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Caps & Capes - September 1967

Linda Lake

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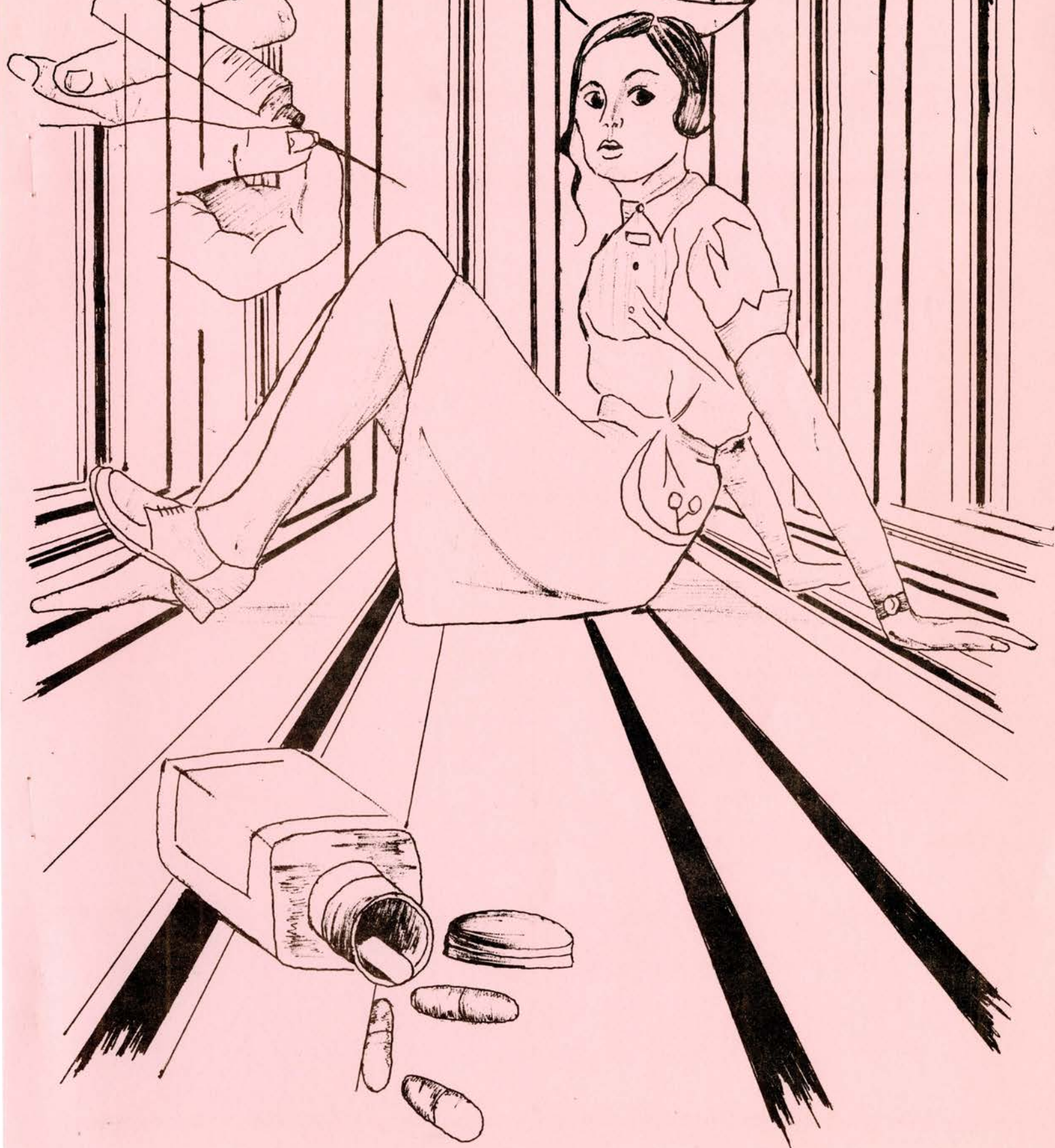
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Caps & Capes



Caps & Capes

Sept Issue

Dear Freshmen,

Caps 'n Capes - the communicative profile for the Jefferson Student Nurse - is an appropriate medium in which to express my sincere greetings to you as you enter our School of Nursing.

We are delighted that you selected Jefferson for your three years' nursing educational experience and wish for you the greatest success. The School of Nursing continues to serve the interests and the needs of our students who have set as their goal the attaining of a diploma through an educational program such as that centered in a medical college hospital.

