

Mentor Biography Lookbook

PA-ACCEL Mentorship Program

The PA-AC Cohort of Exchanged Learning (PA-ACCEL) Mentorship Program is a pilot mentorship program created by the Pennsylvania Action Coalition (PA-AC) in partnership with the Lincoln University Department of Nursing.

Mentoring provides lifelong learning and professional resilience to students and is proven to increase student retention, success rate on NCLEX, an increased sense of socialization into the nursing profession, enhanced self-esteem, and decreased anxiety and stress. Additional outcomes of mentoring in nursing are career progression, development of new investigators, empowerment, expanding professional knowledge, generativity, increasing numbers of minority nurses in graduate programs, and institutional stability.

Students from Lincoln University will be matched with one (1) professional mentor from various nursing fields to bolster their capacity to be successful both in nursing school and in their transition to nursing practice. This lookbook provides information about mentors in the PA-ACCEL Mentorship Program. Students are required to review the Mentor Biography Lookbook and share their top three choices for whom they would like to be paired with. The Program Support Team will do the matching and let students know who they will be working with for the next several months.

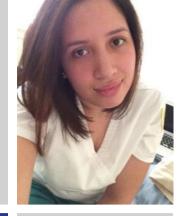
If you have any questions or concerns, please email Vilma Davis PNP, BC, PhD, Associate Professor Dept. of Nursing or or Professor Sharvette Law Philmon, MSN, RN, NEA-BC, CNE, Associate Professor of Nursing.

<u>Dorsey LE, Baker CM. Mentoring undergraduate nursing students: assessing the state of the science. *Nurse Educ.* 2004;29(6):260-265. doi:10.1097/00006223-200411000-0001</u>

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Eliana Aldir

RN

My name is Eliana Aldir. I am a 31 year old female who was born and raised in Brooklyn, New York. I have two bachelor degrees one in Nursing and the other in communication science. I decided to attend an accelerated nursing program and was accepted into



SUNY Brockport nursing program. I graduated in Aug/2017 and passed my N-CLEX in October 2017.

I began my nursing career at Strong Memorial Hospital's Surgical Oncology Unit where I worked for 2 years. During those years I worked with a variety of patient populations and realized my love for post-op patients. I recently moved to Philadelphia because I wanted to live in a more diverse city and to work in a more urban population where I feel I can best use my skill set to help vulnerable populations.

I currently work at Thomas Jefferson University

Hospital Orthopedic/Trauma unit in addition to being an active member of National Association of Hispanic Nurses (NAHN). Aside from my career I love spending time with my dog, I enjoy walking trails and eating out!! Ultimately my goal is to help you successfully navigate through nursing school and guide you to manifesting your career. I can't wait to meet and hear from you

• Inpatient (medical-surgical, ICU, etc.)

Current Job Title/Primary Organization

- Registered Nurse II
- Thomas Jefferson University Hospital

Years as an RN: 20

What motivated me to be a nurse/work in nursing:

I love connecting with people, I love the healing properties of nursing and knowing that I've made a difference.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Owning my home care agency and receiving my Doctorate in Nursing Practice

What I can bring to the mentor-mentee relationship?

Networking skills, expert in my field, the business opportunities in nursing, community education

Ida E. Biddle-Mayer

PhD, MSN, RN

I am a diploma graduate of Drexel - Medical College of Pennsylvania School of Nursing.

I received a Bachelor of Arts, Bachelor of Science in Nursing, Master of Science in

Nursing with a Graduate Certificate in Nursing Education from Thomas Edison State



University and was inducted into Sigma Theta Tau International Honor Society of Nursing. I earned a PhD in Psychology and Counseling from Louisiana Baptist University.

I have experience in school nursing, child mental health, community nursing and have worked as an adjunct nursing instructor. I am working as a school nurse part-time after my retirement from school nursing. I have experience in planning and providing health care for children, adolescents, and adults.

I have served as a leader in professional organizations and community activities. I am a

member of Sigma Theta Tau International Honor Society of Nursing (Upsilon Rho Chapter, Webmaster), National School Nurses Association, New Jersey State School Nurses Association, Camden County School Nurses Association, American Holistic Nurses Association, American Psychiatric Nurses Association, Chi Eta Phi Sorority Incorporated -Theta Chapter (National Technology Committee and Northeast Region Health & Wellness Committee), Gamma Sigma Sigma National Service Sorority - Gemini Alumni Chapter (National Diversity Committee, Chapter Vice President).

- Education/Academia
- Community Health or Public Health

Current Job Title/Primary Organization

- School Nurse (Active RN license in PA and NJ
- Bayada Pediatrics

Years as an RN: 48

What motivated me to be a nurse/work in nursing:

My school nurse encouraged me to participate in Future Nurses Club and my great aunt was a nurse.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

I earned my PhD in Psychology & Counseling. I worked part-time for six years to homeschool my son from 6-12th grade. He graduated from college with honors.

What I can bring to the mentor-mentee relationship?

MSN with Nursing Education certificate, connection to professional organizations, speciality nursing experience.

Victoria Brown

MSM/MSN, RN-BC

Victoria received her BSN from Drexel University in 2009 and in 2016 graduated with a dual Master's of Science in Nursing Leadership and Healthcare Administration from Wilmington University. With over 10 years' experience Victoria has advanced the



clinical ladder from novice nurse to nurse expert and into nursing leadership. She is currently a Clinical Practice Leader responsible for educating clinical nurses at the unit level and advancing nursing practice. Victoria has a background in surgical nursing with experience in Solid Organ Transplant, Bariatric surgery, General Surgery, Orthopedics, Orthopedic Oncology, UroGynecology, Colorectal and Vascular Surgery. Victoria holds a certification in Med-Surg nursing and has been involved in many hospital and health system initiatives. In addition, Victoria is an adjunct clinical instructor.

Having overcome many obstacles growing up in an urban area Victoria has developed a sincere passion and personal commitment to mentorship, education, and community service. She is a proud member of Chi Eta Phi, Professional Nursing Sorority, which she holds the title of Vice President for the Philadelphia Chapter. Victoria plans to obtain a terminal degree in nursing and one day lead a program designed to increase the presence of minorities in nursing and nursing leadership.

