



trailblazer

The magazine for alumni, students and supporters of Trocaire College 2015

OUR INAUGURAL ISSUE

TROCAIRE COLLEGE

Formerly
Trocaire Trends,
we have a
new name
and look!

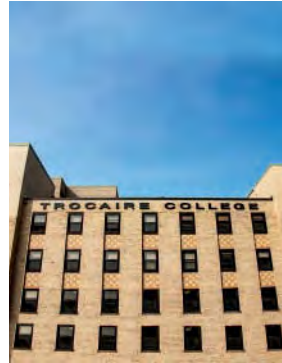
THE RAW TRUTH

How Robbie Raugh turned a Trocaire nursing education into a health and fitness empire ■ PAGE 8

HOT WHEELS Wood-fired pizza hits the streets of Buffalo ■ PAGE 5

SAFETY FIRST Protect yourself online with a few simple tips ■ PAGE 7





COVER PHOTO BY Julie Cioccio

Our magazine is for alumni and friends of Trocaire College, a private career-oriented Catholic institution that strives to empower students toward personal enrichment, dignity and self-worth through programs in healthcare, business and technology. It is published once per year by the Office of Communications within Institutional Advancement, 360 Choate Avenue, Buffalo, New York 14220. More information: communications@trocaire.edu

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Get involved with Trocaire and your fellow alumni. 'Like' the Trocaire College and Trocaire College Alumni Association Facebook pages and follow @TrocaireCollege on Twitter. You can also email the Office of Communications at communications@trocaire.edu to let us know what you are up to.



our voice



A Message from the President

"If you are a Trocaire alum, I encourage you to submit your achievements, awards, personal and professional accomplishments and news to communications@trocaire.edu to be featured in an upcoming blog or magazine publication!"

It's an exciting time for Trocaire College! We continue to implement innovative and visionary changes and build on our strategic focus so the institution grows stronger and continues to be a vital contributor to the quality of life in Western New York.

As part of that strategic focus, we are pleased to introduce you to our new **Trailblazer** magazine, what many of you may recognize as our former Trends publication. The magazine is published to inform, engage, inspire and entertain a diverse readership including alumni, parents, students, faculty, staff and friends of Trocaire. By presenting educational, informative, timely and entertaining content, we will create a snapshot of what's going on at the college and within our extended family. Between issues, additional content can be found on Trocaire's Trailblazer blog at trocaire.edu/trailblazer-blog.

By maintaining the interest of and engagement with our readers, Trailblazer magazine aspires to inform and strengthen your commitment to Trocaire, our current students and our mission. That commitment—through the provision of your time, talent and treasure—directly impacts our students while they are with us and our community when they go on to serve in healthcare, business and technology, bearing the Mercy values.

So, welcome to Trailblazer magazine; we hope you enjoy it. I look forward to seeing and hearing about all the great things Trocarians are doing throughout our community and beyond. ■

Bassam M. Deeb, Ph.D.
Trocaire College President



55
SCHOLARSHIPS
AWARDED



Some of the Pano's Restaurant Scholarship recipients with **Sandra Miller**, fourth from right, director of Grants and Government Relations.



Rosa Valentin, recipient of The Ciarico Family Scholarship.

15
STUDENTS
INDUCTED
PHI THETA
KAPPA
HONOR
SOCIETY
*3.4 semester GPA or higher, minimum 12 credits, finished one semester major



Lydia Baake, left, recipient of the Georgette G. Cordera Memorial Scholarship, and Pamela Witter, vice president for Development & Community Engagement.

by the numbers
2015 HONORS
CONVOCAATION

Since 1958, Trocaire College has provided a quality education to students, many of whom continue to live and work right here in Western New York. We are proud of the accomplishments achieved by these alumni and hope to continue this legacy for many years to come.

Our Honors Convocation event is a special time to pay tribute to the many students who have gone above and beyond to shine during their college career.

At our recent 2015 Honors Convocation event, there were:

3
SISTER
MARY
EMILE
AWARDS
GIVEN



Arwa Al-Naji, left, and Sarah Answeeny, right, recipients of The Dennis & Mary Downey Family Memorial Scholarship, with Trustee Emeritus Maureen Winnert.

31
ACADEMIC PROGRAM
AWARDS GIVEN

Did you know?
97%

of Trocaire students receive some form of financial assistance: scholarships, grants, loans and work-study

Stephanie Szpila, left, recipient of The Trocaire College Community Service Award, with President Bassam M. Deeb, Ph.D.



3
"WHO'S WHO
AMONG STUDENTS IN AMERICAN
UNIVERSITIES & COLLEGES"
RECOGNIZED



A RENEWED FOCUS ON SERVICE LEARNING

Radiologic Technology faculty member **Rachel McCormick**, center, helps students **Jeneen Carey**, left, and **Cheree Creek**, right, load Meals on Wheels dinners into a vehicle during one of the program's service learning days in June.

