick shares, "I got engaged to my girlfriend, Megan Messmer, in August while visiting Corolla, NC. Megan and I met in 2018 by chance through my IU roommate, Demetri Vlahos '12 and his wife. I would say that meeting Demetri at IU was definitely a contributing factor for Megan and I crossing paths and arriving at this incredible moment!" (▼ pictured below)




Nicholas Litrenta was promoted to Vice President of Tompkins VIST Bank.

Johnna Weller Ed.D. was named Chief Academic Officer by Learning Care Group.

2013

Class of 2013, plan to join us for your 10th Reunion on April 29, 2023. Look for details coming soon.

 For information on the Alumni Association, visit immaculata.edu/alumni.

2016

Laura Osenbach Ed.D. was named Assistant Superintendent of the Jersey Shore Area School District.

2018

Class of 2018, plan to join us for your 5th Reunion on April 29, 2023. Look for details coming soon.

Amanda Rivas is working as an oncology nurse at Lenox Hill Hospital in New York City.

2022

Class of 2022, plan to join us for your 1st Reunion on April 29, 2023. Look for details coming soon.

Max Cannon has joined the Anne Arundel County Office of Emergency Management as an Urban Areas Security Initiative Planner.



▲ PICTURED: Alumni gathering On the Road in Greenville, DE

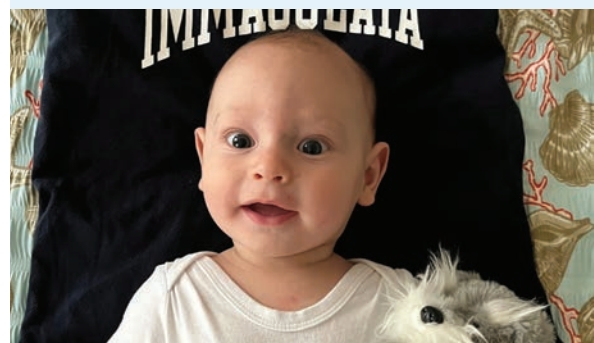
BIRTHS

Elizabeth Morgan Gill '01, son Gregory Edward born April 2022.

Kevin Moore '12, son Collin Pearson born December 2022.

Zena Tracey '12, '15 M.A., son Ryan born October 2022.

Katiemarie Gale Vottero '13 and **Elijah Vottero '14**, son Donovan James born April 2022.



▲ PICTURED TOP to BOTTOM: Elizabeth Morgan Gill's son Gregory; Katiemarie Gale Vottero and Elijah Vottero's son Donovan James; Zena Tracey's son Ryan.

Tim and Anne McCarthy, long-time Immaculata employees, lived simply and gave generously to help untold numbers of students get a Catholic education. Tim was a groundskeeper at Immaculata in the 1960s and early 1970s, and Anne worked in the treasurer's office from 1955 to 1985. When Anne saw students' unpaid balances, she and Tim quietly paid them off, allowing the students to graduate.

"They didn't talk a lot about it," remembered Bill and Bob Saum, the McCarthys' grandnephews. But the McCarthys probably helped "multiple students per year, I would say," Bill speculated.

Bill and Bob's mother, Anna Mae Volk Saum '54, attended Immaculata thanks to support from her Aunt Anne and Uncle Tim. It was "an opportunity she would not otherwise have been able to afford," Bob said. "Our mother's family was not well to do at all," but Catholic education was important enough to the McCarthys that they paid their niece's tuition.

The McCarthys were not wealthy but frugal, almost ascetic in their lifestyle. Their house was tiny. The Immaculata College newsletter said of them, "A couple whose Christian concern for others knew no bounds, Tim and Anne, who never had children of their own, reached out to care for the children of others." Bill remembers them as fulfilled, content people. "They found their calling in being able to support people," he said.

