



A MESSAGE FROM THE DEAN DR. DEBBIE SHEPPARD-LEMOINE



Dear Alumni and Friends,

We hope you will enjoy this Fall edition of our newsletter *Connecting with Care* on behalf of the Faculty of Nursing at the University of Windsor. Our faculty resides on the traditional territories of the Three Fires Confederacy, made up of the Ojibwa, the Odawa, the Potawatomi.

As we continue to share our good news at Nursing far and wide, this issue will feature the incredible work of our students and colleagues, our successful faculty

accreditation efforts, research that aims to prepare our nursing graduates for workplace stress, and a heartwarming 50th anniversary class reunion. We'll also keep you in the loop for upcoming events.

By sharing this newsletter with you, we hope you stay connected to our Faculty and support our mission. Did you know that the mission statement of our Faculty is to advance the health and well-being of individuals and communities through nursing education, practice, research, scholarship, and creative activity?

Our vision for the Faculty of Nursing is even more profound and simple - EXCELLENCE in nursing education, practice, and research.

We live these values every single day with our students and our community. We look forward to seeing you soon and we thank you for staying connected to us!

Warmest Regards and Happy reading!

ABOUT THE DEAN

Dr. Debbie Sheppard-LeMoine, PhD, RN, joined as Dean of the Faculty of Nursing at the University of Windsor in September of 2020.

Originally from Nova Scotia, Dr. Sheppard-LeMoine brings over 30 years of experience as a Canadian and international educator. Throughout universities spanning North America and the Middle East, she has co-led countless international initiatives involving nursing, family, and public health.

As a champion on collaboration, Dr. Sheppard-LeMoine understands the value of international work as a vital tool to broaden nursing perspectives for students, practitioners, academics, and communities. Dr. Sheppard-LeMoine has been part of global research teams, having presented at international peer reviewed conferences and publishing numerous peer reviewed journals.

Her work focussed on the impact of personal and socio-economic challenges such as poverty, addiction, and mental health on women and children. Her dedication in this area of healthcare along with interprofessional practice has shaped and influenced her lifelong passion to improve the quality of life for families and communities.

Debbie can be reached at
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SUPPORT THE FACULTY OF NURSING

Your support of the Faculty of Nursing means the world to us. We are happy to explore all current and potential giving opportunities with you. Whether you're considering supporting our student mentorship programs, establishing a scholarship or annual award, helping us purchase state-of-the-art equipment for our simulation and clinical learning labs or even to leave a legacy gift, we are here to help.

uwindsor.ca/SupportNursing



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COLLABORATIVE BSCN NURSING PROGRAMS RECEIVE CASN ACCREDITATION

The Faculty of Nursing earned accreditation from the Canadian Association of Schools of Nursing (CASN) for the collaborative Bachelor of Science in Nursing (BScN), honours, and Registered Practical Nurse Pathway to BScN programs.

CASN accreditation is a mark of excellence; it is a Canadian and internationally recognized evaluation process to ensure that exacting standards in nursing education and expected student outcomes are met resulting in graduates entering the field with elite acumen, skill, and competency.

The school's application for accreditation is voluntary and requires that the programs' faculty, resources, and curriculum be evaluated by a review panel consisting of nursing education experts, public and court officials, executive directors, and community representatives.

Dr. Sheppard-LeMoine, dean of the Faculty of Nursing, says she is delighted to have received accreditation.

"We met all the required critical elements, and I am proud to say that there were no program recommendations by CASN. The Faculty of Nursing's dedicated team of associate deans, faculty, staff, and students worked long hours together for this achievement," says Dr. Sheppard-LeMoine. "Without the strength and vision of our team, this outstanding accomplishment would not have been possible."



She points out that the accreditation is a certification of distinction that provides University of Windsor Nursing graduates with a high ceiling for prospective careers.