Trocaire Integrates Mercy Mission into Programs

"Trocaire College prepares students for service in the universal community."

If that sentence sounds familiar, it's because it is part of Trocaire's mission statement. With a respectful nod to the college's foundation by the Sisters of Mercy and their legacy of serving people and communities "who are poor, sick and uneducated," several programs have prioritized service learning as a piece of their curriculum.

"It's part of the Mercy mission," said Coordinator of Service Learning **Pam Jablonicky**. "It's just another part of Trocaire."

Jablonicky defined service learning as both a teaching and learning approach that "goes beyond traditional community service, integrating instruction and reflection to enrich the learning experience, promote growth in character and in critical thinking skills, teach civic responsibility and strengthen communities."

"What we try to do is foster empathy," she added. "When you see how another person lives, their needs, I think you become a more compassionate, caring, empathetic person."

Learning How People Live

The Radiologic Technology program debuted service learning this past summer, for students going into their second year in the program.

Ann Smith, the program's clinical coordinator, said Radiologic Technology Program Director **Nancy Augustyn** has a



Radiologic Technology students **Nick Girdlestone** and **Nicole Fallon** assist **Mindy Block**, right, Meals on Wheels of WNY service director.

strong belief in service learning's value, and a presentation on how fulfilling the experience can be for students by the former director of service learning, **Sister Margy Gorman**, helped provide the catalyst for creating a formal service component.

All students completed a full day of service in June—the work included completing some light maintenance and administrative tasks for the Tosh Collins Community Center in South Buffalo, and then delivering food for Meals on Wheels of WNY under the guidance of program faculty members. They were also responsible for writing a reflection paper.

"It was a perfect fit to assist the neighborhood," Smith said. "Service learning is invaluable for any individual who experiences and becomes involved in assisting needy people. Overall, it was definitely a wonderful and grateful day we all had."

"What was nice about that is they actually had an opportunity to talk to some of the recipients of the meals," Jablonicky said. "You get to see a little bit different viewpoint of people's needs and how they live. It was a good experience for them."

Seeing All Sides of a Patient

The Catherine McAuley School of Nursing's two-year registered nursing (RN) program has featured service learning opportunities for more than six years. The Practical Nursing certificate program has required it for about a year.

For the RN program, students are required to complete 16 hours of volunteer service during their last semester, and write a reflection paper following their experience. Students choose a location from a list of community partners, set up their service arrangement with the coordinator of Service Learning, and the project is then approved by a faculty member.

Many nursing students work with health-care-oriented community partners like skilled nursing facilities and organizations that serve the homeless population of Buffalo, according to nursing professor and service learning liaison **Maria Lalley**. Jablonicky said both those settings allow the student to see potential patients in a different light.

"You're looking at a person from a whole new perspective," she said. "When you're in the healthcare field, it's so rapid—a lot of times, patients are just one of many. With service learning, you look at the whole person. Not only is it a good experience for the person receiving their services, it's a good experience for the student, because it helps them grow."

Lalley agreed, calling the service an "eye-opener" for many of her students. Sometimes, the experience is so impactful that it spurs further volunteering.

"Many of these students make a commitment once it's over," Lalley said. "They stay connected and want to keep making a difference." ■

LOOKING TO VOLUNTEER?

Consider some of Trocaire's service learning partners. Assistance of all kinds is welcome at most organizations, from medical to administrative to simply providing companionship or helping at an after-school program.

For details visit: trocaire.edu/academics/service-learning



O.G. WOOD FIRE HITS THE STREET

Trocaire Grad Starts Buffalo-based Pizza Food Truck

Across the country and right here in Buffalo, New York, the food truck phenomenon shows no signs of slowing. Modern food trucks provide the usual "street meat" and on-the-go selections, as well as an eclectic array of high end gourmet fare for those with a more refined palate.

With the recent resurgence of food trucks, mobile cuisine has gained respect and become incredibly popular as food truck entrepreneurs utilize social media to share their daily locations and fuel interest in their menus.

Jay Langfelder, '11, a Trocaire Hospitality Management graduate, is the owner of a new food truck in Buffalo that opened in July. Jay serves up customers on the go with delicious, wood-fired pizzas out of a fully mobile truck.

The pizza recipes incorporate naturally leavened sourdough, homemade fresh mozzarella and local meats and produce, all cooked in less than two minutes in a 900 degree wood-burning oven.

Look for Jay around town and check out his venture on Facebook and Twitter. ■

[@OGWoodFire](https://facebook.com/ogwoodfire)



Entrepreneur Q&A

NAME: Jay Langfelder
AGE: 30
HOMETOWN: Williamsville, NY
OCCUPATION: Owner of the O.G. Wood Fire food truck

Favorite cuisine:
Wood-fired pizza and authentic Italian. I also love Asian food, everything from Thai to sushi.

Favorite celebrity chefs:
Anthony Mangieri from Una Pizza Napoletana in San Francisco and Chris Bianco at Pizzeria Bianco in Phoenix. More well-known celebrity chefs that I like are Michael Symon and Richard Blais.