- Inpatient (medical-surgical, ICU, etc.)
- Education/Academia
- Nursing Leadership/Administration

Current Job Title/Primary Organization

- Clinical Practice Leader/ Unit Based Educator
- Penn Medicine

Years as an RN: 11

What motivated me to be a nurse/work in nursing:

I loved science and had a passion for helping people.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

My grandmother was a nurse and my sister is a nurse. I wanted a career that would allow me to help others. I remain motivated by being in a role where I can help others and also encourage/inspire my peers to become their best.

What I can bring to the mentor-mentee relationship?

I bring a personal commitment and passion to the mentor-mentee relationship. I would not be the nurse I am had I not had several mentors throughout my life and career. I understand the bi-directional commitment needed to have a successful mentor-mentee relationship. My journey is unique in my personal and professional experiences. I have strong clinical skills, networking experience and my involvement in professional organizations contributes to my personal growth so that I can continue to mentor others.

Valerie Caraballo

MSN, RN, APN



What motivated me to be a nurse/work in nursing:

I enjoy working as an advanced practice nurse. I enjoy teaching and am passionate about working in the community. As a nurse I am able to do all these things.

My most impactful achievement to date (in any capacity personally, professionally, etc.)?

Developing a scholarship program and actively helping to support nursing students. Being able

to work on a National Board and present on various activities I have directly been involved with.

What I can bring to the mentor-mentee relationship?

My passion and enthusiasm for the field of nursing. I will support and encourage the student. Offer my skills in networking, community service and provide opportunities to share in the various activities I am a part of.

• Outpatient (health clinic, office setting, etc.)

Current Job Title/Primary Organization

- Family Nurse Practitioner, Clinical Manager
- Cooper University Health Care, Concentra

Years as an RN: 26

Resume/CV Unavailable

Sofia Carreno

MSN, RN

Sofia Carreno, RN, MSN is a public health nurse. She currently works as the nursing professional development specialist for community engagement at the Hospital of the University of Pennsylvania.



Sofia received her Bachelors and Master's degree in Nursing from Thomas Jefferson University in Philadelphia. Her experience lies in emergency nursing, care coordination, research and nursing education, management and administration. She aims to improve health outcomes by addressing social determinants of health, using an integrative and interdisciplinary health care approach. Sofia is passionate about holistic nursing and wellness including disease prevention, nursing education and nutrition. Her interest in public health stems from her experience as a Peace

Corps volunteer in South Africa working with youth and HIV/AIDS populations.

Sofia serves as nurse mentor at Independence Blue Cross Foundation's Nurse Internship program and is a past presenter. She is a member of the Pennsylvania State Nurses Association, where she served on the cabinet of nursing practice and professional development. She is an active member of the National Association of Hispanic Nurses and Medical Reserve Corp volunteer.

• Nursing Leadership/Administration

Current Job Title/Primary Organization

- Registered Nurse
- Hospital of the University of Pennsylvania

Years as an RN: 8

What motivated me to be a nurse/work in nursing:

Public Health background, volunteerism.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Being an integral part in a startup nurse-managed health center.

What I can bring to the mentor-mentee relationship?

My experience as an educator in higher ed nursing programs, active work in professional organizations and career development resources for students.

Carolyn Cutilli

PhD, MSN, RN

Dr. Carolyn Cutilli is a graduate of Albright College (BS Nursing), University of Pennsylvania (MSN) and Duquesne (PhD Nursing). She is currently a patient education specialist (Penn Medicine, Philadelphia, PA) and an adjunct professor (American



International College, Springfield, MA). During her career, Carolyn has utilized her education, experience and leadership in patient education, orthopedics, rehabilitation medicine, quality improvement and professional development. Her research examines geriatric health literacy and health communication. She has published several articles/book chapters and presents nationally and internationally.

Carolyn is the president and co-chair of the national patient education guidelines work group for the Health Care Education
Association (HCEA). She currently serves as a

patient education consultant for the National Association of Orthopaedic Nurses (NAON). Carolyn mentors students (Penn nursing research class) and military veterans (American Corporate Partners). She promotes health equity, diversity and inclusion by developing education that all patients can understand as well as teaching health at the IHM Literacy Center and serving as a member of the Diversity and Inclusion Council at Penn Medicine. She has been recognized for distinguished service by HCEA and NAON and excellence in patient/public education by Penn Medicine and Arthritis Foundation.

Nursing Specialty/Area of Focus:

- Inpatient (medical-surgical, ICU, etc.)
- Education/Academia
- Nursing Leadership/Administration
- Patient Education
- Nursing research and policy
- Orthopedics

Current Job Title/Primary Organization

- Patient Education Specialist and Adjunct College Professor
- Penn Medicine and American International College

Years as an RN: 37

What motivated me to be a nurse/work in nursing:

I wanted a profession where I helped people and I had an interest in sciences such as psychology and biology. I also wanted a career that had flexibility for my family.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

There are so many things in life that I feel I have achieved and more importantly enjoyed as well as having an impact, it is hard for me to name only one. I have been blessed with a close family and friends and the opportunity to support, mentor and teach everyday with students and colleagues to help them achieve their goals.

What I can bring to the mentor-mentee relationship?

I look forward to mentoring because I can support the mentee as they adjust to their new nursing career. In this role, I can assist them with networking (organizations and individuals), sharing expertise in care(especially patient education, quality and orthopedics), locating resources to support their professional goals, and developing a career plan based on what they want to achieve.

Julie Dameus

MSN, MBA, RN

Service to others is my honor and passion, so it is no surprise I found a fulfilling career within nursing. I graduated with my Bachelor of Science in Nursing from Duquesne University in 2007. From there, I diversified my experience by working on medical



surgical units, surgery, vascular access to long term care facilities, home infusion, education and management. I gravitated and excelled in leadership, so I pursued my Master of Business in Health Systems Management from Point Park University while living in Pittsburgh. During that time, I also served as a lieutenant in the Navy as a nurse to which I would retire from in 2015.

