Greetings, alumni!

My first 17 months as a Buckeye have been filled with phenomenal opportunities and exciting challenges. I have been at several universities throughout my career, but none of them can touch the Ohio State spirit and passion. I feel very blessed to be here as dean of our fantastic college and the university's first chief wellness officer. As we progress through spring semester, I'd like to share with you some of our recent landmark achievements:

- In January 2013, we launched Ohio State's first-ever nurse practitioner-led interprofessional collaborative practice, the Total Health and Wellness Center at University Hospital East. At this health center, we deliver high-value, low-cost care to the surrounding neighborhood through an interprofessional team comprised of nurse practitioners, pharmacists, physicians, social workers, mental health counselors, nurses and dieticians.
- Also in January, we announced a partnership between the College of Nursing and Canyon Ranch Institute, led by Richard H. Carmona, MD, MPH, FACS, president, 17th Surgeon General of the United States, and the dean's distinguished professor of health promotion and entrepreneurship. The organizations will jointly pursue our shared commitment to transform the global health and wellness landscape through curriculum development, community-based programming, and collaborative research.
- The college and university is hosting the first National Summit on Building Healthy Academic Communities on April 22-23, 2013, to highlight best practices in faculty/staff/student wellness and academic medical center health and wellness programming. We were the first university to be accredited as a healthy university by U.S. Healthiest. In December, I became one of the 12 U.S. Healthiest board members and am excited about working on an accreditation process for other universities as part of the board, which is one of
We now offer a menu of wellness programs, including the Health Athlete/Nurse Athlete program in collaboration with Johnson & Johnson's Human Performance Institute, with the purpose of expanding the capacity for peak performance under stress without compromising health and happiness for healthcare workers, nurses and university staff and faculty.

In November, the faculty approved a Center of Excellence in Critical and Complex Care directed by Mary Beth Happ, PhD, RN, FAAN, distinguished professor of critical care research, which is focused on advancing scientific knowledge and evidence-based transdisciplinary practice in the care of persons with critical and complex illnesses. This center will also have a focus on older adults. In addition, Linda Chian, PhD, RN, FAAN, distinguished professor of symptom management who came to us from the University of Minnesota, will lead a program in symptom management for the center.

We also have established a Center for Women, Children and Youth, led by Kim Arcoleo, PhD, MPH, to "transform lives through health promotion and risk reduction." Key areas of expertise include: perinatal care; overweight/obesity; asthma; and women's health.

Thank you for the warm welcome to our fantastic College of Nursing! I am so proud of all of our alumni. When I am introduced to speak at national conferences, it is so terrific to have a few alumni in the audience yell out "O-H" and I finish it with "I-O." The O-H-I-O is now music to my ears. We are working to increase our alumni engagement and create programs for your life-long learning through our Transformational Learning Academy in Nursing & Health, so please let us know how we can better meet your needs. Know that you always have a home with us in Buckeye Nation. I look forward to seeing you soon!

Fond regards,

Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN
Associate Vice President for Health Promotion
University Chief Wellness Officer
Dean and Professor, College of Nursing
Professor of Pediatrics and Psychiatry, College of Medicine

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From the Alumni Society President

What is the connection between these activities: hot cocoa on a winter day; dinner table talk about interviewing for your first job as a nurse, reminiscing about days gone by, cheering on the Buckeyes in the Schott, and raising money for scholarships? I am sure you have guessed by now that the common theme is the OSU College of Nursing Alumni Society! These are just a few of the activities the Society has participated in since October 2012.

As your President, I have the distinct privilege to represent you, the alumni at any number of events. I find myself looking back and looking forward; looking back at how different my nursing education seemed from today's world of technology and instant access to knowledge, and looking forward to those nurses who are just starting their journey. What will they think 35 years from now?

Our purpose as an Alumni Society is two-fold; connecting to current students and creating a place where alumni can work together to ensure that the College of Nursing, its students, and faculty have the necessary resources to continue to educate future nurses and health care professionals. We want our current students to value the Alumni Society's role within and outside of the college and we want our current alumni to help us support the students while they pursue their degree.

Your support is vital to this cause. Come to a tailgate, mingle with old and new friends, sip a glass of wine with us at our Wine Tasting event this summer, help us make a student's day just a little brighter with some healthy snacks, and be sure to save the date for March 29, 2014 for the college's Centennial Celebration.
Support the Sibs Nursing Student Organization by purchasing a fleece sweatshirt for $30. Colors: Black, Navy, Gray, White, Red.

Order Online

**Nominate Nursing Notables!**

The Ohio State University College of Nursing Centennial Committee calls for nominations for distinguished alumni.

Honorees will be celebrated during the college’s Centennial in 2014! Let us know who are the transformers of healthcare at the bedside, in community-based healthcare settings, in academia, and as leaders.

Save the Date!

The Centennial Gala will be held on March 29, 2014 at the Ohio Union. Mark your calendars!

More information will be available in May when we launch the website at nursing100.osu.edu.

**Dinner for 12 Buckeyes**

Written by Stephanie Stelmaschuk, '10

On the evening of January 23, 2013, the College of Nursing Alumni Society took advantage of the exciting opportunity to participate in the Dinner for 12 Buckeyes program at the Longaberger Alumni House. The program was hosted by the Student-Alumni Council, an undergraduate student organization at Ohio State whose mission is to foster relationships between students and alumni at the university. In addition to the College of Nursing, several other alumni societies participated in the event.

Read more about the event

**Student Focus: Serving the Community**

Written by Susan Voorhees-Murphy, '91

When you were an undergraduate do you remember your community health experience? Often people either don’t remember what they did, think it was boring, or say it wasn’t "really nursing". This year, our community health undergrads are making a significant impact on the Central Ohio community. With the University’s change to semesters, students’ clinical experience has expanded to 2 days each week, which allows faculty to broaden students’ exposure to the work of the community-oriented nurse.

Read more about students in the community

**Nursing Research Day**

Usha Menon, professor and vice dean of Ohio State’s College of Nursing, will be the keynote speaker at the fourth annual 2013 Nursing Research Day, which will take place from 7:30 a.m.-4:30 p.m. March 19 at the Longaberger Alumni House. Her presentation will be one of several on the agenda for the 2013 Nursing Research Day. The day is a collaboration among nurses at the OSUCCC - James, Ohio State’s Wexner Medical Center, Ohio State’s College of Nursing, Ohio Health, Mount Carmel Health System and Nationwide Children’s Hospital.

Buckeye Wellness Tip

Make just ONE change to improve your health.
Forming a healthy habit, such as increasing your physical activity, can be challenging. You may wonder what to do, how often to do it, and for how long. Research has shown that even small increases in physical activity can improve your health, so start by taking a 15-minute walk twice a week, or use the stairs instead of the elevator. Setting a realistic and specific goal will help you make just one change for your health.

Connect with the College of Nursing

E-mail: nursingalumni@osu.edu

Forward this email

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