Favorite pizza topping:
It's not so much what goes on the pizza, it is the dough, but if I had to pick a topping it would be soppressata picante. My favorite pizza is a **standard Margherita**.

It's very simple but the most difficult to make well: just dough, sauce, fresh mozzarella and basil.

Best drink compliment to one of my pizzas:

A glass of good red wine... something from California or Italy or a Pellegrino Limonata.



■ outside the classroom



The Buffalo Beer Biochemist: A Blog for the 'Science-curious' Beer Enthusiast

Trocaire faculty member **Dr. Kevin Wise** has started a blog called The Buffalo Beer Biochemist.

After earning a doctorate in biochemistry, Dr. Wise conducted post-doctoral research at Yale University, working in yeast genetics. On his blog, Dr. Wise focuses on three main topics: beer reviews, beer places, and beer science.

Due to the recent expansion of Buffalo's craft beer market, there is growing demand and curiosity with regard to beer. There have been five new breweries opened in



the past several years, and more soon to come. Many people, including Dr. Wise, enjoy home brewing and want to know more. Why do beers taste the way they do? What chemicals are in beer? How can one make beer taste or look a certain way?

Given his background, Dr. Wise started the blog with the "science-curious" beer enthusiast in mind. Make sure to check it out! ■

buffalobeerbiochemist.com

■ expert advice



Basic Steps to Protect Your Data and Privacy

Online data and information security is a hot button issue right now, and for good reason—cases of privacy breaches seem to populate the news nearly every day.

However, there is good news: whatever your level of computer literacy, there are several basic steps you can take that will go a long way in making sure your information stays safe.

Jeff Lesinski, Trocaire's Computer Networking Administration program director, said internet security comes down to one word: responsibility. In his program, security is discussed in every class, in addition to there being an entire course on security taught by someone with a master's degree in the subject.

But he said even if you have never taken a computer class, using technology is like driving a car—you don't have to be an expert to do so, but you have to be able to follow basic rules and keep yourself and others safe.

"People have their own responsibility for their security—everyone plays a part," he said. "People don't have to be computer geniuses. There are just a few practical rules that you should follow." ■

■ student spotlight

MEET ELIZABETH RIDGWAY

All of my professors are so knowledgeable. It's been a great experience, and I'm ready to work in the field."

Learning Technical Skills to Help a Disadvantaged Population

Elizabeth "Liz" Ridgway, '15, is a newly minted graduate in Trocaire's Radiologic Technology program.

Liz's journey to Trocaire did not follow a typical path. Upon graduation from South Buffalo's Mount Mercy Academy, she began her pursuit of higher education at the University of Tampa, where she majored in biology and chemistry. After obtaining her bachelor of science degree, Liz secured a position completing scientific research in analytic environmental chemistry at Sun Labs.



Following several years working in the field, Liz and her high school sweetheart, Kevin, also a graduate of the University of Tampa, decided to return home to Buffalo to begin their married life and raise a family.

Once back in Buffalo, the research field presented limited employment opportunities. It was during this timeframe that Liz concentrated on starting her family, and today, the couple are the proud parents of two young boys: Jacob, 4, and Erik, 2 1/2.

During her pregnancies, Liz became fascinated with ultrasound and realized that radiologic technology would be an exciting career path to explore. She knew this would be the chance to combine the transferable science skills she had with her desire for patient care and contact. After researching the educational institutions that could help her achieve her goal, Liz selected Trocaire, and she believes the college has provided her with an excellent education.

"All of my professors are so knowledgeable in the field of radiologic technology," she said. "It's been a great experience, and I'm ready to work in the field."

Presently, Liz is hoping to be accepted into the Diagnostic Medical Sonography certificate program. Upon completion of this program, her future goal is to one day own her own business, and offer her skills to an underserved and economically disadvantaged population. Trocaire's mission of service to others is a core value for Liz, and she hopes to use this to drive her career efforts. ■



PASSWORD COMPLEXITY



When creating accounts on the internet, take the extra step to come up with a password that is difficult to guess. The trickiest passwords involve random letters and numbers. Afraid you'll have trouble remembering? Lesinski recommends thinking of a phrase or sentence that means something to you, and then using the first letter of each word as your password.



STRANGER DANGER

Be wary of providing private data like passwords or specific account information over the phone or email, even if the caller says they were referred by your employer, your internet provider or another official entity. No legitimate utility company, credit card agency or IT department would ask for information in that manner. "People should be a little defensive when talking about computer stuff," Lesinski said. "You have to be skeptical." If in doubt, tell the person you will call them back, and then call the organization's official customer service number to verify the caller's authenticity.



AUTOMATIC UPDATES

Take advantage of upgrades by apps, operating systems and software programs—they often correct weaknesses and potential problems that have been found with the product. Make sure upgrades are enabled and schedule automatic updates to make sure you don't miss one.