As time passed, I found other areas of interest as well such as workflow management, nursing informatics and education. Consequently, I pursued my Master of Science in Nursing with a

focus on Clinical Informatics graduating in 2018 from Thomas Jefferson University, College of Nursing. During that time, I continued to expand beyond the bedside and had the opportunity to work as a clinical nurse manager of perioperative services at Fox Chase Cancer Center. I found a great joy in helping the nursing team in a capacity where I could make an impact in reducing their workload, improving patient outcomes and mentoring other fellow nurses. So, in 2019, I started my Doctor of Nursing in Leadership and Management at Wilmington University in Delaware to improve upon my skills. My DNP project is based on the usage of aromatherapy in reduction of pain in the home infusion patient receiving peripheral intravenous catheters. I am expected to complete my project by the end of 2020 and graduate by early January 2021.

Today, I serve as the Director of Nursing at Optum Infusion Services, United Healthcare Group primarily focused on operations. On my days off, I teach clinical to nursing students at local area hospitals and facilitate the RN to BSN nursing leadership and management course.

Nursing Specialty/Area of Focus:

- Inpatient (medical-surgical, ICU, etc.)
- Education/Academia
- Nursing Leadership/Administration
- Patient Education
- Nursing research and policy
- Orthopedics

Current Job Title/Primary Organization

- Director of Nursing / Adjunct Clinical Instructor
- Optum Home Infusions / Thomas Jefferson University

Years as an RN: 10

What motivated me to be a nurse/work in nursing:

I wanted a profession where I helped people and I had an interest in sciences such as psychology and biology. I also wanted a career that had flexibility for my family. My love affair with nursing has taught me a great deal about myself, collaborating with others and the significance of mentorship. With the leadership and guidance of generous nurse leaders passing down their knowledge and spreading positivity, I have been able to tackle challenges and look forward to more experiences that will hone my skills so that I may pass them on to other nurses.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

There are so many things in life that I feel I have achieved and more importantly enjoyed as well as having an impact, it is hard for me to name only one. I have been blessed with a close family and friends and the opportunity to support, mentor and teach everyday with students and colleagues to help them achieve their goals.

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Monica J. Harmon

MSN, MPH, RN

Monica Harmon, MSN, MPH, RN is convinced that community factors and social issues manifest in chronic disease and she asserts health care practitioners must consider all determinants of health when addressing population health needs. Cognizance of these



influencing factors and willingness to address the many challenges prohibiting optimal health for the populations we work with is at the forefront of her practice. She utilizes this knowledge to guide her research and teaching modalities.

Professionally she has practiced in a variety of settings working with vulnerable and marginalized populations such as the incarcerated and mothers and babies. Practice areas include: in-patient pediatrics, home health, prisons, schools, and group homes for individuals with intellectual disabilities.

Research activities include the study of detained adolescent females in Philadelphia, maternal and child fatalities, diversity in nursing, and community/public health nursing practice and education. Currently, Monica is a co-investigator of grant funded research focusing on competency-based workforce development of public health nurses and baccalaureate nursing faculty.

Monica has shared her public health nursing knowledge and skills with undergraduate and graduate nursing students in community health, maternity, and pediatrics in the clinical and didactic areas. She imparts her knowledge of how the determinants of health impact vulnerable and marginalized communities. She teaches CPR and First

Aid to health care workers and community members alike and has presented workshops on various topics to community groups.

Monica is a member of various professional organizations but her greatest membership belongs to the National Black Nurses
Association where she currently serves as the Chapter President of the Southeastern Pennsylvania Area Black Nurses Association.

Nursing Specialty/Area of Focus:

- Education/Academia
- Community Health or Public Health

Current Job Title/Primary Organization

- School Nurse/Lecturer/Adjunct Instructor
- School District of Philadelphia/Thomas Jefferson University

Years as an RN: 20

What motivated me to be a nurse/work in nursing:

I always wanted to help people and believe that if a person has their health they have their wealth. Healthy people always have the potential to do amazing things!

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

There are so many but the greatest impact I have achieved is becoming a registered nurse.

What I can bring to the mentor-mentee relationship?

I can bring many skills to the mentor-mentee relationship, such as my personal story, professional experiences, research, networking, and connections. I am a mentworker, that is a mentor who loves to connect mentess to my networks to advance their careers.

Tanya Johnson-Coleman

DNP, MHA, Ed RN

Tanya Johnson-Coleman, DNP, MHA, Ed RN is a Patient Flow Manager RN at Hospital of the University of Pennsylvania (HUP). Tanya is an energetic and highly motivated nurse, with a proven record of reliability and possesses special sensitivity to meeting

diverse needs of patients and their family.



She started her nursing career on the Cardiothoracic Intermediate Care Unit at HUP. Tanya's involvement in patient and family education in her unit led to an interest in health disparities and health education. Tanya received her DNP at La Salle University with a focus on Implicit Bias and Health Literacy. She has been involved in the Diversity & Inclusion Core Council since 2005 and is currently the Chair. Tanya volunteers at Brewerytown Community Civic Association, focusing on Diabetes and Hypertension Prevention in the

community. She recently received a CARES grant from HUP to continue her work in the community.

Tanya Johnson-Coleman, DNP, MHA, Ed RN also works as a Nursing Adjunct Clinical Instructor at College of Nursing and Health Professions at Drexel University and Harcum College School of Nursing. Harcum College School of Nursing.

- Inpatient (medical-surgical, ICU, etc.)
- Outpatient (health clinic, office setting, etc.)
- Education/Academia
- Nursing Leadership/Administration
- Community Health or Public Health

Current Job Title/Primary Organization

- Registered Nurse
- Hospital of the University of Pennsylvania

Years as an RN: 20

What motivated me to be a nurse/work in nursing:

My passion and love for diversity and inclusion, health education and community outreach.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Owning my home care agency and receiving my Doctorate in Nursing Practice

What I can bring to the mentor-mentee relationship?