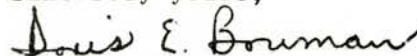
The faculty, housemothers, and administrative staff are here to be of assistance to you. Each one of you has been assigned a faculty member as your counselor. In addition to regularly scheduled conferences with her, you will find that she is also willing at other times to extend "a friendly helping hand."

In addition to current facilities which offer rich experiences for your planned program, you will be looking forward, I am sure, to using the facilities of the Student Commons and Basic Sciences Building. When it is completed, this building will include for your convenience a swimming pool, game rooms, a gymnasium, meeting rooms, and a bookstore. The School of Nursing will be represented on the Board of Governors of the Student Commons.

The space between the Student Nurses' Residence and the Orlowitz Residence Hall will be occupied by the Scott Memorial Library. In this new library extended facilities will be provided for students and faculty in the School of Nursing as well as for those in the medical college and the new School of Allied Health Sciences.

The Jefferson Medical Center is on the move - and with it the School of Nursing.

Sincerely yours,



Doris E. Bowman, Director
School of Nursing



Dear Freshman,

Welcome to Jefferson Nurses' Residence, where happiness is:

- A big sister and white caps
- A roommate and new friends
- Uniforms and schedules
- Rotation and days off
- Community living and looking forward
- To some day being a Jefferson graduate.

Mrs. R. Beatty
Housemother

Dear Freshmen,

On behalf of the Student Council I would like to bid you welcome. You have come at a very opportune time. The constitution has been revised and is now up to date, and more privileges are now available for students. With the help of Miss Lynch, our new faculty advisor, we can make much progress this year. To make progress, though, we need support from all students -- this means you. In the winter of this year you will be asked to choose a Student Council representative. This student will bring to the Council all your ideas, suggestions, and problems. Choose wisely as this student represents you.

During the year, there will be four mass meetings: the first will be in the fall. Attendance is compulsory at these gatherings. See you there.

Shirley Dubis, '68
President, Student Council



Shirley Dubis
 Shirley Dubis, '68
 President, Student Council

Dear Freshmen:

I'd like to take this opportunity to welcome you to the fold, and extend to you "Best Wishes" in pursuing your chosen field.

Most important, I want to introduce you to your newspaper, "The Caps and Capes". Whether you have a profound knowledge of the English language or are just a few-fingered typist, we need YOU. A newspaper needs a diverse group of personalities to make it worth while and of interest to all. Won't you please find some time to give to us?

Linda Lake
Editor-in-Chief



Hi! and welcome to Jefferson!

Besides class time, the Social Committee of Student Council is making an effort to fill your off time hours, with what we hope will be, an agreeable social year.

We have already attended the annual tea, to welcome incoming Freshman Medical students to Jefferson.

Right now, the project at hand seems to be working towards a costumed Halloween dance - why not give us some of your ideas on the subject?

Around Christmas we expect to be busy planning for our annual Christmas Party for neighboring children held at Segar Recreation Center. We'll be collecting toys, wrapping them and passing them out to the children. It's an excellent prelude to the Christmas Season's festivities.



We'll also be organizing a Christmas Semi-Formal. Last year's dance "Moonlight and Mistletoe" was a great success, everyone enjoyed it.

You can also count on at least one Student-Faculty party and perhaps, even a Student-Faculty basketball game. There will be a reciprocal mixer with the medical students and a Spring Formal to top off the year.

Each class is expected to elect several members to the Social Committee. Try not to elect a best friend, but someone who will work hard and present good ideas towards your social year.

I'm looking forward to your suggestions and participation.

Carolyn Kinna
Social Director, Student Council

Dear "Little Sisters",

Welcome to Jefferson. We hope you do well this coming freshman year and gain many memories, experiences and friends.

It's not an easy year, yet anything worthwhile is not really easy. But be assured of our help and encouragement throughout the coming year. Perhaps this little poem will help you along the way:

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile but you have to sigh,

When care is pressing you down a bit,
Rest if you must but don't you quit.
Life is queer with its twists and turns
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up though the pace seems slow,
You may succeed with another blow.

Success is failure turned inside out;
The silver tint of the clouds of doubt.
And you never can tell just how close you are --
It may be near when it seems so far;

So stick to the fight when you're hardest hit --
It's when things seem worst that you must not quit.

Best wishes for a good year!