PROTECTION SOFTWARE

Utilize anti-virus and anti-malware software. Most computers come with a decent program included for free, as well as a firewall, set up with basic parameters and scheduled to scan regularly. "The important thing is to know just enough to make sure it's functioning," Lesinski said.



UNKNOWN SENDER HAZARDS

You should also be wary about opening emails and attachments from senders you don't recognize. Both can install viruses or software on your computer without you even realizing it.

Trocaire Distinguished Alumni Award Winner Releases Fitness Book



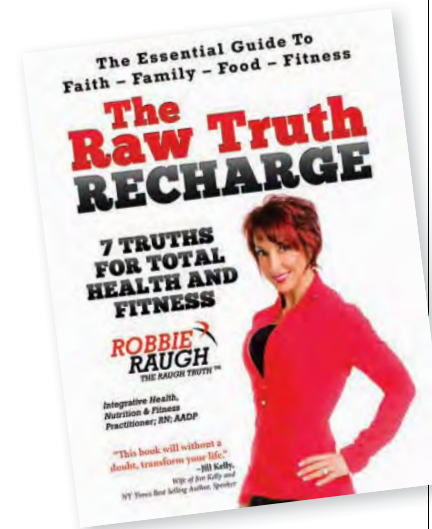
■ alumni feature

THE RAUGH TRUTH

INTRODUCING ALUMNA ROBBIE RAUGH

Internationally certified fitness trainer **Robbie Raugh**, '82, is not only a local radio host, motivational speaker and health and fitness expert—she has also added published author to her list of accomplishments.

The Catherine McAuley School of Nursing graduate recently released her first book, “The Raw Truth Recharge: 7 Truths for Health and Fitness,” which explores faith, family, food, fitness, detox, sleep and stress management, diving into how each of them is vital to one’s health—mentally, physically, emotionally and spiritually.



Robbie’s book is already making waves. In fact, Jill Kelly, wife of former Buffalo Bills superstar Jim Kelly and a *New York Times* bestselling author herself, said, “It would be near impossible in a few sentences, to describe the impact that Robbie Raugh has had on our lives and health. Yes, she is certified, qualified, and amazingly talented. But more than that, she sincerely cares about people, and wants them to prosper in every way. We would not be where we are today, without Robbie’s love and guidance. This book will, without a doubt, transform your life.”

Before Robbie found her passion in the health and fitness industry, she began her journey at Trocaire.

“My mom wanted me to be a nurse,” she said. “I originally went to Buffalo State College for education, but then I immediately realized I had always been interested in healthcare.”

Robbie explained that even in high school she was interested in health and how the body works, as well as working out and taking care of herself.

“After coming from a larger school, I felt like Trocaire had a great sense of community,” she says. “I was in small classes with people who really cared about me, and I made some great memories. It really was the right fit.”

Robbie worked hard and accomplished her goals, graduating from Trocaire with a degree in nursing in 1982. As soon as she graduated, Robbie accepted a job offer as a nurse at Niagara Falls Memorial Medical Center. She then went on to work at DeGraff Memorial Hospital, Roswell Park Cancer Institute, Women and Children’s Hospital of Buffalo and many private physicians’ offices.

“After testing the waters of nursing for 15 years, I decided to take a career twist,” she said. “I switched from treating disease to preventing it.”

Although Robbie no longer works as a traditional nurse, she uses her diverse experience and strong medical knowledge in her current position as an integrated health nutrition practitioner.

“I love what I do and I feel like it matters—how could anything be more fun?” she said. “I’m literally saving lives. People have come to me dangerously close to a heart attack or diagnosed with cancer, and through exercise, inspiration and encouragement for a balanced lifestyle, we have been able to not only

prevent disease, but to reverse it.”

Robbie’s mission to prevent disease is very close to her heart. Her sister was misdiagnosed for two years with what doctors said was a blocked milk duct, and then properly diagnosed with stage four breast cancer.

“I made a pledge to my sister to keep fighting, and I decided right then and there I was going to do whatever I could to help those around me prevent disease,” she said. “Nearly every disease is preventable, or can be treated through your dietary habits and lifestyle, and I know with my extensive training, experience and credentials, I can help you.”

This year, Robbie was honored with one of Trocaire’s Distinguished Alumni Awards for serving as an amazing role model to the Western New York community. She teaches health, nutrition and exercise at a variety of places in Buffalo, including fitness and community centers and medical practices. In addition, she’s also a radio personality for The Raw Truth on WDCX 99.5 FM, which streams live worldwide every Saturday at 11 a.m.; is a health and fitness expert on WKBW-TV in segments that air every Friday at 10 a.m.; and has produced multiple workout videos in addition to her recent book venture.



Raugh, with husband Jeff, received the Trocaire Distinguished Alumni Award in March 2015.

“You don’t have to be 300 percent sure of what you want to do with your life while you’re in school,” Robbie advises current students. “Get your degree or license, and you’ll have that credibility to do what you want later on.”