Networking skills, expert in my field, the business opportunities in nursing, community education

Kristen Kreamer

CRNP, AOCNP, APN-BC

After completing a BA in English literature in 1969, Kristen Kreamer decided to get "a real job" and graduated from Owens Technical College in 1974 with an AD in Nursing. She worked as a staff nurse on a medical surgical unit and then in home care. She then



attended Yale University graduating with a Masters in Nursing in 1982. She worked as a clinical nurse specialist in Oncology for 14 years before completing certification as a nurse practitioner at the University of Pennsylvania in 1996. Since then she has worked as a nurse practitioner in collaborative practice with attending physicians at Fox Chase Cancer Center and has specialized in the care of lung and head and neck cancer patients.

She has enjoyed practicing in an academic setting and has served on the Center's Institutional Review Board which is responsible

for the protection of human subjects. She has authored a number of articles in peer reviewed journals and is active as a speaker educating nurses on new cancer treatments.

- Outpatient (health clinic, office setting, etc.)
- Medical Oncology

Current Job Title/Primary Organization

- Nurse Practitioner, Hematology/Oncology
- Fox Chase Cancer Center

Years as an RN: 46

What motivated me to be a nurse/work in nursing:

My work as a nursing assistant made me realize that nursing would be deeply rewarding but I recognized I would need more education and training to meet my goals.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

My work in the first years of the AIDS crisis. I was a founding member of the first AIDS organization in the state of Maine. I received a Public Health Service Award from the Surgeon General for my AIDS efforts.

What I can bring to the mentor-mentee relationship?

Empathy for someone trying to forge a path and career and want to be involved in passing the torch to the next generation. Expertise in oncology, perspective on changes in health care the past 40 years. A love for my profession which strengthens with the years.

Suzanne Kuhn

PhD, RN, CNE

Suzanne Kuhn is a Registered Nurse and Nurse Educator, having earned a Bachelor of Science in Nursing from St Francis University, a Master's in nursing from the Indiana University of Pennsylvania, and her Ph.D. from Duquesne University. Suzanne has been



the Campus Coordinator for Nursing Programs at Penn State Altoona since 1995. In this role, she coordinates both the Bachelor of Science and Second-Degree BSN Nursing programs and provides oversight for fourteen faculty and four staff. Suzanne currently teaches both the Professional Role Development and Ethical/Legal courses for Second Degree students. Suzanne is currently a Certified Nurse Educator and Certified Academic Clinical Nurse Educator.

Research interest includes approaches to health and wellness, integrating stress

reduction programming for nursing students and strategies for successful mentoring between first and second year Second Degree Nursing students. Suzanne is a member of the Beta Sigma Chapter of Sigma Theta Tau and currently serves on the Finance Committee for the Pennsylvania Higher Education Nursing Schools Association.

Suzanne is married with two adult children and enjoys spending time with her three dogs, working out, and traveling.

- Education/Academia
- Home Health PRN

Current Job Title/Primary Organization

- Campus Coordinator for Nursing Programs
- Penn State Altoona

Years as an RN: 35

What motivated me to be a nurse/work in nursing:

I worked as a nursing assistant prior to college and knew at that time I wanted to go to nursing school. I also wanted to be a teacher--becoming a nurse educator was my dream job and have been doing this for nearly 30 years. I also work PRN as a home care RN for nearly 30 years and enjoy all opportunities for patient care and coordination in their homes. This is such a rewarding area of care. I also taught Pediatrics for years and enjoy opportunities to work with children as well as end of life care as a hospice RN. I still can't believe as an adult having worked this long that I get to do what I love every day.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

I recently celebrated 25 years in my position at Penn State as a Campus Coordinator and still love what I do. I love that I have been part of facilitating a high quality education to over one thousand students who have become RNs and make impactful differences in our communities. I also recently had the health table turned around when I became a cancer patient. I was amazed at the high quality of care I received during treatment and a renewed respect for how significant a single interaction with a nurse can have on patient outcomes. I am during great and attribute this accomplishment to wonderful nurses and healthcare providers.

What I can bring to the mentor-mentee relationship?

I have been a nurse educator for 30 years and RN for over 35. I have many years xox experience in education administration coordinating nursing programs. I've had quite a bit of experience leading teams with high levels of success. I was not the strongest student in college mostly due to economic reasons and the need to work to support myself and family at the same time, but I persevered and worked very hard to prove myself and develop my skills which have led to much professional success. I am proof that hard work against many odds can result in positive outcomes not only for myself but my patients, students, faculty and employer.

Daisy Lara

DNP, CRNP, FNP-BC, PMHNP-BC

Dr. Daisy Lara attained her doctorate from Wilmington University. Her DNP project focused on the integration of a Spanish speaking Psychiatric Mental Health Nurse Practitioner, providing mental health services, within a primary care office. She is a



double board certified nurse practitioner
(Family Nurse practitioner and Psychiatric
Mental Health Nurse Practitioner) by the
American Nurse Credentialing Center (ANCC).

She has extensive advanced practice nursing experience. She has worked as a lead nurse practitioner in an inpatient psychiatric facility where she provided mental health services to the adult, geriatric and adolescent population including those on the specialized eating disorder unit. Dr. Lara worked as a care coordination specialist within the hospital system providing psychiatric consultations and

provided psychiatric services, advocacy and support using telepsychiatry to the surrounding community hospitals. She has experience working as a Sub-investigator for a research company assisting in psychiatric clinical trials. She currently consults in both outpatient and inpatient settings at a community mental health facility and a sub-acute dual diagnosis facility providing evidenced based substance and mental health recovery services. She was appointed Fellow for the Minority Fellowship Program for her leadership in mental health and substance use disorders, prevention, treatment and recovery in nursing. She is also a member of the National Association of Hispanic Nurses (NAHN) and is the current President of the Philadelphia Chapter.