Love,

The Class of '69



WHAT A "LITTLE SISTER" MEANS TO ME!

A "little sister" is a difficult person to define. She comes with a smiling face, a frightened feeling, and in indescribable yearning to be a nurse. She wants to do her best but has not yet found the proper pathway. She looks to me, her "big sister" for the answers to all her questions and is hopeful that I might make it just a little bit easier. As yet, it has not dawned upon her that she is in another world and that from the moment she walks into Jefferson she can ultimately only depend on herself for the right decisions. She will have guidance, of course, but all the advice in the world will not be able to help her walk onto the clinical area that first day with the confidence she needs. Despite the adjustments she must make these first few months, she will succeed knowing deep down inside herself that "where there is a will, there is a way". For if she has that "will" she needs, she has only to find the way and as a "big sister" I can help her choose the best way.

Although "my little sister" may think at times she is bothersome with her constant questions and fears, she must realize that the "big sister"- "little sister" program is a reciprocal one and that many true friendships have kindred within this residence. And lastly, I would like to say that my "little sister" will not only provide me with another means of growing in maturity, but also will bring back to me in the coming year many memories, which already as a Junior, I might somehow have forgotten.

De Getkin '69

WHAT A "LITTLE SISTER" MEANS TO ME!

An extra cap to iron.
Someone's tears to dry.
Someone to visit during study hall.
A challenge.
Someone to share a dream with - to encourage and so, to meet our goal together.
Someone to play the same tricks that we had played on each other.
Someone to help through the coming years.
Someone to encourage and discourage.
Someone to take the place of a little sister I never had.
Finally I'm a Junior.
Someone with more problems than Juniors.
The one who turns a mattress.
Someone to remind us of freshman year.
A frightened, foolish, fearful, frustrated, Frosh!

WELCOME TO JEFF, LITTLE SISTERS!

During the three years here at Jeff you get to know it like a book. You also can't help getting to know Philadelphia. Phillie town is yours now and its gates are open wide. Each day the gate will open even wider to exhibit new, exciting, and entertaining opportunities.

Where shall we begin? Why of course! - your first day here. Surmising that there is a big possibility that your parents will be your first day here at Jeff, let's plan a day on the town for a happy three-some. First things come first - so you must register, pay a "few bills", meet your roommate, and most important of all - eat!! I imagine it would be nice for all of you to eat in the cafeteria so your family can see it - but then I have a good imagination. The best thing to do is to pick a restaurant to fit your appetite. If you're inclined to go for Italian food, I suggest that you try Gino's between Broad and Fifteenth on Walnut. Polynesian's feel most comfortable at the Pub Tiki. Chinese have their very own chopsticks at the Chinese Mandarin on Broad Street and the Japanese have a reserved seat on the floor in the House of Japan - just around the corner. Of course if you're plain old American - Eddie's on the corner has the greatest burgers around. And to top that - as long as your parents are more weird than you are, there is a psychedelic ice cream parlor just around the corner from Pagano's Pizza.

While the food is being passed by those nifty peristaltic waves, relax and enjoy a movie. All the good theaters are between Broad and Seventeenth on Chestnut Street. Of course if it's play acting you enjoy, try our nearby Forrest Theatre - it's the greatest.

Jazz lovers can swing at the Showboat while their revivals can strum on guitars at the Second Fret.

All in all this town is full of places to see - just be sure you get to the top of City Hall!

WHAT CAN I DO?

As a freshman student nurse, do your days have to be filled with books? Of course, these are the most important activities, but participation in JMCH SON doesn't have to stop there. Free time doesn't have to be spent sleeping, because there are many more stimulating pastimes.

Naturally, "Caps and Capes" is a wonderful means for those of great, little, or no talent to spend free time. This year we are planning many exciting articles; such as interviews with staff nurses and doctors on interesting subjects and opinions of the frosh on "big sisters".

For the Mrs. Millers of the group, freshman chorus is available. Of course, monotonous and frog voices are also needed to balance out the sound.

If you have more of a sport inclined interest, the basketball team needs you. Last year our great team was 2nd in the league. This was achieved after a heart-breaking, but unbelievably exciting try for first.

You say your dribbling and hook shots aren't up to par, but your voice is raring to go - try cheerleading. Last year our cheerleaders entered the annual contest, and walked away with a second place trophy. Wouldn't it be nice to get first place this year?