Aside from her work, Robbie is a devoted wife and mother of two children.

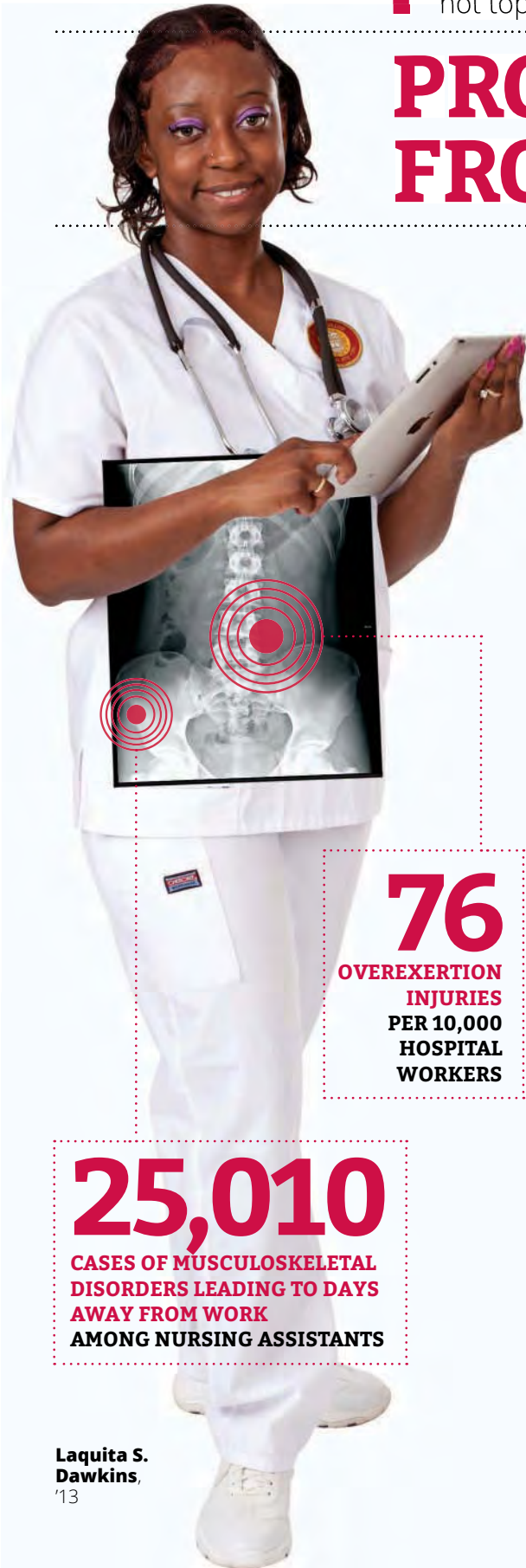
“If you love what you do,” she said, “You’ll just learn how to time manage and hit the ground running.” ■

To learn more about Robbie, visit: robbieraugh.com

PHOTO BY SARAH BRIDGEMAN

■ hot topic

PROTECTING NURSES FROM INJURY



Legislation on Federal Safety Standards in the Works

Anyone in the nursing profession will tell you that the risk of injury that comes with manually lifting and moving patients is a constant worry. Rules and regulations vary by hospital group and by state, some more protective of hospital workers than others.

However, that could change in the future, if legislation is passed at the federal level that enacts nationwide standards on safe patient handling. Titled the Nurse and Health Care Worker Protection Act, the bill was introduced to the House of Representatives in 2013 by Rep. John Conyers (D-MI) and is currently still being discussed by various committees.

According to the Centers for Disease Control and Prevention (CDC), rates of musculoskeletal injuries in health care occupations are among the highest of all U.S. industries. Data from the Bureau of Labor Statistics show that in 2011, the rate of overexertion injuries averaged across all industries was 38 per 10,000 full time workers. By comparison, the overexertion injury rate for hospital workers was twice the average (76 per 10,000).

That same year, registered nurses ranked fifth among all occupations for the number of cases of musculoskeletal disorders resulting in days away from work, with 11,880 total cases. Nursing assistants reported 25,010 cases—the highest of all occupations.

“The leading cause of these health care employees’ injuries is patient lifting, transferring and repositioning injuries, which constitute a significant risk to the health and welfare of those employees,” the Nurse and Health Care Worker Protection Act reads.

Learning proper body mechanics for manual lifting and how to avoid

injury are part of every nursing student’s education, and some local hospital groups do have “no-lift” policies and mechanical aides for their staff. However, there are several underlying factors that make overexertion of nurses and other workers a growing risk.

“Rising obesity rates in the United States increase the physical demands on caregivers, and the aging of the workforce likely contributes to the problem: recent data indicates that the average age of a registered nurse in the U.S. is approximately 44 years,” the CDC states on this topic. “Nursing work demands have also been strained by an ongoing shortage of nurses, which is projected to reach 260,000 unfilled nursing positions by the year 2025 in the US.”

