

# UIC College of Nursing Urban Health Program

## Dean's Welcome



**UIC College of Nursing Dean  
Terri E. Weaver, PhD, RN, FAAN**

You are in demand! Nurses are the linchpin of national healthcare reform, providing tremendous opportunity.

Underrepresented minority nurses play a particularly important role in leading the healthcare system to address health disparities and promotion of commu-

nity health. The education and practice experience that you will receive at the University of Illinois at Chicago (UIC) College of Nursing, ranked among the top 10 nursing schools in the country, will prepare you for leadership in shaping the future of healthcare and implement change that will assure optimal care for all patients.

In 1978, UIC created the Urban Health Program to recruit, retain and graduate individuals, such as yourselves, from groups underrepresented in the health professions, specifically African Americans, Hispanic, and Native American students. We are passionate about having a student body that represents the widest variety of back-

grounds and ethnicities as a critical means to serving the needs of a diverse population. Focused resources provided through UHP are geared specifically toward racial/ethnic minority students to address challenges you may encounter in your program of study. Through the UHP, a supportive community will assist you to meet and attain your goals, and, at the end, you will be rewarded with a highly sought-after degree and a professional career that will reward you over a lifetime!

I encourage you to explore the opportunities offered through the bachelors, masters and doctoral degree programs and become a part of a rich tradition in nursing excellence with a global im-

pact. Our graduates at every level are among the brightest and the best in the field. They have been recognized, honored, and sought after the world over. Discover more about the UHP in the following pages. Feel free to look at our website at [www.uic.edu/nursing](http://www.uic.edu/nursing) or contact the Urban Health Program office at 312.996.0810 or at [uhpcon@uic.edu](mailto:uhpcon@uic.edu) with questions or to obtain more information on our nursing programs.

We look forward to hearing from you.

Best wishes,  
*Terri E. Weaver, PhD, RN, FAAN*  
*Professor and Dean*

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### Striding Towards Excellence: A Note of Encouragement Charese Jackson

We have embarked upon another academic year and have come to the conclusion that giving anything less than our best is not an option. Some of us *strive* to do well, or to give our best. However, we often struggle in maintaining the excellence that is expected of us. Therefore, our goal is to “stride” in excellence; recognizing our shortcomings and

minimize failure by taking advantage of the resources the Urban Health Program and the Office of Academic Programs have to offer. This fall we have offered Academic Skills Workshops in Time Management, Test-Taking Strategies, and Scholarship and Fellowship workshops to help equip all students to perform their best as well as provide resources,

to help students develop professionally. *Striding* takes a level of confidence and humility to recognize that one cannot succeed alone. Therefore, we encourage all students, especially UHP to reach in and reach out to help each other so that you might make an impact not only in the College of Nursing, but also upon the rest of the world. Stride ON!



Performer Larry Lockwood demonstrates a traditional Native American Medicine dance in his “jingle dress.”

*“You can use the power of the spoken word to lift someone up. It can be powerful.”*



Students explored other cultures first-hand through dance and drum.

*“I share this story with people in school because I honor them. What they do here in school is a part of their medicine, education is part of their medicine. So you can give your medicine away.”*

## UHP’s Annual Cultural Workshop: *Celebrating Rhythms of the World*

On Monday, November 22, 2010, the Urban Health Program hosted its 7th annual Fall Cultural Workshop entitled “Celebrating Rhythms of the World.” Through three different musical performers, students explored Native American, traditional African, as well as Latin song and dance. By the end of the night, everyone in the room was dancing Salsa and Merengue under the instruction of the Chicago Latin Street Dance Company. The interactive style of the workshop allowed students and faculty to explore other cultures first-hand, and also offered an energizing and much-needed break at the end of the semester!

### Larry Lockwood: Native American Oral Tradition

Larry Lockwood (Northern Cheyenne) used his powerful story-telling to explain that oral tradition is an integral aspect of Native culture. He incorporated drumming and dancing, and wore a traditional garb to bring the stories to life. “This is the rhythm that we celebrate, this heartbeat. This living beat,” he said as he tapped out the familiar rhythm on his drum.

