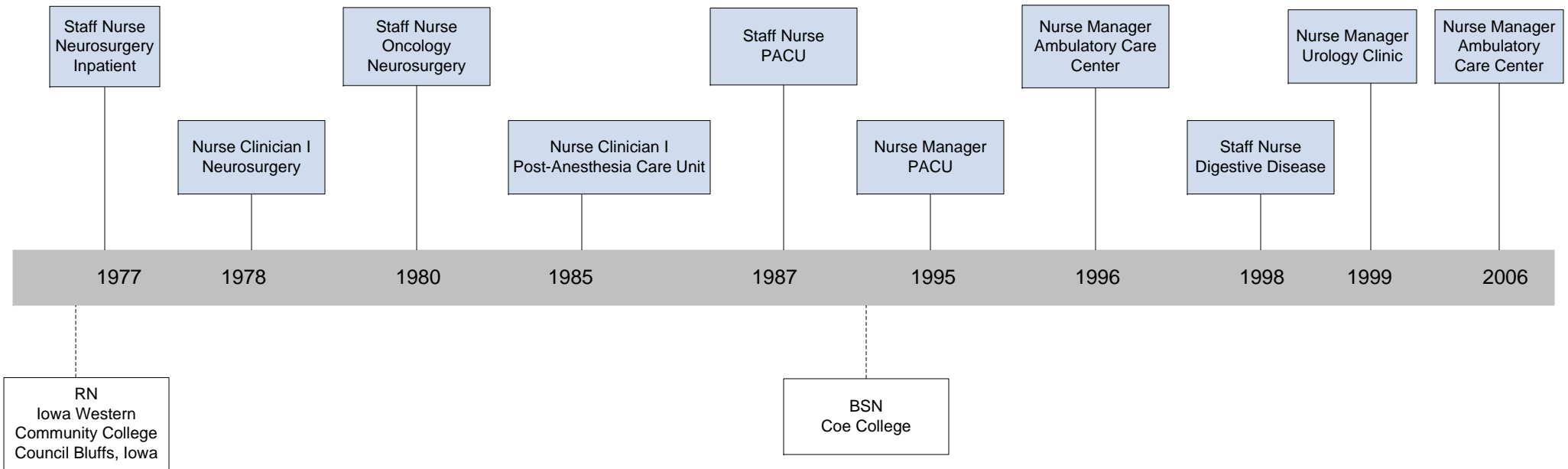


# Helen Rittenmeyer

## Nurse Manager, Urology



### In Helen's own words:

Nursing is a profession that will always support you and your family. Hard work will get you there and the field is limitless.

A Nurse Manager balances the needs of nurses, physicians, patients, and the hospital. You can't run a unit if you don't know it. I still spend part of my time on the floor so that I can stay close to the nurses' issues. It gives me credibility with both the nurses and doctors. I can make timely and knowledgeable decisions.

The University has given me 30 years of opportunities that I couldn't find anywhere else, with reward and recognition throughout. I know that I've had an impact because many of the policies, manuals and meetings that I initiated are still in place. That tells me they are valuable.

The University employment processes have always provided me desirable options. My performance record is good, enabling my choices and Human Resources, in turn, has facilitated them. I made my own career decisions but my colleagues were always very helpful and supportive. This has been a place for me to make lifelong friendships.

I have access to excellent professional development and continuing education opportunities. I am on committees and hold national memberships. I make presentations and contribute to publications both locally and nationally. I provide my staff educational opportunities closely related to our specialty areas and encourage them in their career decisions. I try to make each day a learning experience for all of us.

Because of my association with the University, I have been invited to participate in a cleft lip and palate mission to Latin America several times, another very rewarding experience.