Conyers’ legislation states that the development of assistive patient handling technology, equipment, and devices has made manual patient handling outdated and usually unnecessary.

“Establishing a safe patient handling, mobility and injury prevention standard for direct-care registered nurses and other health care workers is a critical component ... for protecting the health and safety of nurses and other health care workers, addressing the nursing shortage and increasing patient safety,” the bill reads.

Representatives from the American Nurses Association (ANA) spoke to Congress in May about the necessity of the Nurse and Health Care Worker Protection Act, according to a recent ANA press release.

“Every day, nurses and other health care workers suffer debilitating musculoskeletal disorders, due to manually lifting patients,” ANA President Pamela F. Cipriano said to officials. “In no other profession would we ask workers to lift 90 pounds or more without mechanical support. Nurses and health care workers should not be the exception.” ■

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OVEREXERTION INJURIES PER 10,000 HOSPITAL WORKERS

25,010

CASES OF MUSCULOSKELETAL DISORDERS LEADING TO DAYS AWAY FROM WORK AMONG NURSING ASSISTANTS

Laquita S. Dawkins, '13

■ trailblazer online

READ MORE ON OUR BLOG!

Five Minutes with Trocaire's Solomon Nelson

Get to know this Patricia Lavender Educator of the Year at:

trocaire.edu/trailblazer-blog



■ upcoming events

SAVE THE DATE: REFLECTIONS 2015

Mark your calendars and come join us on **Thursday, Oct. 8, 2015** for an evening of fine dining and inspiration at Salvatore's Italian Gardens, as we celebrate our **2015 Reflections honorees!**

The Reflections Award is given to individuals and organizations that have demonstrated meaningful contributions to health and human service or higher education in the Western New York community, and that exemplify the spirit of the Sisters of Mercy and the mission of



The 2014 Reflections Award recipients, from left, **Edward C. Cosgrove**, **Sister Mary Johnice Rzadkiewicz**, **Jody Lomeo** and **Nancy M. Langer**—pose with Trocaire President **Dr. Bassam M. Deeb** at last year's event.

Trocaire College.

Stay tuned for more details and purchase tickets to attend at our website, trocaire.edu! ■

■ student spotlight

MEET CARRISSA TURNER

A Family Tradition Leads a New Generation to Trocaire

Carrissa Turner, '15, joined the Trocaire family as a traditional student, enrolling right out of high school. She knew Trocaire was the right place for her. Why? Because for Carrissa, Trocaire is a family affair. Her mother and two aunts are all graduates of Trocaire's Catherine McAuley School of Nursing.

All three sisters—Jackie (Carrissa's mother), Cynthia and Sandra—are currently working in their chosen field: Jackie at Erie County Medical Center (ECMC), Sandra at Millard Fillmore Suburban Hospital and Cynthia at a hospital in Atlanta, Georgia.

Although there was a brief romance with theater and dance, like many students who have a nurse in their family, growing up around nurses influenced Carrissa—she always knew she was interested in a career in the medical field.

While pursuing her education, Carrissa became a certified nursing assis-



Carrissa Turner, '15, at her recent graduation ceremony after earning an AAS in nursing. With her, left to right, are aunts **Sandra Bailey**, '02 and **Cynthia Cantrell**, '07, and her mother **Jackie Turner**, '06. They all also graduated from Trocaire's nursing program.



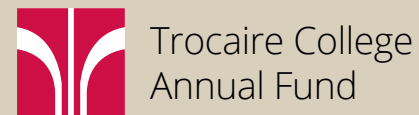
tant, working approximately 20 hours a week in a long-term care facility. In her limited spare time, she manages to indulge her love for dancing by working at a local dance studio and coaching cheerleading at Williamsville South High School.

Carrissa now has an associate in applied science degree in nursing, and this summer, she and her mother will both continue their education in pursuit of a bachelor of science nursing degree. In Carrissa's 13-year-old sister at home, could there be another nursing student headed to Trocaire? We'll have to wait and see, but we welcome any and all members of Carrissa's family with open arms. ■

BRANCHING OUT TO A NEW GENERATION



Trocaire College's roots in Western New York are over 57 years old. Each commencement season, our students prepare for graduation, ready to reap the fruit of their Trocaire experience. Thanks to the generosity of donors like you, our newest alumni will serve as positive role models of personal and professional success. Your help allows new generations of Trocaire graduates to branch out into the community, change lives and bring hope for a brighter future to Buffalo and beyond.



Your gift and support can make a difference!

Please make a gift to the Trocaire College Annual Fund today. Every dollar received supports students seeking a brighter tomorrow. Simply fill out the form below, cut and submit it in the enclosed envelope to make your donation today.



YES! I would like to support Trocaire College.

Please print clearly.

