

LEGACIES

Central Oregon Community College Foundation Magazine Fall 2018



The Heart of Nursing COCC Program Enters a New Era

Inspired to Be More

Scholarships by the Numbers

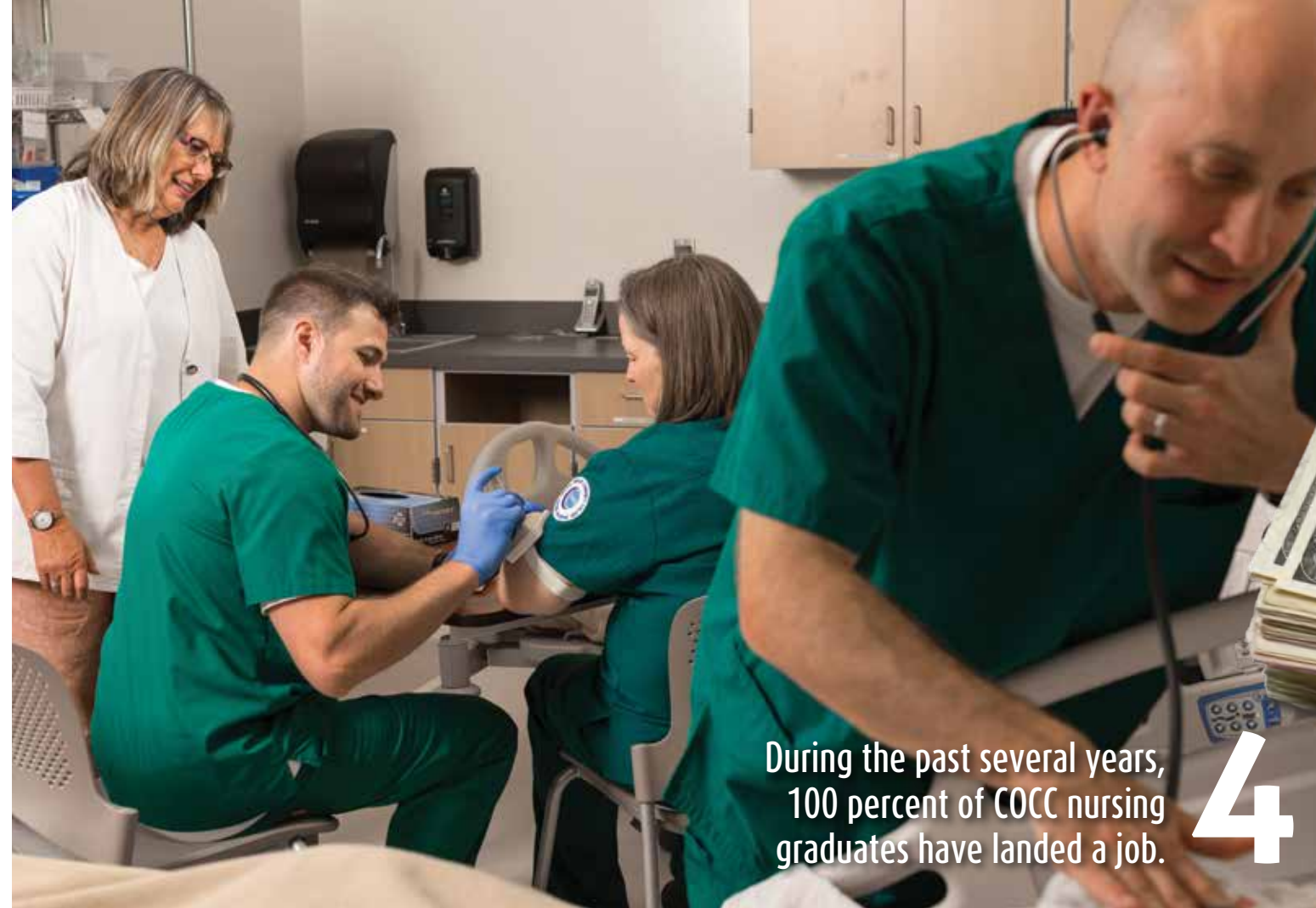
Donors Investing in Community

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The COCC Nursing program enters a new era.
By Mark Russell Johnson



During the past several years,
100 percent of COCC nursing
graduates have landed a job.