Anna Mae Volk majored in history and education and spent her career

Quiet Generosity, ENDURING IMPACT

teaching in Catholic schools, first in New Jersey, where she taught the son of legendary NFL coach Vince Lombardi and had parent-teacher conferences with him when he was the assistant coach for the New York Giants. Then she moved to Ohio, where she taught religion and history at the local parish grade school. She later served as the school's librarian and went on to become the principal for 10 years.

Anna was proud of her Immaculata education, her sons said. She displayed her Carol Night lantern in their living room. She spoke of the noble hill often, finding ways to weave it into conversation, even though few Ohioans knew of it.

Anna and her husband, Bill Henry Saum, had three boys and saved some money to send them to college. Bill Stewart Saum, the oldest son, expected to attend a state institution. But Tim and Anne offered his parents the funds to send him to a Catholic institution, University of Dayton, which his parents would not have been able to afford. "Every Christmas, I sent my grades and a thank you note to Aunt Anne and Uncle Tim," Bill said. Bob and Brad, the other Saum boys, also went to University of Dayton, thanks to the McCarthys.

"They impacted generations of students," Bob said, recounting how his parents saved a small

monthly sum for college when their grandchildren were born. When a great-grandson was born, the family created a college fund for him—the fifth generation.

"The Anne and Tim McCarthy Memorial Endowed Scholarship continues their good efforts in a small way at Immaculata," said Bob. He and his brother Bill, together with members of the Immaculata community, established the scholarship in 1986, soon after Tim and Anne passed away. The college newsletter that year announced the scholarship as "an effort to perpetuate the spirit that characterized Anne and Tim...to assist needy students in the ways Anne and Tim did quietly over the years."

The scholarship pays for books for students with high academic achievement and financial need. Mary Santoso '25, a music therapy major, received the scholarship last year. "It helped me ease the financial burden off my mother, and it helped me focus on schoolwork instead of constantly working to pay off my tuition," she said.

"Tim and Anne changed the trajectory of a family's education and Lord knows how many other families," the younger Bill commented. Imagine how many students they helped, how many can say along with Bill, "Tim and Anne McCarthy changed my life." 🙏



▲ PICTURED: Anna Mae Volk Saum '54 (center) attended Immaculata with support from her relatives, Tim (L) and Anne McCarthy (R), who also funded a Catholic education for numerous other students.

MARRIAGES

Sarah Pasternak '17 married Sean McGinn '14 in June 2022

Dia Veneziano '18 married Tucker Kitchengs '16 in May 2022

Caitlin Osborn '17 married Matthew Lynes in May 2022



▲ PICTURED: Caitlin Osborn '17 and husband Matthew Lynes (at right) with grandparents Frank and JoAnne McAdams '84, '87 MA, '96 Ed.D.

ALUMNI STANDOUT



Ephrata Area School District Superintendent **Brian Troop Ed.D. '07** (pictured) has been selected as the 2023 Pennsylvania Superintendent of the Year by the Pennsylvania Association of School Administrators.

Join us for
REUNION 2023

APRIL 29, 2023

This is a big year for all classes ending in “3” or “8.”

The **Class of 1973** will become Golden Macs

The **Class of 1998** will become Silver Macs

ALL alumni are invited to join in the fun of this annual celebration!



For More Information: bit.ly/iuevents

READ THE IMMACULATA MAGAZINE WHEREVER YOU GO!

Explore the areas that interest you and find additional content in our digital magazine.

Have a story idea for the magazine?

Email macmedia@immaculata.edu for consideration.