He elaborated on the power of speech and story-telling, “You can use that power of the spoken word to lift someone up; it can be powerful. But at the same time you can use that power of the spoken word to tear somebody down and that would be a bad thing.”

Mr. Lockwood captivated the crowd with one of his traditional Native tales about a young boy who had found his calling in life as a hunter. “The boy took his bow and his arrow and his tobacco and he went out to the heart of the woods and waited there for his medicine to come because he had given his medicine away. And it never came, so he is still out there waiting. They say he gave his medicine away and he didn’t even know what it was.”

He then brought the story full-circle as he enlightened the audience on the personal relevance of this tale. “I share this story with people in school because I honor them. What they do here in school is a part of their medicine. Education is part of their medicine. So you can give your medicine away. This effort for education and knowledge is a part of who you are. You are going to carry it with you for the rest of your life...the knowledge is what you are going to give and that’s going to ensure that you are always going to be giving back. That’s the truth. I really honor you. Not just being in college and being in school but being in a college of nursing.”



Larry Lockwood led students in traditional Native American drumming and song.

## *Celebrating Rhythms of the World (Continued)*

### **Muntu Dance Company: *Traditional African Drumming & Dance***

The Chicago-based Muntu Dance Theatre performs authentic and progressive interpretations of contemporary and ancient African and African-American dance, music, and folklore. Two members from Muntu joined us for the Cultural Workshop to share traditional African dance and music.

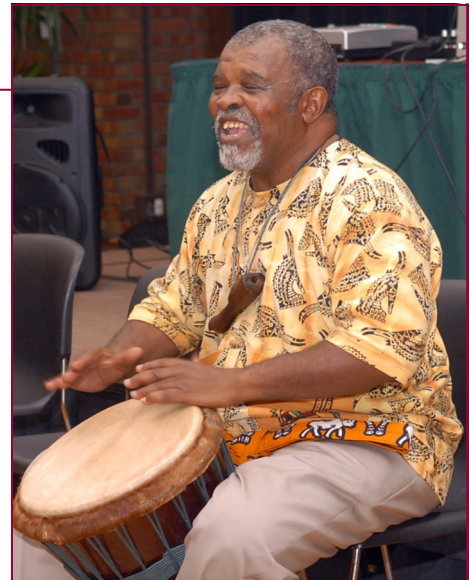
One of the founding members introduced their performance. He explained that the Muntu Theatre was started 38

years ago during the Black Consciousness movement as part of a greater

*In the Bantu language, “muntu” means “the essence of humanity.” The Company aims to capture the essence of humanity and African performance culture in their work.*

effort to build a better understanding and appreciation for Africa. He

opened with a song played on an authentic African flute-like instrument. Before he played he explained that the purpose of the music is “to put me in the mind of those whose shoulders I stand on and I think we all do. We stand on the shoulders of our ancestors, the ones who came before



A founding member of the Muntu Dance Theatre excites the crowd with African drumming.

us who paved the way and made it possible.”

In the Bantu language, “muntu” means “the essence of humanity.” The Company aims to capture the essence of humanity and African performance culture in their work. As a colorful and dynamic pair, the performers from Muntu brought the audience up on their feet to explore African dance moves first-hand.



A Muntu dancer teaches the crowd a traditional African dance.

### **Latin Street Dance Company: *Traditional Latin Moves***

Latin Street Dance Company has been a force in Latin dancing and entertainment in Chicago since its founding in 1998. One of the Dance Company’s professional instructors led students through step-by-step lessons to teach them traditional Latin dances, such as the Salsa and Meringue. By the end of the afternoon, the whole room was alive with the pervasive energy of

Latin song and dance! Enveloped in song and dance, students were truly able to Celebrate Rhythms of the World.

Their professional dancer and instructor, Joanna, led the Workshop attendees in traditional Latin dances, causing many to explore the Latin culture and have fun at the same time.