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community college
FOUNDATION

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Timothy Park

ABOVE

Timothy Park

LEFT

Artwork courtesy of Pat Clark

RIGHT

Eugen Helmbrecht



Inspired to be more
and do more.

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Letter From the President

The beginning of a new academic year always brings a smile to my face. As a lifetime community college advocate, I know the value we provide to our students and our community. Seeing the faces—some excited and some scared—of the new and returning students is always a great reminder to me of how we truly change lives.



But this year also begins a little differently for me. Just a few weeks prior to the start of Fall term, I announced that this year—my 47th in higher education—would be my last. I have loved my job serving as the president of Central Oregon Community College. Our work together has been and continues to be the most enriching and rewarding experience of my career. Together, we have made this College and this community a better place. Thank you, for what you do.

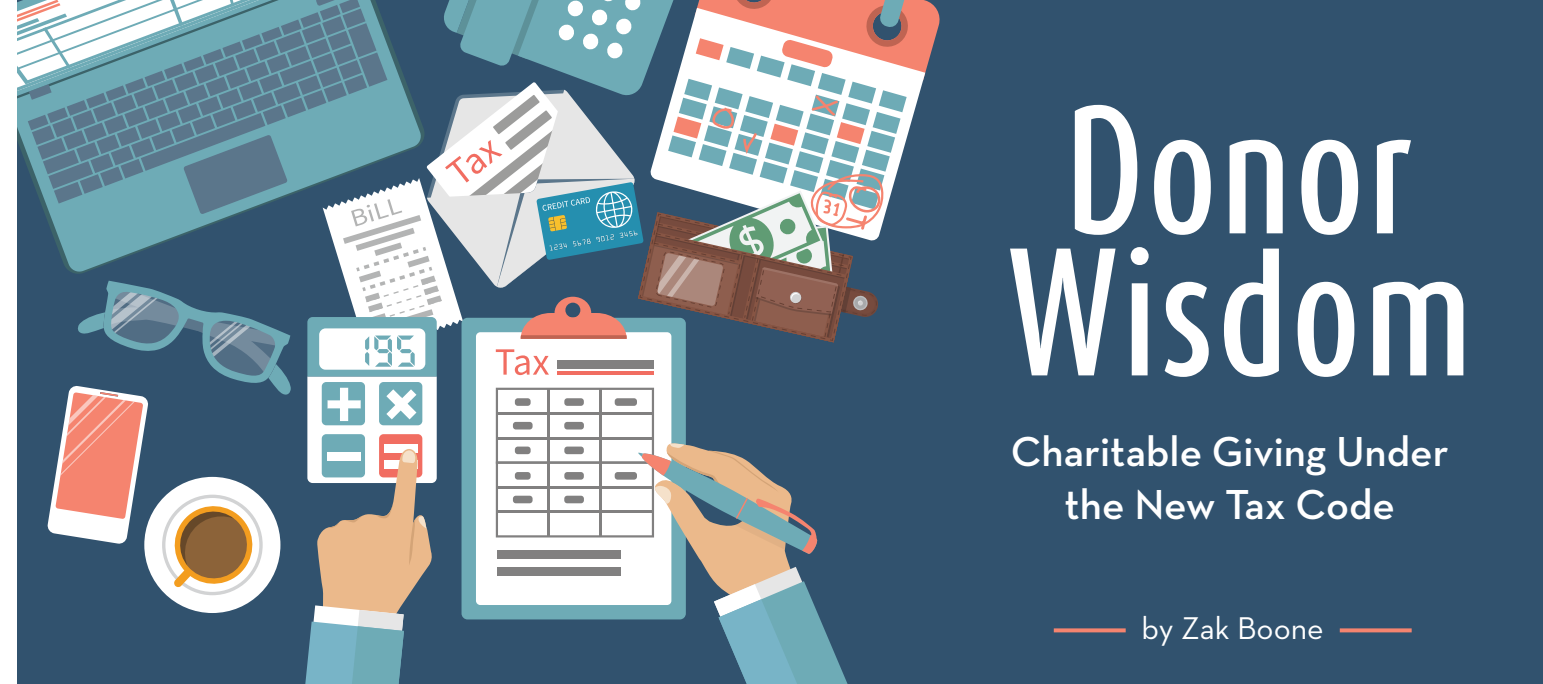
A year from now, we will be celebrating the 70th anniversary of Central Oregon Community College. The COCC Foundation was formed only a few short years later, making it the oldest community college foundation in Oregon. I am pleased to report that our Foundation is also among the most successful in the state, helping more and more local students each year as they come to us to enrich their lives through courses and programs that will help them earn better jobs and/or continue on with a four-year college or university education.