- Inpatient (medical-surgical, ICU, etc.)
- Outpatient (health clinic, office setting, etc.)
- Community
- Currently working in Psychiatry Dual Diagnosis Facility

Current Job Title/Primary Organization

- Psychiatric Mental Health and Family Nurse Practitioner (CRNP)
- La Comunidad Hispana (LCH)

Years as an RN: 15

What motivated me to be a nurse/work in nursing:

It has been my passion since I was in 2nd grade. I want to help decrease health care disparities due to race or language barriers.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Obtaining my DNP -Wilmington University My DNP project was "Development and Evaluation of Spanish-Speaking Nurse Practitioner Directed Psychiatric Mental Health Visits to Improve Treatment and Compliance." I am currently disseminating this project at La Comunidad Hispana.

What I can bring to the mentor-mentee relationship?

I feel that I can assist a student who is interested in advanced practice as a long term goal. I have a lot of experience in medical as well as psychiatric nursing. I am currently the President of NAHN and can connect them with other organizations and can educate on the importance of being involved in organizations, nursing policy, research and governance.

Nyree Lyons

MS, BSN, CMSRN, RN

Nyree Shalonda Lyons, MS, BSN, CMSRN, RN was born and raised in North Philadelphia near 17th and Jefferson Streets. I attended John W. Hallahan Catholic Girls High School and graduated in 1999 with a high school diploma. After which, I received a full



scholarship to attend Temple University. In 2003, I graduated with my Bachelor of Science in Nursing (BSN). I went on to further my education at the Philadelphia College of Osteopathic Medicine (PCOM). At PCOM, I earned a Master's of Science (MS) in Forensic Medicine. In 2018, I obtained my Master of Science in Nursing (MSN) with a concentration in Leadership and Healthcare Management.

Upon graduating from Temple University, I began working at Hospital of the University of Pennsylvania (HUP) on the Solid Organ Transplant and Bariatric Surgery Unit. I hold

the position of a Clinical Nurse 4, which is the highest level of clinical recognition within a "Magnet" hospital for a staff nurse. At Penn Medicine, I hold various key leadership positions within my unit and within the Penn Medicine entity. I am able to teach simulations to providers and nursing staff to help prepare for Clinical Emergencies.

• Inpatient (medical-surgical, ICU, etc.)

Current Job Title/Primary Organization

- Clinical Nurse IV
- Penn Medicine

Years as an RN: 17

What motivated me to be a nurse/work in nursing:

I have been a diabetic since I was 7 years old. My pediatric endocrinologist did not have the best bedside manner. When I began to advocate for myself, I began to request my NP instead of my MD for office visits. She was kind and explained things to me on an adolescent level and she allowed me to be myself and express my frustrations to her.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Obtaining my Master's Degree.

What I can bring to the mentor-mentee relationship?

I can bring my journey into the nursing field to the mentor-mentee relationship.

Jamel Mann

RN, BSN, MHA

I have been a Registered Nurse for over 15 years and have had the pleasure of working in diverse nursing specialties. I began my career as a Registered Nurse in direct patient care at The University of Pennsylvania Health System. Later, I transitioned to



outpatient care services and most recently have worked in the perioperative and nursing administration divisions.

I have specialized in medical - surgical, transplant, bariatric, telemetry, hepatology/ liver transplantation, oncology, pulmonary and perioperative patient care. I am grateful to have developed such a diverse clinical skill set and knowledge-base in these patient care areas. My professional goal has always consisted of rendering excellent service to patients. A part of my nursing career has involved precepting new to practice RN's. I have enjoyed teaching new

RN's as well as mentoring those who desire to become nurses. It is my hope to continue offering that same support to nursing students within the PA-ACCEL mentorship program.

As a leader in the healthcare industry, I value the importance of mentorship and helping to guide others along their professional journey, just like other RN's supported me. It is an honor to offer the same to our future Registered Nurses.

- Inpatient (medical-surgical, ICU, etc.)
- Outpatient (health clinic, office setting, etc.)
- Nursing Leadership/Administration

Current Job Title/Primary Organization

- Clinical Nurse Supervisor
- Trinity Health

Years as an RN: 15

What motivated me to be a nurse/work in nursing:

Some of my life's purpose and strengths are helping people in need in a warm and professional way.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Obtained my Master's of Science in Health Administration and working in Nursing Administration/Leadership.

What I can bring to the mentor-mentee relationship?

Unique journey experience, expert in several nursing specialties

Melanie Mariano

BSN, RN-BC



Melanie A. Mariano, BSN, RN-BC is interested in advancing health equity through the promotion of a diverse nursing workforce and the mitigation of health disparities that exist both medically and socially. She is a BSN graduate of the University of Pennsylvania's School of Nursing. In 2016, she received the President's Engagement Prize, a \$100,000 grant, to establish a nursing presence at the Free Library of Philadelphia. She is currently pursuing her Master's of Science in Nursing to practice as a Family Nurse Practitioner and practices as a clinical nurse at the Hospital of the University of Pennsylvania.

- Inpatient (medical-surgical, ICU, etc.)
- Education/Academia

Current Job Title/Primary Organization

- Clinical Nurse II
- University of Pennsylvania; Hospital of University of Pennsylvania

Years as an RN: 3

What motivated me to be a nurse/work in nursing:

Inequitable treatment of patients from different backgrounds (both in personal and professional practice)

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

The most impactful achievement has definitely been the President's Engagement Prize and my work in the Free Library of Philadelphia

What I can bring to the mentor-mentee relationship?

Can offer student perspective (still in school for my Master's), nontraditional pathways of nursing, interest in diversity, inclusion and equity.

Frances McAdams

MSN, BSN, RN

Frances McAdams (Fran) is a Health and Related Clinical Sciences Teacher at Abraham Lincoln High School in Philadelphia, PA. She is also an Oncology Nurse at Fox Chase Cancer Center where she works on an as needed basis. In addition, she is an adjunct



clinical professor at Gwynedd Mercy University in Gwynedd Valley, PA. Fran has worked as a Clinical Director for both Temple University Hospital and Fox Chase Cancer Center. She was a nurse manager at Thomas Jefferson University Hospital where she opened their first Bone Marrow Transplant (BMT) Unit. She was then recruited to Temple University Hospital as a nurse manager and moved their BMT Unit to Jeanes Hospital in Northeast Philadelphia. Fran was an Oncology Clinical Nurse Specialist at Fox Chase Cancer Center and the Hospital of the University of Pennsylvania. She worked as a staff nurse at Mercy Catholic Medical Center,

Philadelphia; Thomas Jefferson University Hospital and Fox Chase Cancer Center.

