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1 TTUHSC students on five campuses volunteered on a single day in November with 17 local organizations for the annual Day of Service. 2 Tedd L. Mitchell, MD, Texas Tech University System chancellor and TTUHSC president hosted a luncheon honoring inaugural members of the TTUHSC President's Circle. For more information, visit: ttuhsc.edu 3 Guests enjoyed meeting Raider Red in Amarillo at a joint TTU and TTUHSC alumni event. 4 TTUHSC celebrated a "topping out" ceremony in December as the last beam of three buildings currently under construction on the Lubbock campus was placed. 5 The class of 2022 received their first set of medical scrubs at TTUHSC El Paso's annual Scrubs Party. 6 TTUHSC El Paso students sorted food at the El Pasoans Fighting Hunger Food Bank during Corazon de Oro community service day. 7 TTUHSC El Paso celebrated international Healthcare Simulation Week in September, by inviting the community to the Gayle Greve Hunt School of Nursing's Regional Simulation and Training Center. 8 The Paul L. Foster School of Medicine welcomed 100 students into the medical profession at its fifth annual White Coat Ceremony. 9 Scores of El Pasoans turned out for the Sprint for Sparks 5K Fun Run in October. The annual event benefits TTUHSC El Paso's Medical Student Run Clinic, which provides free health care services to the Sparks community.

9



Alumnus Wins Prestigious Award for Research

“It is such an honor to receive a National League for Nursing award so early in my career and to have colleagues who have encouraged me to ‘put my name in the hat’ for awards like this because they believed in my research. This award has affirmed my intent to continue exploration into best practices in teaching and learning with simulation. I am excited to do this right here at TTUHSC, where I first encountered simulation in the BSN program that I now teach in.”



Kyle Johnson PhD, RN, (Nursing '10) assistant professor and clinical simulation director for the School of Nursing, received the 2018 National League for Nursing (NLN) Mary Anne Rizzolo Doctoral Research Award at the NLN Education Summit.

Expert Corner

CLARK HOUSER, MBA, MLS

Clark Houser, MBA, MLS, (Health Professions '04) started his career as a lab technician on the night shift at three different hospitals in the Dallas-Fort Worth area. He is now the CEO for Atrium Medical Center in Denton, Texas, and provided *PULSE* with his five tips for achieving success.



Practice your elevator speech
Prepare for the impromptu conversations with key decision-makers.

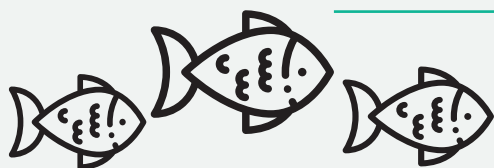


Stay hungry
Volunteer for the difficult tasks and don't be afraid to learn the material that others won't bother to figure out.

Don't get in your own way
Limitations tend to be self-imposed. Find the time and make the effort.



Don't waste your time or your mind
Know your abilities and when to ask for help.

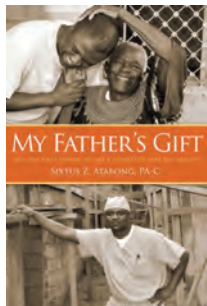


There's always a bigger fish
Stay humble and respectful at all times.



Reading Nook

Looking for a book to read?
Support TTUHSC alumni!



“My Father’s Gift: How One Man’s Purpose Became a Journey of Hope and Healing” by Sixtus Atabong, PA-C | (Health Professions ’05, ’02)

Story abstract (Amazon): Born into a poor West African family in the disease-stricken town of Fontem, John N. Atabong embarked into the unknown in search of hope. He was 11 years old, but he triumphed against all odds to give his children the best care and education available. Eventually, he sacrificed his most valuable possession, his son Sixtus, sending him to study in the United States with nothing more than lessons learned from his days working the farms and his father’s basic biblical teachings. Sixtus Atabong’s journey of temptations and challenges in the U.S. gives rise to a mission: to give back. He uses his gift to extend God’s healing hands and unfailing love to the far corners of the earth through sustainable health care infrastructures. Fulfilling his father’s dream, Sixtus hopes that he can leave the world a better place than he found it. (Also, read Sixtus Atabong’s story in the Summer 2015 issue of *PULSE*.)

Available on Amazon, Barnes & Noble Inc., Goodreads and others



“Building a Culture of Ownership in Healthcare” by Bob Dent, DNP, RN | (Nursing ’10)

Story abstract (Amazon): Using construction as their metaphor, authors Joe Tye and Bob Dent make a compelling case that an organization’s invisible architecture, a foundation of core values, a superstructure of organizational culture and the interior finish of workplace attitude is no less important than its visible architecture. The book takes readers on a journey from accountability to ownership, providing a proven model and strategies to help improve organizational culture in the health care setting.