NAME (Mr., Mrs., Ms.) _____

PROGRAM OF STUDY (if applicable) _____ YEAR GRADUATED _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____

DONATION AMOUNT

\$50 \$100 \$250 \$500 \$1000 OTHER (specify amount) _____

PAYMENT BY

CHECK (made out to Trocaire College and enclosed with this form)

MASTERCARD VISA DISCOVER AMEX

CREDIT CARD NO. _____

EXP. DATE ____ / ____ / ____ CVN/SECURITY CODE _____

SIGANTURE _____

My billing information is different from above

NAME _____

BILLING ADDRESS _____

CITY _____ STATE _____ ZIP _____

STAY CONNECTED

I would like to receive e-news alerts about Trocaire College and its alumni

I would like to receive information on ways to give to Trocaire college

I plan to leave a gift to Trocaire College in my will

DONATE ONLINE

To make a gift online, visit: trocaire.edu and click on "GIVE"

or scan this QR code to visit our secure online form and make your donation today!



Otherwise please clip out this donation form and along with your credit card information or check made payable to Trocaire College, mail to:

**Trocaire College
Office of Institutional
Advancement
360 Choate Avenue
Buffalo, N.Y. 14220**

alumni voice



Message from Our Alumni Association President

When I graduated from the Catherine McAuley School of Nursing in May 1996, my mind was on my future. I was looking forward to starting my nursing career at Mercy Hospital and wasn't dwelling on my time at Trocaire. But as the years have passed and my accomplishments have grown, I have come to the realization that **none of this would have been possible without the quality education and support I received when I was starting out.**

As I pursued additional degrees, I noted that such an experience is difficult to find in other educational institutions. It was only natural to want to give back, so others could be afforded the same opportunities I was. As a graduate, the Trocaire College Alumni Association was a natural place to focus my involvement with the school. By connecting with the **Alumni Association, graduates can participate in activities that include social and professional events, mentoring opportunities and fundraising.**

My role as president of the Alumni Board has introduced me to many graduates from all walks of life with stories to tell of their time at Trocaire. Engaging with these alumni has been the most rewarding aspect of my time on the board. I would like to invite all graduates to join me and other Alumni Association members in these worthwhile activities and events. There are many ways to get involved: Contact the Office of Institutional Advancement at communications@trocaire.edu, "like" our Trocaire College Alumni Association Facebook page, follow us on Twitter @TrocaireCollege and send us your news, info and photos telling us about your life after Trocaire! ■

Karen Burgess Chiantella

Karen Burgess Chiantella, '96,
BSN, RN-BC

Implementation Consultant,
Homecare Homebase

Trocaire College Alumni
Association President



alumni news



Celebrating Our Own: Trocaire's Distinguished Alumni Awards

(Left-to-right): **Karen Chiantella**, Trocaire Alumni Association president; Distinguished Alumni Award recipients **Timothy Kane**, **Cynthia Samborski**, **Robbie Raugh**, and **Kristen West**; and **Bassam M. Deeb, Ph.D.**, Trocaire president.

In March 2015, Trocaire College and its Alumni Association celebrated four deserving graduates who received the **Distinguished Alumni Award**. These awards go to those alumni who have expanded their career or have accomplished something of unique distinction since leaving their studies at Trocaire.

The 2015 honorees were **Timothy Kane, '00**, **Robbie Raugh, '82**, **Cynthia Samborski, '91**, and **Kristen West, '12**. To read more

about them and their personal and professional achievements, check out our Trailblazer blog at trocaire.edu/trailblazer-blog.

The Distinguished Alumni Award was established in 1984 to honor and acknowledge those Trocaire alumni who are making a difference in their community and/or profession. If you know of anyone who deserves this recognition, email communications@trocaire.edu to submit nominee suggestions and share their stories! ■



'Nursing for Life' Conference Celebrates Nursing in WNY

(Left-to-right): **Dr. Bassam M. Deeb**, Trocaire College president; **Dr. Douglas Gaerte**, moderator, professor of communication, Communications Department chair, Houghton College; **Dr. Thomas Schenk**, senior vice president, chief medical officer, BlueCross BlueShield of WNY; **Vi-Ann Antrum**, vice president, chief Nursing officer, Kaleida Health; **Lisa Griesler**, vice president, chief operating officer, Visiting Nurses Association of WNY; **Dr. Gale Burstein**, commissioner of health, Erie County, New York; and **Karen Ziemianski**, senior vice president, nursing, Erie County Medical Center (ECMC).

This past May, with help from BlueCross BlueShield of Western New York (BCBSWNY), Trocaire hosted its first "Nursing for Life" nurse's appreciation conference. The day-long event held at BCBSWNY corporate offices in downtown Buffalo, kicked off National Nurses Week and offered networking, personal and professional development and education and appreciation services for local nursing professionals and students. The event also brought together

some of the most recognizable healthcare professionals in the area to share their knowledge and insight with attendees during a panel session.