In this issue of *Legacies*, we highlight one of our most popular and longest-standing academic programs: Nursing. Our staff writer, Mark Russell Johnson, gives you an inside look at how we are preparing today's students to be tomorrow's nurses. As I am sure you know, most of the nurses you encounter in Central Oregon will tell you of their start at COCC.

In past issues, we have introduced you to some of our newer programs—like Aviation, Culinary, Early Childhood Education and Veterinary Technician. We continue to explore new program areas, with the goal of keeping up with the Central Oregon economy and workforce needs. Nursing, though, is a true foundation for COCC and a critical component of the Central Oregon community.

This issue also includes information about how scholarships change lives, and a list of our generous donors. As I think about my final year, this list is a heartening reminder of your commitment to our students and their education. We have so much to celebrate. Thank you.

Dr. Shirley I. Metcalf
COCC President



Donor Wisdom

Charitable Giving Under the New Tax Code

— by Zak Boone —

For many, tax benefits make charitable giving a true win-win situation—donors support a great cause and perhaps save a little money, too. With new tax laws taking effect in 2018, we thought it would be helpful to ask Jeffrey Stuermer, Finance Committee chair for the COCC Foundation, some questions about how the new legislation could affect you:

ZB: What does the increase in adjusted gross income (AGI) have for cash gifts?

JS: The deductible portion of cash donations relative to AGI has increased from 50 percent to 60 percent. This makes it possible to give more cash to the COCC Foundation before reaching the annual limitation.

ZB: Are gifts of appreciated assets still a good option for donors?

JS: Gifts of appreciated assets, usually stocks, are one of the single most effective ways to give because they will be taxed as long-term capital gains if they are sold. Even if you don't itemize your donations, you may still benefit from capital gains tax savings. In short, donors can qualify for a charitable deduction and potentially avoid capital gains taxes via this method of giving.

ZB: Speaking of itemized deductions, since the total amount you can itemize has nearly doubled for individuals and joint filers alike, some donors are “bundling” or “bunching” their gifts. Can you explain what this is all about?

JS: Some donors might consider changing the amounts of their gifts to an alternating year-to-year format. For example, some donors might want to consider increasing contributions and itemized deductions one year, and then taking the standard deduction the next year.

ZB: Will the charitable IRA rollover be affected by the new legislation?

JS: This is unchanged and remains a very popular way to give if you're over 70½ years of age since you can give philanthropically while reducing your taxable income. Even donors who don't itemize can enjoy the tax benefits from this giving option.

ZB: That's good information—what else remains unchanged?

JS: The tax treatment of charitable remainder trusts, charitable lead trusts, gift annuities and other split-interest gifts are unchanged.

ZB: My last question is about uncertainty with these changes—what is likely to stay and what is sun-setting?

JS: There will most likely be some subsequent clarification coming down the pike, especially with state and local income tax deductions. And looking at potential inclusion of deductibility for charitable contributions, as far as what provisions ultimately stick around, it is notable that all changes are set to sunset beginning in 2026 and largely revert to the 2017 code. Folks should always be actively involved in their estate planning to keep abreast of changes personally and in the tax code.

**The COCC Foundation does not provide individual tax or financial-planning advice, and each donor's circumstances are unique. Please speak with your personal tax advisor or financial planner on how the changes in legislation might affect you.*

Stuermer, of Northline Wealth Management, has served on the COCC Foundation board since 2007 and is currently chair of the Foundation's Finance Committee. Jeff has a B.A. in Economics and Finance from Southern Oregon State University.

Zak Boone is the executive director of the COCC Foundation.