MAGAZINE.IMMACULATA.EDU

FAMILY MEMBERS IN MEMORIAM

Bonnie Haughey, daughter of **Rhoda Melson McQuiston '56**

Robert Deckman, husband of **Margaret Brennan Deckman '60**

Thomas J. Murphy, husband of **Kathleen Dugan Murphy '60**

John W. McGowan, husband of **Christine Mathieu McGowan '62**

Bryan Wert, husband of **Rosemarie Sickora Wert '66**

Elizabeth Greeley Loftus '57, sister of **Judith Greeley French '67**

Kenneth J. Verostick, Sr., husband of **Roberta Wright Verostick '67**

Helen Ronca Antonelli '50, mother of **Elena Antonelli Lavenduski '75** and **Susan Antonelli Morris '79**, aunt of **Marcella Ronca Semon '70** and **Linda Gambone Roberto '78, '93 M.A.**, and grandmother of **Sara Lavenduski '10**

Charles M. Healey, brother-in-law of **Kathleen Gallagher Healey '76**

Carol Pergolino Snowden '67, sister of **Dyanne Pergolino Westerberg '79**

Rosemary McDade Barton '77, sister of **Joanne McDade Bonafiglia '83** and **Catherine McDade Dinoto '93**

Frederick Lloyd, husband of **Jeanne Reddington Lloyd '84**

Patricia Ann McAdams '65, sister-in-law of **JoAnne McAdams '84, '87 M.A., '96 Ed.D.**, and aunt of **Jo Anne McAdams Osborn '84** and **Caitlin Osborn '17**

David Dempsey, husband of **Marya DiTaddeo Dempsey '86**

Patricia Johnson Clarke '83, sister of **Margaret Johnson '86, M.D.**

Robert S. Yates, father of **Robin Yates Burgoon '95, Kristin Yates '98,** and **Karin Yates '99**

Joseph Smola, father of **Melissa Smola George '00**

Joseph P. Jones, father of **Sarah Jones Seeman '03**

Carl H. Grashof III, stepfather of **Debra L. Beam '12**, and grandfather of **Kevin W. Beam '15**

ALUMNI IN MEMORIAM

Ann Pantano DiCarlo '48

Nancy Castiglioni Sarcione '49

Helen Ronca Antonelli '50

Eileen Clancy Kearney '50

Mary Barnasconi Hock '53

Penelope Holloway Fitzgerald '54

Rosemary Doyle Johnson '54

Veronica Gorman Raidy '54

Anna Mae Volk Saum '54

Mary Ann McCamley Catherine '55

Margaret Hannigan Leighton '55

Joanne Young '56

Elizabeth Greeley Loftus '57

Eleanor Henry McCurley '59

Anita Jafolla DeSantis '60

Elizabeth Doherty Leonard '61

Margaret Kropp Scully '61

Mary Slater Meisner '63

Elizabeth Abbott Quinn '63

Marie Curran McHale '64

Grace Magee Lewin '65

Patricia Ann McAdams '65

Frances Bastien McKenna '65

Mary Alice Mansfield Carroll '66

Jacqueline Rinaldi Altschuler '67

Carol Peterman Cox '67

Marita Donohue-Fisher '67

Carol Pergolino Snowden '67

Kathleen Mulhern Clark '70

Patricia L. Coletti '74

Rosemary McDade Barton '77

Rosemarie Gallo '81, '92 M.A.

Patricia Johnson Clarke '83

Loretta Jo Gothard '83

Jacquelyn Mitchell '84

Ellen Diefenbach Jackson '87

Mary Jane Culbertson '89

Stephen Armstrong '90

Sarah Gillespie '95

Carrie Leigh Kehoe-Ryan '96

Carolyn R. Broomall '97

Peter Orloski '97

Katie Doerr Nissman '02

Bettyrene Johnston O'Connor '03

Clarice Sapp '06

Richard K. Urey '06

Marc Huppman '10

Crystal Ann Shellington '10



ELECTRONIC NEWSLETTER

Our electronic newsletter, Highlights from the Hill, keeps you up to date on alumni events & campus happenings. If you would like to receive the newsletter, please complete this online form: bit.ly/alumniupdateformiu

SOCIAL MEDIA

Our social media channels provide timely updates on alumni information, activities, and events, contests, campus happenings, and more. Interact with your friends and fellow alums by following Alumni Relations on social media.