"While filling the need of a nursing shortage, graduate employability is limitless. In addition, employers have more peace of mind knowing that an accredited collaborative nursing program like ours will continue to produce highly competent and educated nursing professionals who can make immediate contributions to a team that they could potentially be joining." ■

SIMULATION EXERCISES PREPARING NEW NURSES FOR REALITIES OF WORKPLACE STRESS

During National Nursing Week, the Faculty of Nursing recognized and celebrated nurses, sharing stories highlighting how UWindsor's nursing education prepared students to contribute to healthcare. The nursing profession, a vital part of the health-care system, faced challenges during the COVID-19 pandemic. Attrition caused by burnout or early retirement created a void, with young nurses at higher risk for negative health consequences due to work stress.

Nursing professors **Jody Ralph** and **Laurie Freeman**, along with lead researcher **Dana Ménard** and her colleague in psychology **Kendall Soucie**, are currently developing simulation modules to prepare graduating nurses for moments of extreme anxiety.

"By having the nursing graduates participate in mock scenarios closely simulating real-

world circumstances, we better equipped them to handle unplanned situations," said Dr. Ralph.

The 10-week program includes modules on recognizing heavy workloads, moral distress, impaired mental health, trauma-informed care, and more. Testing began in person with a small pilot group, transitioning to an online platform for multiple universities.

Dr. Ménard adds that the modules were designed to build resilience and coping strategies in nursing students, allowing them to practice assertiveness and problem-solving in realistic situations. Using simulations provided a safe and supportive learning environment for non-clinical skills.

Ménard and Ralph agree that the future of nursing relies on adapting to workplace



Professors Dana Ménard, Laurie Freeman, Kendall Soucie, and Jody Ralph are part of a research team developing modules to prepare graduating nurses entering the workforce for moments of extreme anxiety.

barriers and establishing self-care blueprints, resulting in a healthy, competent, and sustainable workforce. ■

SERVICE PROVIDES BUILDING BLOCKS FOR BETTER BABIES

For moms-to-be, the health of their unborn child is undoubtedly top of mind. When social and financial challenges come into play, worries intensify as the thought of the everyday struggles associated with an expanding family becomes harsh reality.

Building Blocks for Better Babies (BBBB) is a service offered through the Canada Prenatal Nutrition Program (CPNP) in Windsor and Essex County that provides expectant moms enduring such hardships with a comforting measure of peace of mind. The program was developed by **Ellen Bachtold**, one of the present-day dieticians with the program, together with **Dr. Mary Louise Drake** as the sponsor with the then, School of Nursing at the University of Windsor. The Faculty of Nursing continues to support the program on an ongoing basis.

"BBBB is a comprehensive, community-based program that supports pregnant women who face conditions that may compromise their health and the development of their babies," says retired nursing professor and BBBB administrator, **Dr. Deborah Dayus**. "Since 1996, the program is designed to provide nutrition support and health education to pregnant women who face challenging circumstances that put their health and the health of their infants at risk."

Such circumstances include prenatal moms who are:

- Enduring financial hardship resulting in food shortage
- New immigrants experiencing social and cultural change
- Struggling with anxiety and/or depression
- Struggling with substance abuse
- Lacking social supports
- Lacking post-secondary education
- Single parents
- Under 20 years of age
- Experiencing domestic violence

Along with Dr. Dayus, registered dietitians **Ellen Bachtold** and **Karen Harrop**, are the backbone of the BBBB program that is experiencing challenges of its own. Funding has not kept pace with inflation and

operating costs; BBBB has operated with the same budget for over 20 years.

"We're appreciative of the funding that we've received and feel fortunate to have great relationships with outstanding project partners who supply us with things such as vitamins and fresh food to be distributed to expectant moms," Dayus says.

Dayus recalls conducting "porch visits" during the pandemic where the team prepared and dropped off care baskets and at a distance, briefly chatted with expectant moms. Without the generosity of program partners, BBBB could not provide the support on such a tight budget.

BBBB offers education including healthy eating, nutritious meals on a budget, and feeding your baby. BBBB also offers prenatal and breastfeeding classes in collaboration with the Windsor Essex County Health Unit.