The *Heart* of Nursing

With an updated academic blueprint, a tech-savvy training center and strong roots in the local health care community, the Nursing program enters a new era

— by Mark Russell Johnson —



Standing in a control room the size of an ample walk-in closet, Tony Russell looks out through the expanse of a broad two-way mirror—à la *Law & Order* interrogation scenes—into a lab room next door where a bedridden mannequin lies open-mouthed, staring at the ceiling. This room is where the “brains” of the high-tech simulation dummy come to life, where the voice, the moans and vomiting sound effects are piped-in through a microphone, where breathing sounds and coughs are created, where the pulse finds its beat. It makes for a very realistic lesson as nursing students set up IVs or insert catheters into an otherwise rubbery, indifferent patient.

Their training, Russell explains, gains further realism from COCC staffers who volunteer to play the part of concerned family members. “Sometimes the family members are compliant, sometimes they’re just well-meaning and get in the way, sometimes they’re ridiculous,” he says. He himself has played many such roles, including the guy who’s accidentally hampering things and the guy who’s skeptical of younger nurses’ abilities.

Nursing faculty fill in as no-nonsense physicians. Occasionally, there’s a solemn chaplain. It’s immersive, stressful stuff—and vital to getting students prepped for their careers ahead.

Russell, the outgoing Nursing department chair, was brought in two years

ago to take a successful but strained program and guide it forward. With a buttoned-down business background and a genial manner that suggests he could be, say, a literature professor (which he actually is), he’s proud of what the department has created together. He points to the caliber of students’ national exam scores as a much-prized metric.

“The rate at which they pass their NCLEXs is extremely high,” he says. “We’re consistently 10 points above the national average.” Scores and SIM (simulation) mannequins aside, there’s a lot in motion with the current nursing education at COCC, an updated structure that’s built on the sturdy foundation of a long-running, experienced program.

DEEP ROOTS & FRESH GROWTH

The College was still in its infancy and piggybacking on Bend High’s downtown campus when it first introduced the Nursing program in 1954. Sixteen students, all women, comprised that original cohort. At the time, it wasn’t clear if a flood of new nurses would oversaturate the region.

But that original teaching partnership formed with area hospitals, including St. Charles—then a stout brick structure rising above the basalt outcropping of “Hospital Hill”—evolved from a training conduit into a reliable, steady pipeline for a growing region. Today, students still perform all clinical rotations with

St. Charles Health System (SCHS), putting them on the frontlines while they work toward their degree.

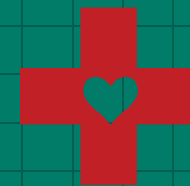
The Nursing program picked up speed in 2012. That year, the College finished construction of the Health Careers Center, a glassy, modern facility built with a voter-approved bond that nearly doubled the learning space. “We built this place to get bigger,” says Russell.

clinical just weeks into our first term of first year.” Right out of the gate, students are learning up-close fundamentals and making assessments. COCC professors follow along to monitor and assist.

By the end of the first year, students are qualified as certified nursing assistants (CNAs). It’s a new design that allows them to accrue credentials while conducting their studies. They can work

part-time as CNAs or licensed practical nurses, typically on weekends, if they so choose.

Year two ratchets up the clinicals, culminating with a capstone experience: four weeks of working hip-to-hip with a nurse. And, at the end, students are not only holding an associate degree, they’re confident, capable and have seen plenty. Most of them, says Jane Morrow, Nursing



DONATIONS IN ACTION

Thanks to COCC Foundation donor support, 11 designated Nursing scholarships will be awarded for the 2018-19 academic year, totaling some \$50,000.

“And we got as big as we could get very quickly.”

Each year, 96 students—48 in their first year and 48 second-years—don lab coats and stethoscopes and dive into their intensive studies. Labs and lectures, led by seven faculty members, take place on the building’s third floor, where carbon-copy SCHS hospital rooms (right down to the make and model of the beds) set the stage for realistic lessons.