  @ImmaculataUniversityAlumni

  @IU_Alumni

OFFICE OF CAREER & PROFESSIONAL DEVELOPMENT

We are delighted to serve all our alumni in their career needs. Whether it be re-entry into the workforce or career transitioning, we can help with resume writing and cover letters. Would you like to fill a position or find an intern? Consider an Immaculata student.

SCHEDULE AN APPOINTMENT:

484-323-3506

careerdevelopment@immaculata.edu

OFFICE OF ALUMNI RELATIONS

alumnidept@immaculata.edu

610-647-4400, x3135

immaculata.edu/alumni

SAVE THE DATE



The 47th Annual Immaculata University Golf Invitational

OCTOBER 17, 2023

Applebrook Golf Club, Malvern, PA

SAVE THE DATE



OCTOBER 6, 2023

The Immaculata University AWARDS RECEPTION

The Great Hall, Immaculata University



Sponsorship Opportunities are available for The 47th Annual Immaculata University Golf Invitational and The Immaculata University Awards Reception

Please contact Kathy Freney Smith '90 at kfreneysmith@immaculata.edu or 610-647-4400 x3207

2023 ALUMNI EVENTS

Make plans to join us for these upcoming 2023 events:

MAR 14	Everyone's Irish in March Alumni Gathering	West Chester, PA
APR 20	Corporate & Community Partners Breakfast	Immaculata, PA
APR 29	Reunion 2023	Immaculata, PA
JUN 8	Silver Macs Sips & Dips Reception	Immaculata, PA
JUL 29	Immaculata Down the Shore	Avalon, NJ
SEPT 19	Natural Sciences, Applied Technology & Mathematics Alumni Reception	Immaculata, PA
SEPT 26	Nursing Alumni Reception	Immaculata, PA
OCT 6	The Immaculata University Awards Reception	Immaculata, PA
OCT 17	The 47th Annual Immaculata University Golf Invitational	Malvern, PA
NOV 9	The Immaculata University Charter Day of Giving & Online Auction	
NOV 12	Mass of Remembrance	Immaculata, PA
NOV 30	Education Alumni Reception	Immaculata, PA
DEC 1	102nd Celebration of Carol Night	Immaculata, PA
DEC 5	The College of Graduate Studies 40th Anniversary Reception	Immaculata, PA
DEC 6	Golden Macs Christmas Tea	Immaculata, PA

Visit immaculata.edu/alumni for event details, which are posted as they become available, or call 484-323-3944. All dates are subject to change. Current CDC & State COVID-19 social distancing protocols will be followed.

Reconnect with IMMACULATA

The Office of Alumni Relations hosts numerous events throughout the year, providing an opportunity for alumni to remain connected with the IU community. Whether gathering with old friends or expanding your professional network, attending an Alumni event presents an occasion to relax and enjoy yourself while discovering all that Immaculata has to offer.



▲ PICTURED: Education Alumni Affinity Event, Nov. 30, 2022

▼ PICTURED: The Class of 1973 kicks off their 50th Reunion year during Carol Night, Dec. 2, 2022



▲ PICTURED: Nursing Alumni Affinity Event, Sept. 27, 2022

◀ PICTURED: The President's Dinner, Sept. 13, 2022



▲ PICTURED: Math & Sciences Alumni Affinity Event, Sept. 20, 2022



▲ PICTURED: Golden Macs Christmas Tea, Dec. 7, 2022



2022 Awards Reception

On Oct. 7, 2022, family, friends, and classmates gathered in the Great Hall to celebrate outstanding Immaculata during the 2022 Awards Reception. Immaculata University bestowed awards on four deserving individuals for the impact they have made in their commitment to the University, their communities, and/or their careers. *Shown from L to R are award recipients Ralph J. Hall (Mother M. Camilla Maloney Award), Nicole Lacoste Folks '91 (Amethyst Award), Roberta Regetta '81 (Alumni Medal), and Rev. Fr. Kyle Adamczyk '12 (Scientia Floret Virtute Award).*

Alumna Marge Gill *ENERGIZES IU*

After years of helping fellow alumni celebrate milestone class reunions, Marge Gill '74 is excited to be planning the 50th reunion for her Immaculata University graduating class.