Joanna from Latin Street Dance Company leads students in a rendition of the Meringue as she shares her traditional Latin culture.

## Research Showcase:

### *African-American Pastors' Perceptions of their Role in Church-Based HIV Risk-Reduction*

**Gina Crusor-Price, PhD**

African-Americans make up approximately 13% of the United States population, but are disproportionately affected by HIV, comprising about 50% of all HIV/AIDS infection. Although the African-American church has historically played a dominant spiritual, social, and political role in the community, and is active in health promotion, the African-American church is not visible at the forefront of this health problem.

This study used a qualitative descriptive research design with face-to-face individual interviews to investigate African-American pastors' perceptions regarding their involvement in church-based HIV risk-reduction intervention in the African-American community. Most pastors agreed that HIV was a health problem that affected their communities. However, the findings demonstrated the need to clarify their role regarding their involvement in church-based HIV risk reduction programming. All pastors were firm that church-based programming must be based on the theological system of their church. These findings may be later integrated into a model for church-based HIV prevention programs based on scientific evidence. This study also identified facilitators that pastors may view as motivators for future church-based programming; namely, opportunity (empowering people to develop healthy lifestyles), resources (assistance from health professionals, social agencies, and special presenters), and Biblical factors (passages citing compassion and personal responsibility for persons stigmatized and marginalized).

This study explored and provided a better understanding of African American pastors' perceptions of their involvement in church-based HIV risk-reduction programs. The results of this study add to the recent growing literature regarding the role of the African American church in HIV risk-reduction. Findings show that pastors have a greater and increasing concern regarding the impact of HIV in African American communities, as well as a greater willingness to be involved with persons at risk of acquiring HIV, and church-based programming that is determined by their theological views.

## Attending the 2010 NBNA Conference

### Lizzie T. Millsaps, MSN, RN

Attending the 2010 National Black Nurses Conference opened many avenues for me, including networking, relaxation, and it provided me with the most up to date information that I needed to expand my knowledge base for my nursing practice. The theme of the conference was, "Working to Transform Nursing

return to my family and my nursing practice feeling rejuvenated and ready to conquer new territory. I want to savor this momentum and expand my nursing practice using the newly obtained energy that had been drained from years of being caught up in day-to-day routine and survival.

I attended several training courses including LNEC, a training on end of life care, a course for school nurses which included information on teen mothers, pregnancy prevention, updated epilepsy treatment/care for the school setting, and a course on women's health including women's safety on college campuses, breast health, partner violence screenings for prenatal programs. All of the presenters used research to support the use of evidenced-based practice for nursing care. The ceremonial activities, including an opening ceremony, an awards ceremony, The President's Gala, and a closing ceremony with brunch, all included informative sessions that reflected on the conference theme. In conclusion, The NBNA 2010 Conference offered me the opportunity to network, to expand my knowledge both professionally and personally and attending the conference provided this nurse the much needed rest and relaxation to return home a better family member and a better nurse.

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*The 38th Annual NBNA Conference was held August 3rd through 8th in San Diego offering workshops, ceremonies, entertainment, and relaxation to approximately 1,500 of its members and guests.*

Practice Through Health Reform." Perhaps one of the best experiences I obtained while attending the conference was meeting nurses who are top in their field. Exchanging e-mail addresses and obtaining contact information was one of my main objectives while at the conference. Some of the contacts that I made who would be beneficial to my school nurse practice included epilepsy research nurses, community health instructional nurses, and university instructional nurses. I cannot put into words the caliber of professionalism of the nurses that I was surrounded by and the impact that they had on my life both professionally and personally. But in an attempt to express my feelings I would say that the nurses made me want to dream big once again about how I could benefit those who are touched by my life both professionally and personally.

The Marina and the surrounding environment of sunny days, breezy winds, and palm trees helped to provide me with the relaxation that I needed to feel rested and restored to



The beautiful San Diego Marina.