Clinical rotations begin almost immediately. “I love how immersive our program has become,” says Kelly Soto, a 2018 graduate and Foundation scholarship recipient. “We’re put into



Christian Columbres

Timothy Park



"The rate at which they pass their NCLEXs is extremely high. We're consistently 10 points above the national average."

professor and incoming department chair, will go on to earn a bachelor's degree in nursing, a BSN, considered the gold-seal standard these days. "Because of our partnerships with Linfield and OHSU and some other colleges, the ability to go on and get a bachelor's is fairly seamless," she says. "They can get that degree primarily online." Thanks to a clinical-heavy program, students find the BSN more attainable; most do it in two years. OSU-Cascades recently announced that it will begin offering an online BSN program starting with the 2019-20 school year.

On the other side of the building from Morrow's office, there's a storage room that would bring a grin to a U.S. Army quartermaster. Shelves of labeled supplies, tidy and neat, await their next lab session. Crates of syringes and surgical gloves. Bins of interchangeable SIM limbs and genitalia. Vials of medication, demo-dosed for practice, that look just like the real deal. The lab coordinator,

Amy Wheary, keeps it all humming. This is a new position, created to manage inventory and orchestrate the constant flow of nearly 100 students—integral to an expanded footprint and enrollment.

Another program update will impact the admissions process. Beginning in fall 2019, a critical-thinking test replaces the personal essay section. This is an extra measure of raising the program's bar while helping students grasp a fundamental nursing truth: book smarts matter, but thinking on one's feet, being adaptable, is paramount.

CONNECTIONS IN CARE

Annamarie Norman was tending to a patient during clinicals, standing at his bedside, when she made her first big pivot from budding student to take-charge caregiver. "When he sat up on the edge of his bed," the former student recalls, "I recognized that he wasn't well and knew he was about to pass out. I immediately got in front of this man three times my size and got a good stance. He passed out and I caught him...I definitely felt more like a nurse at that point."

For this 2018 grad and COCC Foundation scholarship recipient, and every other nursing student in the program, gaining hands-on experience is indispensable. The learning-working connections with health care partners are, of course, required for earning their degree. But they also serve to open doors.

Routinely, an external advisory board of health care leaders apprises the College of employment needs. "Bend Surgery Center tells us, flat out, how many they're looking to hire," says Russell. "Partners In Care has a lot of our graduates." Over the past several years, he says, 100 percent of COCC graduates have landed a job.

About a quarter of the students find positions at SCHS, according to Morrow. St. Charles Health System also donates funds directly to the program to support expenditures, such as replacing SIM mannequins.

Summit Medical Group Oregon - BMC provides both a place to learn and launch a career. "We have students who go there for observational experiences in their urgent care area," says Morrow, adding that a few spend their capstone there. A fair number, she says, are hired on. The

clinic also provides several program scholarships through donations to the COCC Foundation.

And at Redmond's Ridgeview High School, a CNA training model that began last year, with oversight by COCC, is offering an opportunity for students to get a great start in the profession. Students interested in health care careers receive school credit while achieving their CNA; they complete clinicals through Regency Pacific Management in both

Redmond and Prineville. This joint educational effort opened up a new channel to apply for federal Perkins Funds, dollars that have since benefitted both institutions with the purchase of a portable bladder scanner, shared between COCC and Ridgeview classes.

TEACHING TALENT

The steady, resolute heartbeat of the Nursing program is its faculty. "Without a doubt, they're some of the hardest-working faculty," says Russell. "They're always on their 'A' game. It's always real—the consequences are always high."

With decades of collective experience as nurses and nurse practitioners, their backgrounds include specialties in surgery, oncology, intensive care and home care, among others. A big piece of what they bring to the program, beyond tried-and-true knowledge, is perhaps harder to quantify but equally indelible: encouragement and a sense of all-for-one.

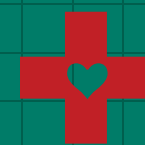
"The support from each and every student and faculty member left me dumbfounded," shares Liam Bennett, a 2018 graduate who received a Foundation scholarship. For Bennett and his classmates, this strong learning environment will prep them well for the road ahead.

And these RNs, it should be noted, are coming online at a crucial time. An already decades-deep nursing shortage in the U.S. will shift into overdrive as more and more baby boomers hit retirement, putting added stress on the health care system. Every single day, according to the Pew Research Center, 10,000 men and women are reaching retirement in America. "The shortage is really going to pick up in about five years," says Morrow. It makes the value of these nurses extra salient.