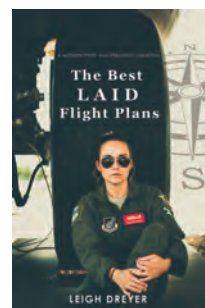
Available on Amazon and Sigma Marketplace

“The Heart of a Nurse Leader: Values-Based Leadership for Healthcare Organizations” by Bob Dent, DNP, RN | (Nursing ’10)

Story abstract (Amazon): Management is a job description; leadership is a life decision. Nurses do not need a

management title to be the sort of leader who inspires and influences others. This book is both a celebration of the nursing calling and a practical guide to being a better nurse leader. Bob Dent and Joe Tye share values-based life and leadership strategies that every nurse leader needs to know and practice. The book is structured around the Twelve Core Action Values, a program that has been central to the cultural transformation at Midland Health and many other organizations and, more importantly, has been transformative in the lives of thousands of people who have made a personal commitment to practice the values-based life and leadership skills featured in that course.

Available on Amazon and Goodreads



“The Best Laid Flight Plans” by Leigh Dreyer (Jessica Washer, MS, CCC-SLP) | (Health Professions ’12)

Story abstract (Amazon): In this modern *Pride and Prejudice* variation, Capt. William “Fitz” Darcy has just received a new

assignment as an instructor pilot at Meryton Air Force Base. Soon he meets the intrepid 2nd Lt. Elizabeth Bennet, a new student at the base that he cannot keep out of his head. Bennet, on the other hand, finds Darcy to be arrogant and prideful and attempts to avoid him at every turn. Despite Darcy’s insulting manners, Bennet soars her way through pilot training, but can she soar her way into love as well?

Available on Amazon and Goodreads

TTUHSC Alumni Association National Advisory Board Update

The TTUHSC Alumni Association National Advisory Board (NAB) met in October in Lubbock. A presentation was given on the School of Nursing Veteran to BSN Program, and board members toured the University Center to see the new location of the alumni office.

NEW BOARD MEMBERS

Jason Acevedo, MD, (Medicine '05) partner and physician — Ear, Nose and Throat Specialists of Abilene, Abilene, Texas.

Elias Ghandour, MD, (Resident '88) gastroenterologist — Covenant Medical Center, Lubbock, Texas.

Ashley Sturgeon, MD, (Medicine '10) dermatologist and assistant professor — Texas Tech University Health Sciences Center, Lubbock, Texas.



2,373

Current Members

11 Lifetime Members

LEADERSHIP CHANGES

Julie Doss, JD, former senior director of TTUHSC Alumni Relations, has taken a new position in the Texas Tech University System. Cliff Wilkes is serving as interim director. For alumni information, send an email to ttuhscalumni@ttuhsc.edu



\$50,830

total membership dues

GOALS FOR THE NEW YEAR

NAB President **Greg Thompson, MBA**, (Health Professions '02) said the association identified goals for the coming year:

- Conduct an annual survey of alumni association members to determine if their needs are met.
- Make alumni merchandise available online, and possibly offering discounts to association members.



\$20,380

gifts over dues

friends we'll miss

TTUHSC

Brandey L. Ackerman, MD,
(Medicine '11) died June 7, 2018.

Jay Crofoot died September 14, 2018.
He, along with his wife, Virginia, established
the TTUHSC Endowed Chair in Epilepsy.

Cynthia Kidd, DNP, (Nursing '15)
died January 18, 2019.

Wyatt McMahon, PhD, (Biomedical
Sciences '07) died September 13, 2018.

Hannah Thompson died November 21, 2018.
She was a student at TTUHSC at Amarillo
in the School of Pharmacy.

*Gifts in memory of or in honor of are routed to the
desired location of the donor through the TTUHSC
Office of Institutional Advancement, 3601 Fourth
Street, Stop 6238, Lubbock, Texas 79430.*

TTUHSC El Paso

Matthew Certosimo, MD, died May 8, 2018.
He was completing his medical residency in
psychiatry at TTUHSC El Paso.

Kharisma Ashlee James, BSN, (GGHSON '17)
died Aug. 13, 2018. She was an operating
room/surgery nurse at the Hospitals of
Providence in El Paso.

*Gifts in memory of or in honor of are routed to the
desired location of the donor through the TTUHSC
El Paso Office of Institutional Advancement,
1414 N. Oregon St., El Paso, TX 79902.*