Karen DeLucia Matweychuk '83, Immaculata's alumni director, appreciates Marge's generosity and commitment to her alma mater. "Marge has been an active alumna for many years and supports all we do," she said. "She is currently serving on our Alumni Board of Governors and has been instrumental in encouraging her classmates to attend IU events and support Immaculata on an annual basis."

Since graduating from Immaculata with a degree in math and physics, Marge has financially supported Immaculata. She gradually increased her gifts as she progressed in her professional career, which spanned 40 years at Pennsylvania Power and Light Co. (PPL) in Allentown, Pennsylvania.

In response to a push in the early 1970s to hire more technically competent women, PPL needed recent graduates with math and science degrees. They held interviews on college campuses, including Immaculata, and Marge applied. One of six graduates hired from across the region, she ended up being the only female. Marge began her career in the systems operations department at PPL, working on computers that controlled the power system.

"Of the five males, four were electrical engineers and one was a physics major. They came from Drexel, Lehigh, Penn State and one was from Albright," she remembered. "And here I am—the Immaculata girl," she fondly added.

As a student at Immaculata, Marge loved physics and enjoyed learning about technology. When she began working at PPL, she worked on process control computers specifically made to perform real-time analysis and control of the electrical grid within predictable and specific constraints. She laughs now, knowing that her smartphone has more memory than the computers that provided electricity to the entire Lehigh Valley.

Marge's job at PPL was intense. During the late 1980s and early '90s, there were times when she was called into work in the middle of the night to fix a computer problem. "I was so glad when we finally got high-speed internet so when I got called at 2 in the morning, I could just walk into the kitchen, pull up my computer and see if I could figure it out," she said.

With no desire to enter the ranks of management, Marge reached the highest non-management technical position available in her group: lead application developer, responsible for managing the PPL transmission and generation management systems. At this point in her career, she had become an expert in managing the computer networks, operating systems, firewalls and cybersecurity issues. However, by the time she retired from PPL in 2014, she was burned out from working 60-70 hours per week and constantly being on-call for emergencies.

"I took six months to decompress," Marge admitted. After getting refreshed, she began connecting with friends and getting more

involved with events at Immaculata. She joined the alumni board when the pandemic began, so she attended meetings virtually. When in-person meetings and alumni events resumed, Marge traveled to campus from her home in Allentown.

Her dedication to Immaculata stems from the lifelong friends she gained, the fond memories she holds dear, and the experiences she had as an undergraduate student. One of her most memorable experiences was when the Immaculata women's basketball team earned a bid to the first AIAW (Association of Intercollegiate Athletics for Women) national championship tournament in 1972. Illinois State University hosted the historic event, and Marge was one of six Immaculata students who drove all night from Immaculata's campus to Normal, Illinois to support the Mighty Macs.

"It was one of those big old GM cars that had the bench seats in the front," she said of the vehicle they used. "We drove all night and found a Ramada Inn. The six of us stayed in a room for four," she added. The drive back to Pennsylvania was jubilant as the Mighty Macs won their first of three consecutive national titles.

Marge and her friends shared many fond memories during their time at Immaculata, and she is excited to reminisce with her classmates when they gather to celebrate their 50th reunion in 2024. 🏡



▲ PICTURED L to R: Tricia Reese Jordan '74 and Marge Gill '74

Faculty Farewell



Kathleen Mulhern Clark '70
French Professor

Kathleen Mulhern Clark '70 passed away in August 2022. Clark taught French at Immaculata for over 40 years, and her presence on campus will be missed. Former Immaculata president and close friend, Sister Marie Roseanne Bonfini, IHM, remembers, "Her life was completely other-oriented...her family, her friends, her classmates, Immaculata, and the IHMs, not to mention her life-long love of all things French! I will miss her."