Kelly Soto is excited to start her first nursing job, a position with the neurosciences department at a Boise hospital. And after all the training, the mock exercises and labs, the clinicals and exams, she's very aware of having gained more than just a skill set at COCC. "Professor (Michele) Decker was 100 percent right when she warned us during summer orientation that 'this program will fundamentally change you,'" says Soto. "It has, and I couldn't be more thankful."



Mark Russell Johnson is the staff writer in COCC's College Relations department.



BEDSIDE DRAMA

"Family member" volunteers bring added realism to SIM training

Carolyn May is in constant need of medical care. The 39-year-old patient, facing a five-year history of Crohn's Disease, suffers from frequent nausea, weakness and abdominal cramps, and never seems to find relief. But, then again, there's only so much that can be done for her: she's made of rubber.

The character is one of several reoccurring storylines that the Nursing program utilizes in its SIM training. Students interact with her via a concealed microphone to determine her underlying health issues. "There's a

huge communication piece that we can assess to see how the students are doing," says Nursing professor Jane Morrow of the lifelike lessons.

And each year, volunteers play the parts of husband, brother, sister and friend to Carolyn for these simulation labs, bringing an extra layer of authenticity. If you'd like to participate, please contact Amy Wheary, 541.383.7587, for dates and times. Emmy nominations not required.

FALL UPCOMING EVENTS

2018

OCTOBER



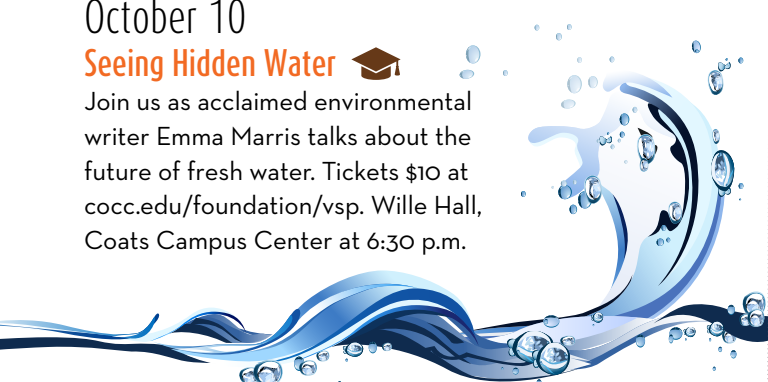
October 5-November 25
Water Tables: Sketches Exhibition

Enjoy local artist Pat Clark's *Water Tables: Sketches* exhibition that is presented in the Barber Library Rotunda Gallery this fall. Attend the opening reception on October 10 in the Barber Library at 5:15 p.m. and listen to Clark explain her artful inspiration for this unique show.

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October 10
Seeing Hidden Water

Join us as acclaimed environmental writer Emma Marris talks about the future of fresh water. Tickets \$10 at cocc.edu/foundation/vsp. Wille Hall, Coats Campus Center at 6:30 p.m.



October 18
Afro-Cuban Music

Chilean professor and musician Dr. Freddy O. Vilches will present the musical history and unique sounds of Afro-Cuban music. Wille Hall, Coats Campus Center at 4 p.m.



October 20-22
Central Oregon Symphony
Enjoy the harmonic sounds of the seasoned Central Oregon Symphony. Tickets are complimentary, but required for admission. See cosymphony.com for more details. All shows are at Bend High School Auditorium. Sat. 20 at 7:30., Sun. 21 at 2 p.m., Mon. 22 at 7:30 p.m.

October 24-25
To Migrate is to Suffer

In a timely chronicle of migration from Central America and Mexico, hear the fundamental moral quandaries of the issue. Presented by Kelsey Freeman, COCC's Native American college prep program coordinator. Wille Hall, Coats Campus Center at 4 p.m.



October 29
Overcoming Adverse Childhood Experiences to Become Your Best Self

Dr. Lisa Féinics, PCC fostering success coordinator, will use personal narrative and science to highlight the power we all have to be resilient in spite of traumatic childhood events. Tickets \$10 at cocc.edu/foundation/vsp. Wille Hall, Coats Campus Center at 6:30 p.m.