Of course for those who enjoy the glamor and excitement of Broadway, the annual show is just the thing.

So you see, life at Jeff need not be dull. Aside from the above activities, class projects, dances, festivals, and teas will constantly keep the mind off home-cooking, far away boyfriends, and lack of funds.

So come on freshmen, pitch in and let's have the best year yet at Jeff!!

SCHOOL OF NURSING BEGINS 76th YEAR IN TRUE JEFFERSON SPIRIT

- 1825- The State of Pennsylvania granted an extension of the charter of Jefferson College, Canonsburg, Pennsylvania to include the granting of medical degrees. The newly created medical school was known as the Medical Department of the Jefferson College of Canonsburg, Pennsylvania.
- 1838- The Jefferson Medical College of Philadelphia was granted a charter by the State Legislature "with the same powers and restrictions as the University of Pennsylvania."
- 1877- Jefferson became the second medical institution in the country to have its own teaching hospital when the 125-bed facility was completed.
- During the next decades some of the country's outstanding physicians were associated with Jefferson:
- Dr. Samuel D. Gross, "Dean of American Surgery"
 - Dr. Chevalier Jackson, Inventor of the Bronchoscope, founded the branch of medicine known as Broncoscopy
 - Dr. J. Marion Sims, "Father of Modern Gynecology"
 - Dr. Carlos Finlay, discoverer of the cause of yellow fever
- 1891- Jefferson Hospital Training School for Nurses began under the direction of Chief Nurse, Miss Ella Benson. Two years was the length of the training period.
- Shortly thereafter, Miss Effie Darling became the Directress of the Training School for Nurses.
- 1893- In March the school consisted of three graduate nurses, thirteen student nurses and six male nurses.
- May 22 the first Nurses' Home was formally opened. The home was located at 518 Spruce Street.
- November 24 five nurses received diplomas from the training school. Graduation exercises were held in the Clinical Ampitheatre of the Hospital.
- 1894- Miss Susan C. Hearle assumed charge of the Jefferson Medical College Hospital School of Nursing with thirty student nurses. Miss Hearle received her early training under Florence Nightingale; later she graduated from the Training School of the Philadelphia General Hospital.
- 1907- The Main Building of the hospital accommodating 325 beds was completed. (This building is still in use after sixty years.)
- 1908- Anna E. Laughlin, a graduate of the school and the chief nurse of the hospital's operating room succeeded Miss Hearle as director of the school.
- That same year the current home of Jefferson Medical College was completed.
- 1915- Miss Clara Melville, a graduate of 1910, was elected Directress of Nurses.

- 1917- Patriotic Jeffersonians answered their country's call for help by forming a unit to serve in the War. The Jefferson Unit, known as U.S. Army Base Hospital No. 38, was composed of 99 nurses and six civilian hospital employees.
- 1924- Samuel Gustine Thompson Hospital Annex completed.
- Miss Nora E. Shoemaker (former teacher and acting Directress of Nurses during Miss Melville's years of service with Base Hospital No. 38) appointed the first full time instructor of nurses in the school. Prior to this time nursing education was one of the many duties of the Directress of Nursing.
- 1931- Curtis Clinic Building completed. This building currently houses the out-patient departments; emergency room and School of Nursing classrooms.
- Until 1931 small monthly remunerations had been given to students. Discontinuing this practice made it possible to employ more graduates so that students could be released from the responsibilities of the wards to attend classes.
- 1933- Nosokomos first used as the title of the Year Book. The title comes from two Greek words: "noso" - the study of the sick and "komos" - a female who attends.
- 1936- A nursing library consisting of twelve hundred volumes was presented to the School.
- 1942- Jefferson nurses once again answered their country's call for wartime service. U.S. Army Base Hospital No. 38 was re-activated. Sixty Jefferson nurses and sixty Jefferson physicians served with the unit near Cairo, Egypt.
- 1953- Miss Mabel C. Prevost, a graduate of the School, became Director of Nursing.
- 1958- Organization of the hospital was changed, creating two departments of nursing - School of Nursing and Nursing Service. Miss Doris E. Bowman, a graduate of the School, became the Director of the School of Nursing.
- 1959- The James R. Martin Student Nurses' Residence was dedicated by Mrs. Martin as a memorial to her late husband, who served as the associate dean of the Medical College.
- Caps 'N Capes published for the first time.
- 1962 - Jefferson Medical College Hospital School of Nursing was fully accredited by the National League for Nursing.
- 1964- Basic nursing techniques first taught via closed circuit T.V.
- 1966- 75th Anniversary of the School of Nursing. The class of 1966 brought the total of graduates to nearly 4,000. Seven members of the class of 1966 were commissioned in the Armed Forces.
- 1967- In the true Spirit of '76 Jefferson presses on to maintain its leadership in Nursing Education; leadership of which its 300 students; 30 faculty members; and 4,000 alumni can continue to be proud.