Fran received her Bachelor of Science in Nursing degree from Neumann University; Masters in Oncology Nursing from the University of Pennsylvania and a master's in counseling from Villanova University. Currently Fran is a student at Widener University in the Nursing PhD program. She is passionate about education, diversity and respect for all humans.

Nursing Specialty/Area of Focus:

- Inpatient (medical-surgical, ICU, etc.)
- Outpatient (health clinic, office setting, etc.)
- Education/Academia
- Nursing Leadership/Administration

Current Job Title/Primary Organization

- Health & Related Technologies Teacher/ Pool RN/ Adjunct Professor
- School District of Philadelphia/Fox Chase Cancer Center/ Gwynedd Mercy University

Years as an RN: 38

What motivated me to be a nurse/work in nursing:

Interest in Health Issues; Desire to serve others

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Helping students discover their career path; Learning new methods and gaining new perspectives in PhD program

What I can bring to the mentor-mentee relationship?

I have worked in a number of settings and have gained many contacts along the way. I was a manager/director for 18 years; I am a life-long learner and I have never burned a bridge professionally.

Shantia McCoy-Jones

MSN, RN, CRNP, CWCN

Shantia McCoy-Jones, MSN, RN, CRNP, CWCN is the Veterans Affairs/Veterans Health Administration (VA/VHA) Office of Nursing Service (ONS) Clinical Nurse Advisor for the Pressure Injury Prevention & Management Field Advisory Committee (PI FAC). She



was awarded the 2018 Veteran Affairs
Secretary's Award for Nursing Excellence in
Nursing and Advancement of Nursing
Programs, Registered Nurse-Expanded Role.
Shantia is field based at the Corporal Michael J.
Crescenz VA Medical Center in Philadelphia,
PA where she serves as the Wound Specialist
for Geriatric and Extended Care. She has over 23
years' experience in nursing and wound care.

Shantia began her career in critical care but realized early that her passion was education and wound care. Shantia was the first African American to earn a BSN from Mansfield

University. She went on to earn an MSN in Adult Health Nurse Practitioner and post masters in Family Nurse Practitioner; Nursing Education; and Wound, Ostomy and Continence nursing from La Salle University. Shantia is a doctoral candidate (PhD) in Nursing Science at Widener University School of Nursing and a past Jonas Center for Nursing and Veterans Healthcare Nurse Leader Scholar (2016-18). Shantia's passion for veterans' health and wound care management lead her to the VA where she currently manages Veterans with skin and wound complications. As the VA's leading subject matter expert (SME) for PI prevention, Shantia assisted in the development of two new

mobile apps, VA Pressure Ulcer/Injury Resource (VA PUR/released July 2017) and the Skin Check app (tentative release 2018-19). Shantia hopes to use her research to educate nurses on the use of mobile technology to improve health outcomes of Veterans with pressure injuries.

She belongs to several national nursing organizations such as the Pennsylvania State Nurses Association (PSNA), American Nurses Association (ANA), National League for Nursing (NLN) and Wound, Ostomy and Continence Nurses Society (WOCN). She serves as XI Chapter (University of Pennsylvania) Secretary for Sigma Theta Tau International Honor Society of Nursing (STTI) and Chapter Philadelphia President chapter for Nurses Organization of Veteran Affairs (NOVA).

Nursing Specialty/Area of Focus:

- Inpatient (medical-surgical, ICU, etc.)
- Education/Academia
- Nursing Leadership/Administration
- Wound and Ostomy

Current Job Title/Primary Organization

- Wound & Education Specialist
- Department of Veteran Affairs

Years as an RN: 22

What motivated me to be a nurse/work in nursing:

Interest in Health Issues; Desire to serve others

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Helping students discover their career path; Learning new methods and gaining new perspectives in PhD program

What I can bring to the mentor-mentee relationship?

I have worked in a number of settings and have gained many contacts along the way. I was a manager/director for 18 years; I am a life-long learner and I have never burned a bridge professionally.

Resume/CV Unavailable

Myiesha Miles

MSN, MBA, RN

Myiesha Miles has over 13 years of health care experience working in the inpatient, insurance, behavioral health and outpatient setting as a registered nurse. Her work has helped to educate patients about managing acute and chronic conditions through her



creation of curriculum for Diabetes, and hypertension education programs. She is currently a Nurse Navigator at Fox Chase Cancer Center. She also works as an independent Nurse Consultant assisting individuals and acting as an advisor for organizations. In addition, Myiesha has served on the Board of Directors for Successful Women Achieving Goals (SWAG) since 2018, a community based mentorship program for teens. Myiesha holds a Master in Nursing Science and Masters of Business Administration from Lasalle University.

- Inpatient (medical-surgical, ICU, etc.)
- Outpatient (health clinic, office setting, etc.)
- Nursing Leadership/Administration
- Community Health or Public Health

Current Job Title/Primary Organization

- Transitional Nurse Navigator
- Fox Chase Cancer Center

Years as an RN: 13

What motivated me to be a nurse/work in nursing:

I enjoy helping others and providing support when it is most needed.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

I am currently working on a risk stratification tool specifically designed for cancer patients to reduce readmission

What I can bring to the mentor-mentee relationship?

I am also a minority nurse, and would like to provide support and direction to younger nurses as we are a minority in the nursing field as well.

Claudia Montesdeoca

MS, RN, WHNP-BC

Claudia Montesdeoca MS, RN, WHNP-BC currently practices at Planned Parenthood Southeastern Pennsylvania and La Comunidad Hispana OB/GYN. Claudia's Education started in her hometown of Syracuse, NY at Syracuse University where she graduated in



2014 with a degree in Health and Exercise
Science. After graduating, she pursued her
passion to learn more about public health by
joining the Peace Corps Guatemala. She spent
two years living abroad working as a Maternal
and Child Health Facilitator alongside
Guatemalan Nurses and Midwives. It was
through this work that her interests were
solidified and she later attended Boston
College's Direct-Entry RN-MSN Women's
Health Nurse Practitioner program '19. After
obtaining her RN degree she worked part-time
as a Community Health Registered Nurse at the
Boston Boys and Girls Club while she

completed her MSN. It was a culmination of life experiences in the public and community health realm that has led her on a journey to create a style of practice that strives to continuously advocate and empower patients both in her care and through policy.