French was always Clark's passion. She graduated from Immaculata with a Bachelor of Arts in French and returned years later to teach it to the adult students of Immaculata. In 2014, Clark said that she believed her "most valuable contributions as a teacher will always be those which manifest themselves as the achievements and successes in the personal and professional lives of [her] students."

In addition to teaching, Clark was interested in Francophone studies: the geography, history, art, music, film, language and cultures of the French-speaking world. She never missed a chance to share the French culture with the Immaculata community, who was inspired by her devotion to the language and culture.



Sister Ann Coyle, IHM '64
Business and Economics Professor

Sister Ann Coyle, IHM, passed away on June 30, 2022 at 90 years old and in her 70th year of religious life. "Sister Ann Coyle was my teacher, my mentor and eventually my colleague, but most of all, she was a dear friend, and I miss her already," said Elizabeth Faunce '90, Ph.D., a professor of business at Immaculata University.

Sister Ann taught business courses for 65 years and was truly committed to her role as mentor and guide. She taught countless students throughout her educational ministry in local parishes like St. Agnes, West Chester; St. Lawrence, Upper Darby; and St. Barnabas School and St. Maria Goretti High School, both in Philadelphia.

Sister Ann spent 41 years at Immaculata. "During my academic career at IU, I was fortunate to have Sister Ann Coyle facilitate several of my economics courses. Her passion and knowledge for the subject was contagious and is the reason that I am an economics professor today," Faunce stated.



Sister M. Agnes Hughes, IHM '58
Psychology Professor

Sister Agnes Hughes, IHM '58, died on Monday, Dec. 5, 2022 at 94 years old and in her 76th year of religious life.

"Sister Agnes immediately welcomed me into the 'psychology family' when I joined the department in 2017. I am humbled and amazed at how many students' lives she impacted so deeply. I hope that one day I may have just the tiniest ounce of impact on a student's life in the same way that she did," stated Erin Kirschmann, Ph.D., associate professor of psychology.

Sister Agnes taught in the psychology department at Immaculata for 48 years. Prior to coming to Immaculata in 1967, she taught elementary and high school students and was a lecturer at St. Charles Seminary. She earned her bachelor's degree from Immaculata in 1958, and her master's and doctorate degrees from Fordham University. She was a licensed psychologist and was a member of the American Psychological Association.

What is the BEST DIET?



BY CECILE ADKINS, Ed.D., RDN, LDN
nutrition and dietetics assistant professor and undergraduate nutrition program director

Dietitians are often asked this question, and diets are the main tool we use to treat everyone from infants to professional athletes. The term “diet” has a couple of different meanings. It can be used to represent a restrictive and temporary style of eating for a variety of reasons, including weight loss, health or medical issues. “Diet” more broadly, however, refers to all the foods that a person or a community consumes long-term or throughout life. Some examples are social dietary identities such as vegetarianism, along with cultural and religious dietary practices, for example eating traditional grains such as quinoa or cassava, and practicing kosher or halal. The best diet should take into consideration these definitions along with other factors.

All traditional diets of the world emphasize a foundation of plant-based foods: whole grains, nuts and seeds, plant oils, fruits and vegetables and other foods that provide adequate nutrients. In addition to this foundation, different indigenous ingredients, herbs and spices are used to create the unique flavors and tastes of different regions and cultures in the world.

In the United States we have generally moved away from traditional diets. Unofficially, our average diet is called the Standard American Diet, or SAD for short. When we compare the modern-day American diet to traditional styles of eating, there are some stark differences. Whereas traditional diets are largely plant-based, the Standard American Diet is heavy on meat and processed carbohydrates, high in sodium

and sugar, low in whole grains and low in fruit and vegetables. Just to clarify, French fries don’t count as vegetables. Labeling the typical American diet as SAD is ironic when we look at correlations between diet and how it impacts our short-term health, chronic disease risk and overall longevity and quality of life.