THE JEFF CAP

In case you've been wondering how to wash and iron your Jefferson cap, here are a few helpful hints which will make your job easier.

First, when laundering to not add any kind of perma starch as it will fill up the pores of the cap and make it too stiff.

It is best to use an armboard when ironing, and to iron the top of the peak first - then the sides and the back of the peak can be done. Best results are achieved with the brim when it is outstretched and then ironed across.

The brim should just cover the stitching when folded over; about 1/8 to 1/4 inch. Spray starch can facilitate maneuvering of the brim.

Use white bobby pins or a single hat pin in the back for anchoring.

The above hints combined with a little practice and patience should give you "the perfect Jefferson cap."



FACULTY
 SCHOOL OF NURSING
 JEFFERSON MEDICAL COLLEGE HOSPITAL
 1967 - 1968



MISS BRUCH



MRS. WILLIAMS



MRS. SCHWARTZ



MISS GOBRECHT



MISS GRIGLAK



MISS SCHILLINGER



MISS BOWMAN



MISS GRANT



MISS HECKENBERGER



MRS. MCINTYRE



MRS. JOHNSON



MISS RUPP



MISS HIPPENSTEEL



MRS. HUTZLEY



MISS McCLEAN



MISS KADEL



MISS GAMBLE



MRS. MANSFIELD



MISS DENAULT



MISS NOGA



MISS ZARELLA



MRS. DAVIS



MISS HAEGELE

CAMERA SHY

- MISS DUNN
- MISS MACKENZIE
- MRS. SYDNOR
- MISS VEON



MISS ZALESKI



MISS LYNCH

HOW TO SURVIVE

Well, if the class of 1970 is anything like the class of 1969, we know that you must have some unanswered questions on how to survive these next three years. So here are a few inside hints we hope will be helpful.

First and foremost is food. (After all, everyone thinks of their stomachs first!) Each time you go to the cafeteria you are required to wear your name pin. This is very vital if you want to eat! And remember girls -- only one dessert per meal (although "seconds" on the main courses are allowed.) If for any reason you are still hungry after dinner (we would not understand why!) there are ice cream, candy and soda machines downstairs in the recreation room. If you are planning to raid these goody boxes after nine o'clock P.M. (ten o'clock on study hall nights!) you must be properly attired.

Next, we would like to discuss the art of communications -- telephones and mailboxes. There are four telephones on the main floor near the elevator where you can call that special someone. And to receive those long awaited phone calls, two phones are available on each floor.

After you sign in each day, your first thought is to run to your mail box - be sure to remember your combination. Incoming mail is delivered three times a day - 9 - 11 and 2, except Saturday when it only comes but once.

For you sun worshippers, we have a sun deck on the 9th floor well supplied with mats and chairs. Opposite this is a hobby room where you can sew, draw or just listen to the stereo (sorry girls - no record players allowed in the rooms.)

For those of you who are domestically inclined, there are washers and dryers in the basement which cost only 25¢ each. All uniforms are cleaned free by the hospital. Just leave them Monday, Tuesday, or Wednesday after 6 P.M. in the basement and they'll be ready for your in 2-3 days.

After you begin to work on the floor, you may become confused with the variety of "white coats" on the clinical area. Medical students wear short white coats with dark slacks; interns wear white coats with slacks to match and residents attire themselves in long white coats and dark slacks. Watch out for the white gown with no slacks - they're patients!!

That's about it for now. For further information consult your local Big Sister.

GOOD LUCK!

GUIDE TO THE CLASS OF 1970

We all have three years ahead of us and we're going to make it. We've got the ability, the strength, the enthusiasm, but most of all we've got each other.

There are going to be beautiful days ahead and there are going to be happy days and sad days; good memories and bad ones, successes and failures; but just remember, when the going gets rough and things look bleak: "Walk through the darkness as one who looks beyond it, and if perhaps a dream should fail you, look up and dream again."

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