• Community Health or Public Health

Current Job Title/Primary Organization

- Women's Health Nurse Practitioner
- Planned Parenthood and La Comunidad Hispana

Years as an RN: 2

What motivated me to be a nurse/work in nursing:

My motivation was found after working abroad with the Peace Corps in Guatemala for 2 years alongside their midwives and nurses. I saw the pivotal role RNs played in improving not only the health of patients, but their overall lives. As Nurses we have the wonderful opportunity to educate patients on carrying topics that can later lead to empowering then in their everyday lives

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

To me completing my direct entry RN/MSN program is my greatest achievement. Nursing School/Graduate School did not come easy to me and I struggled. However, all the hard work and perseverance paid off to see where I am now and creating a positive impact on patients' lives.

What I can bring to the mentor-mentee relationship?

I think I can provide guidance on networking skills, I owe a lot of my successes to my ability to network. I also think because my journey to nursing isn't typical I have other work experiences that can help others remember that they do belong in Nursing no matter their journey here.

Ashley Moyer

DNP, BSN, RN



What motivated me to be a nurse/work in nursing:

As a high school student I was set up to go to an undergrad of biology with my focus being getting into med school. During my senior year my mom was diagnosed with cancer and with my dad's support became my mom's primary help at home with her colostomy! My dad did everything else! I learned very quickly that it was the nurses who got to know the patients! I loved my mom's surgeons but I still keep in touch with her nurses 20 years later. This experience made me turn down early

acceptance into a 3 plus 3 program and stated my adventure into nursing! In 2018 I received my DNP and the title Doctor! But I'm so thankful that I followed my heart and have spent the last 15 years doing something that I love everyday!

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

I've had a lot of achievements in my life, whether it being an Aunt, being a mom, the years I spent on the board of Bucks Mont ONS and then as President. Completing all three of my nursing degrees: ASN, BSN, and my DNP. But I think the one that stands out the most is that I was the 2017 Young Alumni of the year at Dock Mennonite Academy! Life doesn't always go as planned, but part of life is what you make of it. This came at a

time in life when I was pretty low in my personal life and was completing my DNP and feeling like it was just dragging! Having somebody nominate made me realize that no matter what was going on in my personal life people were still watching! It gave me new motivation to finish my last few semesters of classes and just to keep being the nurse and person that I was created to be! It was a true and unexpected honor!

What I can bring to the mentor-mentee relationship?

I think that a good Mentor has listening skills and has connections to help connect their mentee to new ideas and even other mentors as they progress throughout their career. I've been challenged by my mentors to continue to raise the bar every day and I believe that I can provide that same encouragement to new nurses as They begin their careers! We are all needed!

Nursing Specialty/Area of Focus:

• Inpatient (medical-surgical, ICU, etc.)

Current Job Title/Primary Organization

- Critical Care Float RN
- Fox Chase Cancer Center

Years as an RN: 30

Resume/CV Unavailable

Ninilola Ogundare

DNP, BSN, RN



What motivated me to be a nurse/work in nursing:

I love taking care of people and I also loved the fact that the profession provides opportunity to teach, mentor, coach and guide people.

My most impactful achievement to date (in any capacity personally, professionally, etc.)?

Professionally, being able to achieve my 8-year goal with a doctorate in nursing. Also, being in role which is a lifelong dream of being an

educator and a supporting system for upcoming nursing both in the academic and clinical setting as a RN residency coordinator and adjunct faculty in various nursing schools

What I can bring to the mentor-mentee relationship?

My mentoring background where multiple interactions as a mentor, coach, preceptor or colleague had positive outcomes. I also possess a research and networking background which comes with my professional responsibilities as an educator. Most of all I can bring the positive attitude required to encourage and increase the confidence level needed to be successful. Finally, expertise in the nursing field.

- Inpatient (medical-surgical, ICU, etc.)
- Education/Academia
- Nursing Leadership/Administration

Current Job Title/Primary Organization

- RN Residency Director/Nurse Educator
- Philadelphia VA Medical Center

Years as an RN: 12

Resume/CV Unavailable

Tamara Roberson

BSN, RN

Tamara M. Roberson, BSN, RN has been practicing nursing for five years. She is currently a clinical nurse at The Hospital of The University of Pennsylvania in their



oncology department. She also has an extensive background in behavioral health and medical-surgery medicine. Tamara completed her Bachelor of Science in Health Science at Lincoln University in Lincoln University, PA in 2009. She earned her Bachelor of Science in Nursing at La Salle University in Philadelphia, PA in 2015. Tamara is a charge nurse and a nursing preceptor on the unit. She is also a member of The Oncology Nursing Society.

While Tamara's main passion is nursing, on her off days she enjoys shopping, playing with her pets, and spending time with her family.

Tamara's current career plans are to continue her education by obtaining her national certification in oncology nursing.

- Inpatient (medical-surgical, ICU, etc.)
- Community Health or Public Health

Current Job Title/Primary Organization

- Registered Nurse
- Penn Medicine

Years as an RN: 5

What motivated me to be a nurse/work in nursing:

I always wanted a career in healthcare. My senior year in college, I worked in the ED and saw how involved the nurses were with patient care and wanted to do that instead

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

Graduating nursing school, one of the hardest things I have done.

What I can bring to the mentor-mentee relationship?

I am a Lincoln alumni, so I know first hand about that university, as well as being a nurse.