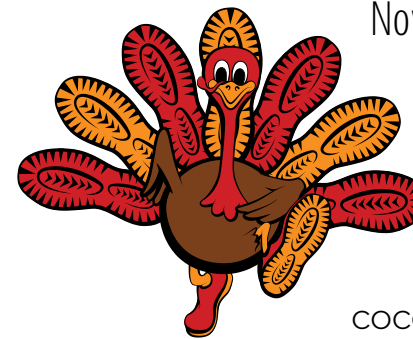
October 31
Halloween Hall
Join us at Wickiup Residence Hall as we transform it into a fun experience for the whole family with candy, games and more. Free and open to the public. 4:30 to 6:30 p.m.

NOVEMBER

November 12
Veterans Day Observed
Thank you to all of those who have and are serving our country. COCC closed, no classes.



November 17
19th Annual Turkey Trot Run/Walk
Join us for our annual 3-mile Turkey Trot run/walk, a benefit for the COCC Foundation. Free for COCC students and \$10 for all other participants. Starts on the COCC Mazama track behind Coats Campus Center. Information: bdouglass@cocc.edu.



November 22-23
Thanksgiving Break
Happy Thanksgiving!
COCC closed, no classes.



MORE

For more information and a full event schedule for the Nancy R. Chandler Visiting Scholar Program, visit: cocc.edu/foundation/vsp

For more information on all campus-wide events, visit: cocc.edu/home/events



Nancy R. Chandler Visiting Scholar Program event

November 27
Stress and Health
Alexandra D. Crosswell, Ph.D., assistant professor in the Department of Psychiatry at UCSF, will discuss the science of stress and introduce evidence-based practices that build and maintain stress resilience. Tickets \$10 at cocc.edu/foundation/vsp. Wille Hall, Coats Campus Center at 6:30 p.m.



DECEMBER

December 2
Big Band Jazz
Be inspired by some of the best jazz musicians in Central Oregon performing traditional and contemporary big band music. Tickets \$10 for adults and \$5 for seniors and students. Wille Hall, Coats Campus Center at 2 p.m.



December 8-9
Cascade Chorale Holiday Magic
Enjoy the Cascade Chorale's annual Holiday Magic program featuring seasonal favorites and the Bend Children's Choir. Tickets available at towertheatre.org. Saturday at 3 p.m. and 7 p.m. Sunday at 7 p.m.



December 15
COCC Foundation Scholarship Application Opens

15
Accepting applications for 2019-20 COCC Foundation Scholarships. See the Foundation's webpage for requirements: cocc.edu/foundation.





Foundation
Scholarships:

Inspired to Be More

— by Mark Russell Johnson —



Battling a crack cocaine addiction tested Peter Cookson to the core, but he beat it, emerging on the other side healthier and ever-determined to assist others in their own personal addiction struggles. It wouldn't be the only epic fight of Cookson's life—he's currently up against an aggressive form of cancer, perhaps his toughest challenge.

"All I focus on these days is getting back to school this fall," says the Addiction Studies student, weary from a rigorous radiation plan, but steady in his goal. "COCC has ignited a flame in me once again."

Back in the early 1990s, Cookson knew something positive could come from his own pitfalls with addiction and eventual turnaround story. He attended the Hazelden Betty Ford Graduate School of Addiction Studies and launched into a meaningful career as a drug and alcohol counselor, with work that "soothes his soul." But some greedy life decisions, he shares, beginning with a career shift, cost him everything he had during the recession. He drifted after that—for more than a few years—and ultimately landed in Central Oregon in 2015.

Inspired to establish a sober school for teenagers.

A fulfilling job at Rimrock Trails Adolescent Treatment Center spurred Cookson to reclaim his path. He set out to recertify as a counselor through COCC. "What I found absolutely blew me away," he says of his College experience, admitting he originally thought it would pale next to the Hazelden education. "It so far exceeded anything I could have possibly imagined."

Cookson's ultimate ambition, after earning a bachelor's degree in education, is to establish a sober school for teenagers, a place of treatment and support. He

credits such a school with saving his own daughter's life. "It is because of you, and your gracious gifts," he says of donors, "that I am again inspired to be more."



When visitors from a Ugandan orphanage journeyed to Gwyneth Ptomey's church in Prineville, they danced and sang and demonstrated their appreciation for the church's financial support. It was a powerful day for Ptomey, a stirring display of gratitude and connection, of very different worlds suddenly drawn together.

