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FOR IMMEDIATE RELEASE

Kathleen Shannon-McAdams, a graduate student in the doctoral program, TWU's College of Nursing, to be honored with Virginia Chandler Dykes Scholarship

Four Scholarship Awards to be presented at 10th Annual TWU Virginia Chandler Dykes Leadership Award Luncheon honoring Myrna D. Schlegel and Kimberly Whitman Schlegel, for their leadership and support of charitable and nonprofit organizations

Dallas, TX – December x, 2011 – Kathleen Shannon-McAdams, RN, MSN, ANP-BC, GNP-BC, a Houston resident and graduate student in the doctoral program of TWU's College of Nursing, Houston, will receive one of four prestigious scholarships given by Texas Woman's University at the 10th Annual Virginia Chandler Dykes Leadership Award Luncheon, presented by Bank of Texas, Texas Woman's University, and the Texas Woman's University Foundation, Feb. 16, 2012, at noon, The Belo Mansion and Pavilion. Shannon-McAdams' scholarship is sponsored by Cigna.

A nurse practitioner working in hematology at MD Anderson Cancer Center, Shannon-McAdams organizes and manages the daily care of inpatients receiving treatment for Lymphoma and supervises a team of 10 nurse practitioners. Shannon-McAdams is currently enrolled in her last class to complete her doctorate in nursing at TWU with a GPA of 3.8. Her plans are to complete her research study, present, write her dissertation and defend it. Her dissertation focus will be examining the predictors of perceived psychological distress in women, over 65, who are newly diagnosed and receiving initial treatment. The intention of her research is to implement interventions, identify predictors of distress, and ultimately empower the older female patient to prosper during and after treatment. After completing her Ph.D., she would like to continue to work with the older population living with cancer, bringing the science of nursing into all phases of human caring and healing.

Shannon-McAdams began her education in her late 30s, first obtaining her GED, followed by an associates degree in liberal arts from Kingwood College, Kingwood Texas.

"I always wanted to be a nurse, which led me to TWU in Houston where I graduated with honors with a bachelor's in nursing," added Shannon-McAdams. "Four years later I began my education at University of Texas School of Nursing in Houston, receiving my master's. Six years later, I decided to pursue my Ph.D. in nursing."

During her late teens and 20s, Shannon-McAdams was a volunteer in St. Albans Hospital in New York City working with burn and trauma patients injured in Vietnam. She remembers feeling very humbled taking care of these young soldiers and knew from that moment on she wanted to be a nurse. Her first job out of nursing school was in the Medical Intensive Care Unit at Hermann Hospital in Houston for 10 years, where she was very active in the ethics committee. She learned how to care for the critically ill patient, how to care for grieving families and was recognized professionally as a critical care specialist.

"I had to overcome some obstacles in my personal life to stand where I am today, and I am so honored to have been nominated for this scholarship," added Shannon-McAdams. "To be recognized as a person, a nurse, who makes a difference in others lives is an affirmation of the power and caring attributes exemplified in the profession of nursing."

Born in Queens Village in New York, Shannon-McAdams lost her mother to cancer when she was 10 years old. Her father, a New York City policeman with late hour shifts, left Shannon-McAdams home with a lot of freedom early in life. Consequently, Shannon-McAdams had a difficult time in high school and was expelled and placed in a school for difficult to handle young women. She met her husband at age 24 and had two daughters. When she realized her marriage was ending, she applied for scholarships and started her education while raising two daughters as a single parent.

"I am very proud of my two daughters," said Shannon-McAdams. "My oldest daughter, Annie, is a lawyer, a partner in her own firm, and my youngest daughter, Elizabeth, is in the dissertation phase of her Ph.D. in education from Texas A&M. I am happy to say they have each given me one grandson. I am very grateful for the support I received from my daughters then and now."

Outside of work, Shannon-McAdams' volunteer activities at MD Anderson Cancer Center have included creating a Saturday clinic, 8:30 – 12:30, where patients can be seen by her and not have to wait hours in the ER to be examined, have their labs checked, or receive blood, among other needs. She has created a group exercise class for patients and holds weekly educational classes, answering questions and initiating discussion for patients and their families about their disease process. Additionally she has been instrumental in helping nurses see concerns with an ethics perspective by creating a monthly opportunity to meet with nurses and the ethicist to discuss issues identified by nurses.

“TWU is a great institution of learning where professors enable a nurse to branch out into untraditional nurse roles such as: a person who lobbies and creates national public policy changes, speaks out freely about injustices and disparities, holds powerful positions in governmental agencies, creates global initiatives in health care, writes grants, carries out quantitative and qualitative research studies, teaches, saves lives, and makes a difference in another life,” added Shannon-McAdams. “From the day I walked into the TWU Houston campus, I was encouraged, challenged and called upon to study the serious and joyous profession of nursing. At TWU human caring is developed into a science.”

In addition to Shannon-McAdams, the other graduate students from all four TWU colleges who will be honored at the luncheon as recipients of scholarship funds include: **Heather Roberts**, College of Health Sciences (Occupational Therapy), sponsored by Edgemere Dallas; **Hannah Mills**, College of Professional Education (COPE), sponsored by Geraldine “Tincy” Miller; and **Tiffany Smith**, College of Arts and Sciences, sponsored by Sis Carr.

TWU’s 10th Annual Virginia Chandler Dykes Leadership Award Luncheon, Feb. 16, at the Belo Mansion and Pavilion, will honor Myrna D. Schlegel and Kimberly Schlegel Whitman, as the 2012 recipients of the Virginia Chandler Dykes Leadership Award. For more information, call Texas Woman’s University at 940-898-3878 or email foundation@twu.edu. Tickets are \$175 for Silver Patron and \$250 for Gold Patron.

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Texas Woman’s University is a public university that occupies a notable position in higher education as the nation’s largest university primarily for women. Its campuses in Denton, Dallas and Houston are joined by an e-learning campus offering innovative online degree programs in business, education and general studies. Ten consecutive years of growth have produced a record enrollment of 14,740. TWU serves the citizens of Texas in many important ways, including: graduating more new healthcare professionals than any other university in Texas; easing the teacher shortage by placing highly qualified professionals in the classroom; offering a liberal arts-based curriculum that prepares students for success in a global society; and conducting research that impacts the prevention and treatment of childhood obesity, osteoporosis, stroke and diabetes. For more information, visit www.twu.edu <<http://www.twu.edu>> or call (940) TWU-2000.