## 35th Annual NAHN Conference Elizabeth Florez, MSN, RN

This summer I attended the National Association of Hispanic Nurses (NAHN) 35th Annual Conference in Washington, D.C. The title of the conference was “Transforming Policy to Support Healthy Communities for Latinos.” I joined this organization and attended the annual conference because it gave me the chance to network with other Latino nurses and leaders from all over the U.S. According to MinorityNurse.com (2009), there are almost 3 million licensed registered nurses in the United States, only 1.7% or 48,009 are self-identified as Hispanic/Latinos. The number of Hispanic/Latinos holding a doctoral degree or employed as nursing faculty is not clear.\* As a member of the NAHN organization I enjoy the opportunity to network with other Latino nurses, especially those who are doctorally prepared.

The conference provided an opportunity to listen to presentations on current and ongoing research on Latinos. Each year NAHN awards several scholarships to nursing students in support of their nursing educa-

tion. As a member of the Illinois Chapter of NAHN, I work with other local members to address issues impacting the health care of Latinos at the local and state level and participate in volunteer opportunities in the community.

NAHN’s conference this year began with an opportunity to meet with state congressmen or their representatives to discuss the state of healthcare and specific nursing issues. A reception was held where several congressmen emphasized their support and appreciation of nurses. The next day the President of the NAHN, Dr. Norma Martinez Rogers, gave an inspirational speech focused on the importance of helping the Hispanic community. She discussed the lack of Latinos in nursing. She stressed our responsibility as nurse leaders to commit to making our voices heard and teaching other Latinos to follow their dreams, become motivated and strive to be leaders.

The keynote speaker, Dr. Carmen Portillo, who is also a past NAHN president discussed her experience as a nurse, how she determined research was the right career for her, and gave advice to those thinking about

pursuing a doctorate. The thoughts and doubts she shared as a doctoral student were all too familiar, but it gave me reassurance that I’m not alone and there are people I can reach out to for support. Dr. Portillo made it clear that pursuing a PhD is not easy but is a real-life example that it can be done. Her words

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*Of nearly 3 million registered nurses in the U.S., only 1.7% are self-identified as Hispanic/Latinos.*

of wisdom encouraged many in the audience to think about the possibilities of becoming a nurse researcher and educator.

I also had a chance to view poster presentations and attend small sessions where nurses presented their own research on key topics. Overall, this conference left me inspired and invigorated to continue to reach my goals and become a nurse leader. I also had the opportunity to reach out to current nursing students in bachelor programs and practicing RNs. It gave me great pleasure to share my own experience and encourage other Latino nurses to advance professionally. I explained the impor-

ance of continuing their education beyond a bachelor’s degree in nursing. Initially I was met with resistance from the students and nurses at the thought of more school and doing research. By the end of the conference I could sense a spark of interest and reassurance that a higher degree such as a PhD truly is attainable.

I learned a great deal from all of the presenters at the conference. I was able to network with other Latino nurses and made some really great friends. I strongly encourage others to support nursing organizations and attend conferences. They offer opportunities to build your network, present your own research, collaborate with other nurse researchers, and a chance to surround yourself with people who share a common interest. In the words of Dr. Carmen Portillo, “build who you want to become.” Her words reinforce that we hold our future in our own hands and should never limit the possibilities.

\* Minority Nurse. 2009. *Nursing Statistics: Minority Nursing Statistics*. Retrieved 5 Aug. 2010, from <http://www.minoritynurse.com/minority-nursing-statistics>

## Nurses Mentoring Exchange Update

“How to Maintain Mentoring Relationships when there Seems to be No Time.” At the last quarterly meeting on September 20, we learned that the goal of the mentoring relationship is to empower the protégé to experience a positive sense of professional purpose and vision. Dr. Lynda Slimmer spoke about establishing and

maintaining an enriching mentoring relationship. She emphasized the need to step out of one’s comfort zone and seek a mentor that may not necessarily match one’s educational, professional or ethnic background. She also talked about building a support system; the mentor is not only a key part of that network but guides the

protégé to expand that support system as well.