Gratitude is something of a guiding light for Ptomey—and so is the notion of giving back. "Ever since I was a little girl, I knew I had the heart to want to help people," says the pre-nursing student. She hopes to attend the College's program this fall, and one day work with local children in the health care field, perhaps even make her way to an African nation to provide health assistance to a region in need.

Inspired to serve as a COCC student ambassador.

make such a distant leap to spread her wings. Living on campus in the Wickiup Residence Hall has helped make that attainable (though Mom's cooking lures her home on a semi-regular basis). In fact, her overall College experience inspired her to serve as a student ambassador,

someone who represents the College to prospective Bobcats, helping share the school's story.

Her own story, she acknowledges, might have gone differently without

A well-rounded, hardworking individual, Ptomey, an ROTC student and top athlete in high school, is someone who likes to apply herself and set challenges, whether she's making the dean's list at COCC or fighting fire throughout Western states in the summer.


Although she originally planned to pursue higher education farther from home, she discovered she didn't have to

Foundation scholarship assistance. "I'd like to thank all the donors for supporting my goals, and all the other students' dreams and aspirations," she says. "I was really grateful to know that not just my community, but the surrounding communities, supported my goals."

Scholarships by the Numbers

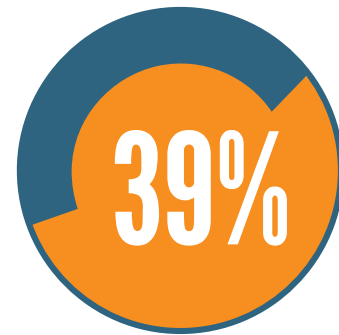
2018-19 COCC Foundation Scholarship Recipient Data

First-Time Awards

 **576**
qualified students applied



225 students offered a first-time full \$4,000 scholarship



Renewal Awards

students received a renewal scholarship from last year

145 

Total 2018-19 Awards

370
students were offered a full scholarship




1.62M


offered in scholarship support

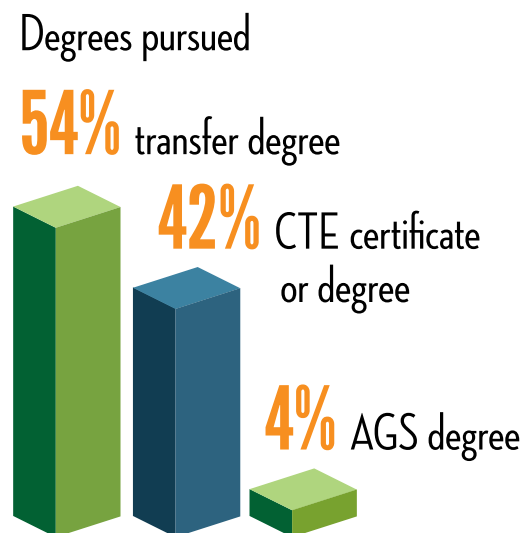
COCC Foundation Scholarship Recipients

3.31 GPA Average 

+ 2.5 more credits
earned per term than average

6.14% 
of COCC credit students received a Foundation scholarship

89% 
completed courses with a C or better



Donors Investing in Community

The following individuals, businesses and foundations are generous friends of Central Oregon Community College, who gave cash gifts to the COCC Foundation between July 1, 2017 and June 30, 2018. We have worked diligently to have an accurate list, but encourage you to call the Foundation if you find an error: 541.383.7225. Most of all, to those who give—Thank you!

INDIVIDUALS

James and Suzanne Abbott
Bruce Abernethy and Dr. Mary Meador
Cora Agatucci
Dan and Gloria Ahern
Drs. Ida Alul and Ed Boyle
Rob and Karen Anderson
Todd and Sharla Andresen
Harold and Peggy Ashford
Jennilyn Aston
John Baehr
John Baker
Jeffrey Barlow and Jill Jolly
Tom and Seana Barry
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Richard and Luann Barth
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Vern and Kathie Bauch
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Karla Becker
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Colm and Adri Boer
Emily Bonavia
Linda Bonotto and Jerry Colonna
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Sheri Boone
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