Conference keynote speaker **Donna Cardillo**—inspirational nurse, Athena Award winner and former New Jersey Business Woman of the Year—shared inspirational thoughts on how local nurses can feel inspired, reenergized and able to recommit themselves to the important work they do every day. ■

■ now and then

2015

Linda Tran, Vice President of the Student Governance Association



STUDENT STYLE NOW

- Tie-dye Trocaire t-shirt
- Gladiator style sandals
- Skinny Jeans
- Beaded bracelets



STUDENT STYLE THEN

- Block-heeled platform shoes
- Maxi vest suit & bell-bottoms set
- Tousled pixie cut with bangs
- Wide-collar polyester blouse



Elizabeth Young '72
Nursing student, senior portrait

1972



■ student life

WHAT'S IN MY BAG?



PHOTOS BY SARAH BARRY

Hey there! My name is **Katelyn Mowry** and I'm going into my final semester in the Catherine McAuley School of Nursing here at Trocaire. I'm on track to graduate in December with an associate in applied science nursing degree.

I grew up (and still currently reside) in the small town of Cattaraugus, about an hour south of the main campus in South Buffalo. In my spare time I love the freedom that the outdoors brings and all of the activities that come along with it. Hiking with my pups, kayaking and camping are a few of my summer time favorites.

As for pursuing higher education, college was something that came in to play a few years post high school. After I spoke to my friend, a Trocaire alumna, I decided it was time to attempt something new. In my time here I have made great connections with fellow peers, as well as with many of the staff on campus. I am so grateful for the Trocaire experience, as it has given me the confidence to be independent and the vitality to pursue anything in my sights. ■

- 1 Orange honey hand lotion
- 2 Fun-sized chocolates
"I once read an article that stated that students who ate chocolate immediately before a test scored comparatively better than those who didn't; ever since, I won't sit down for a test without a piece!"
- 3 Mini stapler
- 4 Trocaire Student Planner
"This is my only hope for keeping organized throughout the semester. I map out both my school and work life to help meet both actual deadlines as well as my personal goals."
- 5 Purse
- 6 Fashionable sunglasses
- 7 Stethoscope
"The stethoscope is key for the clinical aspect of the nursing program as we learn to excel in taking vital signs and performing patient assessments."
- 8 Berry blossom hand lotion
- 9 Surgical scissors
- 10 Green Tea
"My slightly healthier alternative to coffee ... it has numerous antioxidants and compounds to boost brain function and obtain optimal health (often taken with a splash of apple cider vinegar)."
- 11 Calculator
- 12 Phone

■ student spotlight

MEET RACHAEL BOSAK



From Ecology and Vocal Performance to a Future in Nursing

Rachael Bosak is a native Long Islander whose path to Trocaire took a circuitous route.

A major influence in Rachael's life was her aunt, Sister Mary Waters, a member of the Religious Sisters of Mercy (RSM), who was the mother superior of the Philadelphia region of the Sisters of Mercy. When exploring options for college, Rachael knew that the choice had to be one with a Catholic identity. She selected Canisius College, since it met her essential requirement and she was captivated by the college's international service immersion experiences.

During her years at Canisius, Rachael was able to participate in service projects all over the world. She graduated in May 2014 with a bachelor of science degree in animal behavior, ecology and conservation with a dual major in vocal performance.

After graduation, Rachael began her career search with the aim of staying in Buffalo. While exploring her options, she felt the pull of nursing, which combines her

"Finding out that Trocaire was Gaelic for 'mercy,' I knew this is where I belong."

interest in the sciences and a strong desire to be in a position that provides compassionate care to others.

In her research of local colleges offering a career track in nursing, Rachael came across Trocaire, then unknown to her.

"From the moment I first walked through the doors of Trocaire, I felt a warm sense of welcome," she said. "Finding out that Trocaire was Gaelic for 'mercy,' I knew this is where I belong."

Rachael's beloved aunt passed away prior to her graduation from Canisius, but she believes Sister Waters provided the guiding hand that led her to Trocaire.

Rachael has completed her first semester in the Catherine McAuley School of Nursing and is on track to graduate with an associate in applied science degree in fall 2016. She is also a peer tutor in the Learning Center and works part-time as a certified nursing assistant at the Brothers of Mercy. Her major in vocal performance has also come in handy recently—she sang the national anthem at her graduation from Canisius and at Trocaire's December 2014 and May 2015 Commencement ceremonies. ■

trailblazer

WE LOVE WHAT YOU'RE UP TO!

SHARE WITH US!

Trocaire graduates have accomplished many things, around Western New York and beyond. To help us communicate who you are and what you are up to in both your personal and professional lives, we're asking for submissions to keep us in the know! Feel free to send in news, photos, videos, awards, achievements and other related content to communications@trocaire.edu. Select information will be featured in upcoming blogs, social media posts and published works of the college.

We're proud of our graduates and want to help spread the word about what you're up to. Keep the information flowing, and you might soon see your good news shared throughout the Trocaire community.

GET YOUR HASHTAG ON!

Follow these hashtags on Twitter and Instagram to check out what our graduates and nursing program pinning ceremony participants have been up to this year!

#trocairegrads
#trocairepins



Trocaire
College

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