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*“Step out of your comfort zone. All of us need to stretch and grow.”*

Dr. Slimmer shared with us her own story of “stretching herself” as she moved from a career as a clinician and teacher

into research. “I was afraid of research,” she said. So I decided I needed to stretch out of my comfort zone.” She inspired us as she talked about doing more and stretching ourselves into new jobs, higher degrees or different career paths. In her words, “You’re never too old to grow and do something new.”

UIC College of Nursing  
845 S. Damen Ave (M/C 802)  
Chicago, Illinois 60612-3727

Phone: 312-996-0810  
Fax: 312-996-8066  
E-mail: [uhpcon@uic.edu](mailto:uhpcon@uic.edu)

**Visit us on the Web:**

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**Diversifying the Nursing Workforce**

The mission of the University of Illinois at Chicago Urban Health Program (UHP) is to recruit, retain, and graduate underrepresented racial/ethnic minority students, specifically African Americans, Latinos, and Native Americans, into the health professions. The UHP seeks to expand educational and research opportunities for these populations, at all academic levels (including pre-college students), in order to develop underrepresented racial/ethnic minority health care professionals, faculty and researchers with the goals of eliminating health disparities and advancing health equity. The College of Nursing UHP seeks to fulfill this mission by offering a variety of retention initiatives through academic and professional support.

**Upcoming UHP Activities & Events**

**Resume Writing & Interviewing Workshop**  
**Monday, January 24, 2011**  
12:00 p.m. to 1:00 p.m.  
CON, Room 165

**UIC CON Annual Job Fair**  
**Monday, January 31st & Monday, February 7th, 2011**  
12:00 p.m. to 2:00 p.m.  
CON Lobby

**Nurses Mentoring Exchange Quarterly Meeting**  
**Monday, February 14, 2011**  
12:00-1:00 p.m.  
CON, Room TBA  
Email: [cjacks4@uic.edu](mailto:cjacks4@uic.edu) for more information  
CON, Room TBA

**CON-UHP Visit to Westinghouse College Prep  
Medical and Health Careers Academy**  
**Wednesday, February 2, 2011**  
To Volunteer, email: [cjacks4@uic.edu](mailto:cjacks4@uic.edu)

**CON-UHP Visit to Sullivan High School  
Medical and Health Careers Academy**  
**Thursday, February 17, 2011**  
To Volunteer, email: [cjacks4@uic.edu](mailto:cjacks4@uic.edu)

**3rd Annual University of Illinois at Chicago  
School of Public Health  
2011 Minority Health in the Midwest Conference**  
**Friday, February 25, 2011**  
UIC School of Public Health  
1603 W. Taylor Street  
Email: [uic.mhmc@gmail.com](mailto:uic.mhmc@gmail.com) or call 312-413-3160

**CON-UHP Annual Spring Panel  
"Real Men Do Nurse"**  
***Sex & Race in Nursing: A Male Perspective***  
**Monday, March 14, 2011**  
4:00 p.m. to 6:00 p.m.  
CON, Room 158

**Midwest Nursing Research Society  
35th Annual Conference**  
**March 24-27, 2011**  
Columbus, OH  
Visit: [www.mnrs.org](http://www.mnrs.org)

**National Student Nurses Association  
Annual Convention**  
**April 6-10, 2011**  
Salt Lake City, UT  
Visit: [www.nсна.org](http://www.nсна.org)

**National Black Nurses Association  
Annual Conference**  
**Celebrating 40 Years of Nursing Excellence**  
**July 13-17, 2011**  
Indianapolis, IN  
Visit: [www.nbna.org](http://www.nbna.org)

**National Association of Hispanic Nurses  
36th Annual Conference**  
**July 19-22, 2011**  
Las Vegas, Nevada  
Visit: [www.thehispanicnurses.org](http://www.thehispanicnurses.org)

**CON-UHP wishes you a safe and prosperous 2011!**