The program services approximately 50 registered prenatal moms and their families per week and currently runs Tuesday (in Windsor), Wednesday (in Leamington), and Thursday (virtually).

For more information on BBBB, or if you qualify and need support, please visit uwindsor.ca/nursing/better-babies/. To support Building Blocks for Better Babies through the University of Windsor, please visit uwindsor.ca/supportnursing and we will be pleased to direct your gift to them. All gifts will receive a charitable tax receipt. ■



LEAVE A LEGACY AND PLAN A GIFT TODAY!



Thousands of alumni, parents and friends support the University of Windsor each year. These gifts, of all sizes, provide the funding necessary to support student scholarships; purchase cutting-edge equipment for research and hands-on student learning; and support student groups and programming, resulting in a vibrant campus and memorable student experience.

uwindsor.ca/SupportNursing

- Make a gift honouring or memorializing a colleague
- Consider a planned gift and leave your legacy
- Establish a scholarship or endowment to support our Nursing students
- Give Securities
- Donate Gifts-In-Kind of equipment and supplies to enhance our clinical and experiential learning. ■



50TH ANNIVERSARY REUNION

REAFFIRMS LIFELONG CONNECTIONS

The University of Windsor, Faculty of Nursing alumni from the Class of 1973 got together this August in Ingersoll for their 50th Anniversary Reunion. Coordinated in no small part by **Leslie MacPherson**, the alumni gathered both in person and on Zoom to reminisce, catch up with each other and reconnect with their roots at the University of Windsor.

Alumna **Liz McHugh** commented on how she loved the small and intimate size of her class. "We got to know one another so well. We got to be such good friends and many of us have remained very close".

Darlene Scarrow remarked, "My years at the U of W were possibly the best of my life. Our education was superior and the friendships we made are life lasting". She also noted, "things are so different in health care now - we really appreciate the training and support we received".

"The years at the University were some of the best years of my life, and the friendships have been some of the most important in my life" says **Geordie Belinski**. "When we get together, it is like we never left!"

Karen Verhoeve was particularly impressed with the teachers and staff at the Faculty of nursing. "The 4 years I spent in BScN nursing at the University of Windsor were amazing. The friendships I formed there were life long. The teaching staff were amazing". She closed with a simple message – "Thank you".



The class thanked **Dean Debbie Sheppard-LeMoine** who took the time to do handwritten congratulatory notes to each alumna. Special thanks are also owed to the University of Windsor alumni association who provided beautiful winter scarves as a memento of the milestone. ■



Nursing Peer Mentors **Aryan Fard** (left) and **Jana Duric** (right) pose with Alumni Association board member and Nursing Alumna **Dorothy Leung '08** (centre). Jana and Aryan interacted with each of the 144 participants in the UWindsor Alumni and Friends Golf Tournament on July 24, 2023, to showcase the Faculty of Nursing through mindfulness and stretching exercises.

UPCOMING FACULTY EVENTS

UWINDSOR ALUMNI WEEK 2023
Saturday, Sep 23 - Friday, Sep 29
uwindsor.ca/alumni/alumni-week2023

DEAN'S INTENTIONAL CONVERSATIONS

For more information, please visit:
uwindsor.ca/nursing/conversations-fall2023

UWINDSOR NURSING CAREER FAIR

Thursday, Nov 30 | 11 am - 2 pm
Alumni Auditorium, CAW Centre, 2nd Floor

UPCOMING COMMUNITY EVENTS

ANNUAL ACQUIRED BRAIN INJURY CONFERENCE

Brain Injury Association of Windsor and Essex County
Friday, Oct 20, 2023
Hotel Dieu Grace Hospital
Brown Auditorium
Windsor ON
info@biawe.com



STAY CONNECTED!

We are happy to share messages and events with our alumni and supporters at the Faculty of Nursing. If you have an upcoming event you would like to promote, a message or communication you wish to share, or a story we should know about, let us know.

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VISIT US
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