As a registered dietitian with experience in clinical care, community work and private practice, I have seen the SAD way of eating far too often. Our society thrives on quick fixes, short-term solutions and convenience. Despite an overabundance of affordable, low-quality food, as well as a challenging food environment for certain populations, the best diet is more possible than many realize.

So, what is the best diet? The best diet takes into consideration both traditional dietary practices and the Standard American Diet. The best diet emphasizes plant-based foods and minimizes meat and other animal-based foods, but it is not necessarily plant-exclusive. It satisfies individual likes and taste preferences, while at the same time providing enough calories to satisfy the appetite and to help one remain at a healthy weight and have the energy to stay active. The best diet includes a variety of natural foods that cover all the food groups (grains, fruits, vegetables, meats and beans, dairy) to provide the essential nutrients (vitamins, minerals, plant chemicals). It doesn’t rely on processed, packaged or refined foods such as white flour or sugar, but occasionally consuming sweet or refined foods, like cookies, ice cream or white

Diet (*n*)
All foods that a person or community consumes long-term or throughout life.

bread, is not off limits. The best diet is flexible and one where you choose from the best natural ingredients.

The best diet is also balanced and forgiving; there is no penalty if one doesn’t eat something specific or adhere to strict portion control, and there is no punishment for eating more on some days compared to others, for example consuming fewer grains one day and more vegetables the next. It isn’t a mind game, and the result isn’t about how validated one feels from eating certain foods. The best diet is one that is easy to sustain long-term and contains no restrictions, crazy rules or special supplements.

No matter one’s health goals, following the best diet is easier to attain than many believe. Prioritizing plant-based foods doesn’t mean one has to give up favorite foods, meat or the occasional sweet indulgence. Instead of attempting short-term, quick fixes through a temporary or unsustainable diet, consider eating the best diet. 🏡

Immaculata ON THE ROAD

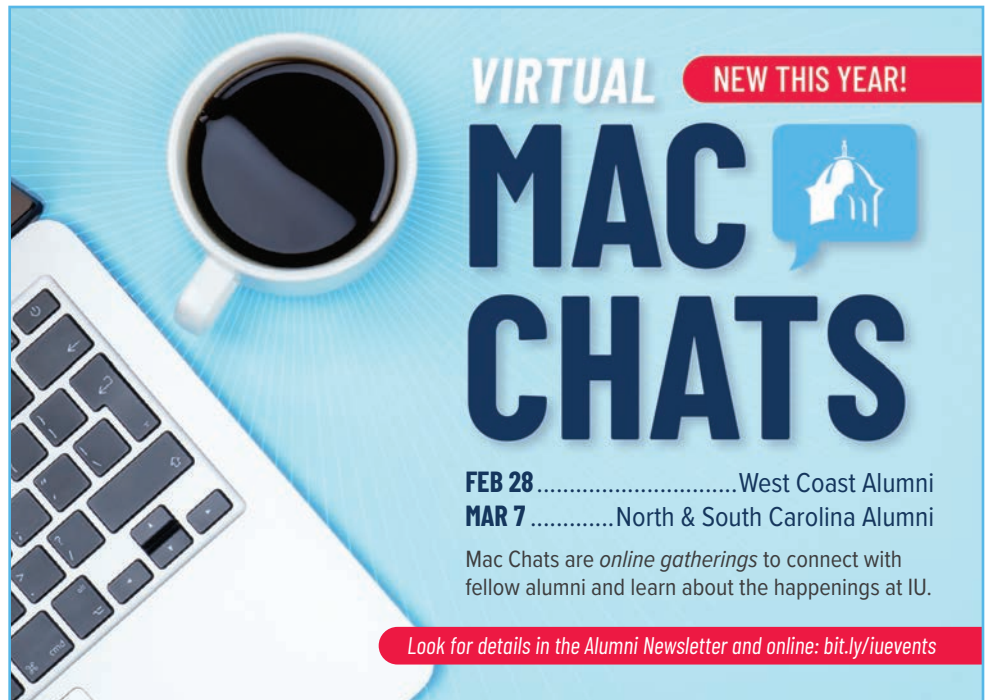
Please join fellow Immaculata University alumni at these upcoming events as Immaculata hits the road!