Christine Supplee

CRNP, MSN, RN

Christine Supplee is a Certified Registered Nurse Practitioner, born and raised in Philadelphia. Having served in the nursing profession for over thirty years, she humbly began her nursing career as a Staff Nurse at the Mercy Hospital of Philadelphia, formerly



known as Misericordia. She worked her way up the ladder to eventually become a Nurse Manager and Educator having dedicated the majority of her services to the Labor, Delivery, Recovery & Postpartum unit. However, over the span of her thirty-five years at Mercy Hospital, she also worked as both an Oncology and Psychiatric nurse.

Affectionately known as Tina amongst her patients and coworkers alike, Christine is often praised for her ability to bring joy and comfort to even the most dire patient visits. She spent almost a decade of her nursing career as a Case Manager for Penn Homecare and Hospice Services,

providing the best care and quality of life to her patients throughout their last days. And conversely, nursed new mothers and newborns during their first days--as a High Risk OB Case Manager for Healthy Home Care for twenty-seven years.

Christine believes deeply in the power of education, and is passionate about encouraging her community to commit to healthy lifestyle practices and preventative measures. While she has served as a Nurse Preceptor for nearly twenty-five years, Christine always considers herself a student of the medical field. She holds a Masters in Nursing from LaSalle University, and this fall will continue her education at Drexel University's Mental Health Nurse Practitioner Program. Currently, Christine works for the City of Philadelphia where she educates city employees about managing their health conditions. She is a two-time

Lillian Brunner Clinical Judgment and Decision Making Award nominee and mental health advocate. When she is not in the office you can most likely find her instructing CPR classes, volunteering at her parish, biking along the Schuylkill River, or at home being a loving wife, mother, and grandmother.

Nursing Specialty/Area of Focus:

- Outpatient (health clinic, office setting, etc.)
- Community Health or Public Health

Current Job Title/Primary Organization

- Women's Health Nurse Practitioner
- Planned Parenthood and La Comunidad Hispana

Years as an RN: 30

What motivated me to be a nurse/work in nursing:

Having the ability to serve others.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

One of my most impactful achievements was having Lorraine Braxton as my mentor both personally and professionally. She created an environment that facilitated my learning across many spectrums of nursing. She assisted with cultivating me into the nurse I am today.

What I can bring to the mentor-mentee relationship?

I can bring my many years of experience along with my many areas of nursing in which I practiced.

Dinah Warren

DNP, CRNP, FNP-BC

Nursing is more than a profession. It is my personal commitment to serve, advocate, teach, mentor, and provide quality care to my community. My clinical experiences include pulmonary, geriatric, chronic disease management and more recently



occupational health. I am currently an occupational health nurse practitioner with the Philadelphia Employee Medical Services. I am responsible for providing medical clearances/certifications for incoming job applicants and existing employees. My goals are to promote employee health, reduce workplace injuries, and create a stronger and healthy workforce.

I strongly believe in advancing the nursing profession through education, research, and mentorship. During the early stages of my nursing career, I was able to successfully

transition into clinical practice due to guidance and support from veteran nurses. The support that I received from my preceptors allowed me to embrace my new role with confidence, knowledge, and clinical expertise. I look forward to mentoring and collaborating with my fellow nurses and students to promote a stronger nursing workforce.

Occupational Health

Current Job Title/Primary Organization

- Nurse Practitioner
- City of Philadelphia

Years as an RN: 15

What motivated me to be a nurse/work in nursing:

I want to be of service to my community.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

I recently graduated from West Chester University with a Doctorate in Nursing Practice. I mentor other women on how to achieve their target goals professionally and personally. I recently implemented a heart failure educational program for heart failure patients.

What I can bring to the mentor-mentee relationship?

I can share my professional experience in nursing practice. I can help nursing students successfully transition into nursing practice by helping them connect the classroom setting to the real-world clinical setting. I can assist with goal-setting, time management, clinical reinforcement, academic support, and networking.

Essence Williams

MSN, BSN, RNC-MNN, CBC, CCE

Passionate about maternal child health, Essence Williams has been working in the field of maternity for over seventeen years. As a recent graduate of Frontier Nursing University's CNEP Program, Essence received her MSN in October 2018 with a



concentration in Nurse-Midwifery. Essence is a graduate of Temple University's Accelerated Second Degree BSN Program earning her BSN in 2009. She is also a graduate of Haverford College and received her BA in religion and women's studies with a concentration in Africana studies in 2004.

Essence currently works as a nurse for the Southern NJ Perinatal Cooperative where she co-manages the high-risk perinatal clinical component of the Camden Healthy Start Program. She also works per diem as a Perinatal Home visiting RN for Optum

Women's Health serving the Tri-state area. Essence completed her doula training at the University of Pennsylvania serving as a doula for the Philadelphia Alliance for Labor Support (PALS).

Essence is a member of the South Eastern PA Chapter of the National Black Nurses Association (NBNA), American College of Nurse-Midwives (ACNM) and Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN). She continues to attend program meetings and support midwives, nurses and other birth workers in the underserved community.

Nursing Specialty/Area of Focus:

- Outpatient (health clinic, office setting, etc.)
- Education/Academia
- Community Health or Public Health
- Midwifery and Maternal Child Health

Current Job Title/Primary Organization

- Maternal Child Health Nurse Clinician
- Southern NJ Perinatal Cooperative

Years as an RN: 10

What motivated me to be a nurse/work in nursing:

To have more leadership opportunities and more opportunities of advancement in the maternal child health care field and in the field of midwifery.

My most impactful achievement to date (in any capacity - personally, professionally, etc.)?

When I started the first Mom Baby support group for Philadelphia Nurse Family Partnership and had the opportunity to provide education, advocacy, care and support and build more positive relationships with my clients who later became my mentees who I still mentor and keep in touch with to this day. I continue to encourage them to be successful at accomplishing their goals.

What I can bring to the mentor-mentee relationship?

With over 18 years of experience in maternal child health and 5 years of experience in nurse-midwifery training--through my leadership and networking skills, presentation, research and education skills and experience and my connection with professional nursing and midwifery organizations, and my passion for nursing and midwifery, I am confident that I can provide professional mentorship and build positive relationships with nursing mentees and at the same time continue to empower, inspire and impact the lives of a new generation of nurses in the healthcare field.