- | | |
|--|---|
| MAR 9
University & Whist Club of Wilmington
Wilmington, DE | AUG 17
The Capital Grille - Paramus
Paramus, NJ |
| MAR 22
Seasons 52
Princeton, NJ | AUG 23
Chatham Bars Inn
Chatham, MA |
| APR 4
The Hampton Social
Naples, FL | SEPT 14
Harvest Seasonal Grill
Harrisburg, PA |
| APR 19
Victoria's Restaurant Boardwalk Plaza Hotel
Rehoboth Beach, DE | SEPT 20
Tamaqua Station Restaurant
Tamaqua, PA |
| MAY 16
Chatham Bars Inn
Chatham, MA | SEPT 22
Seasons 52 - North Bethesda
North Bethesda, MD |
| JUN 15
Harvest at The Hotel Hershey
Hershey, PA | SEPT 27
The Capital Grille
Stamford, CT |
| JUL 6
The Capital Grille
Cherry Hill, NJ | OCT 5
The Farmer's Daughter
Blue Bell, PA |
| JUL 12
The Farmer's Daughter
Blue Bell, PA | OCT 10
Fleming's Prime Steakhouse
Providence, RI |
| JUL 19
The Capital Grille - Tysons Corner
McLean, VA | NOV 6
Lambertville Station Restaurant
Lambertville, NJ |
| JUL 27
The Griswold Inn
Essex, CT | NOV 14
The Capital Grille
Parsippany, NJ |
| AUG 1
Immaculata University
Immaculata, PA | DEC 4
The Hotel Bethlehem
Bethlehem, PA |
| AUG 8
Brandywine Brewing Co. Tavern and Grill
Greenville, DE | DEC 11
Harvest at The Hotel Hershey
Hershey, PA |

** All dates are subject to change. Current CDC & State COVID-19 social distancing protocols will be followed.*

REGISTER AT
immaculata.edu/ontheroad

For more information, contact Betty Ginty at eginty@immaculata.edu or 484-323-3944.



VIRTUAL NEW THIS YEAR!

MAC CHATS

FEB 28 West Coast Alumni
MAR 7 North & South Carolina Alumni

Mac Chats are *online gatherings* to connect with fellow alumni and learn about the happenings at IU.

Look for details in the Alumni Newsletter and online: bit.ly/inuevents



JOIN US IN MAKING AN IMPACT

Your Support is Critical to the Success of IU Students

We invite you to join us in the meaningful work of making a difference in student's lives.

The Immaculata Fund provides an opportunity for alumni, friends, parents and partners to support IU students on an annual basis.

Make Your Gift Today: immaculata.edu/give



IMMACULATA
UNIVERSITY

UNIVERSITY COMMUNICATIONS

1145 West King Road
Immaculata, PA 19345

Non-Profit Org
US Postage
PAID
Permit #338
Burlington, VT

You Can Make a
**MIGHTY
IMPACT!**

Mark your calendars for
Immaculata University's
annual *Charter Day of
Giving and Online Auction!*

November 9, 2023

IMMACULATA UNIVERSITY
CHARTER 1920
DAY of GIVING

Questions? Email alumnidept@immaculata.edu

*The Immaculata University Charter Day of Giving is an Immaculata Fund
event and all proceeds benefit Immaculata students.*

