



Lambda Beta Newsletter

Spring 2025

The National Honor Society for the Profession of Respiratory Care

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A Message from the President

by Amanda Leightner, PhD, RRT, RRT-SDS, RPSGT, RST, CCSH, FAARC

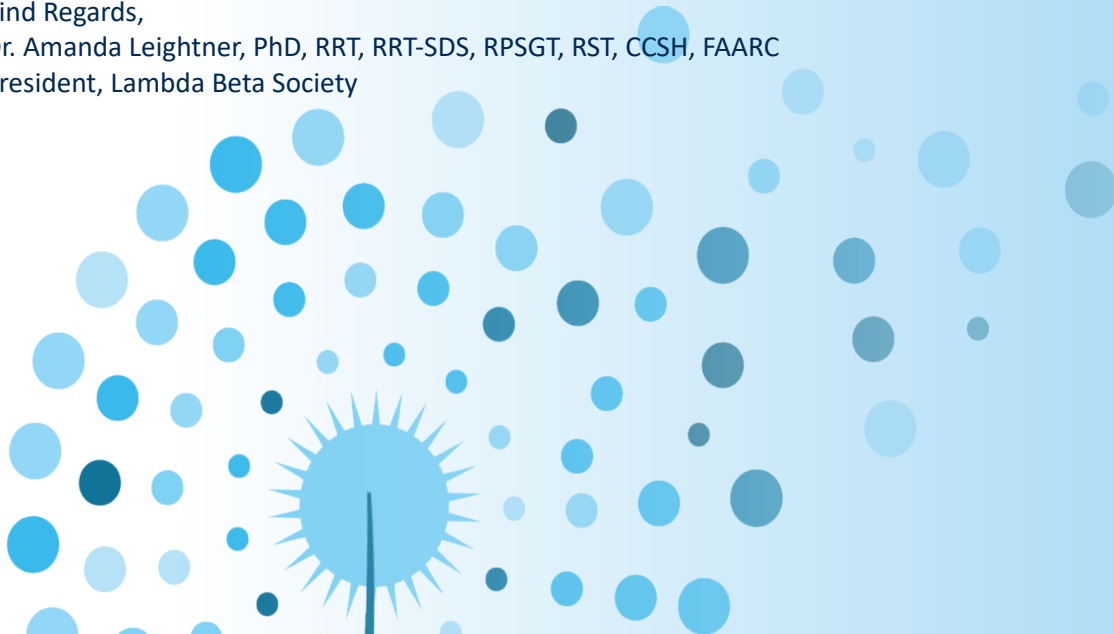
Dear Lambda Beta Members, Educators, and Future Leaders in Respiratory Care,

It is with great enthusiasm and deep gratitude that I step into the role of President of the Lambda Beta Society, the National Honor Society for Respiratory Care. As I begin this journey, I am reminded of the unwavering dedication, resilience, and passion that define our profession. Respiratory care has evolved tremendously, and we, as a community, continue to innovate, adapt, and inspire the next generation of healthcare professionals.

Lambda Beta is more than an honor society—it is a symbol of excellence, leadership, and commitment to advancing the field of respiratory care. Our mission remains clear: to recognize outstanding students, celebrate faculty achievements, and foster opportunities for professional growth. This year, I look forward to expanding our reach, strengthening our chapters, and ensuring that every respiratory therapy student knows the value of being part of this distinguished organization.

I am honored to serve in this role and work alongside dedicated educators, students, and professionals who are shaping the future of respiratory care. Together, let's elevate Lambda Beta's impact and continue to uphold the highest standards of excellence in our field.

Kind Regards,
Dr. Amanda Leightner, PhD, RRT, RRT-SDS, RPSGT, RST, CCSH, FAARC
President, Lambda Beta Society





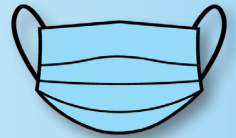
Fundraising For Lambda Beta

Annual Chapter dues cost \$50 and Student/Faculty Memberships cost \$25. Many respiratory care programs struggle to find ways to pay for those Chapter or Membership dues and fund meaningful awards ceremonies. Below are ways your organization can raise extra funds to support your local Lambda Beta Society chapter.



T-Shirt Sales – Create custom respiratory therapy-themed shirts and sell them to students, faculty, and students.

Scrub or Mask Sales – Partner with a uniform supplier to sell scrubs, face masks, or other medical apparel with a small markup.



CPR or First-Aid Training – Organize a CPR or first-aid training for students and the community, charging a small fee for certification.

Bake Sale & Coffee Stands – Hold a bake sale or coffee stand in high-traffic areas on campus.



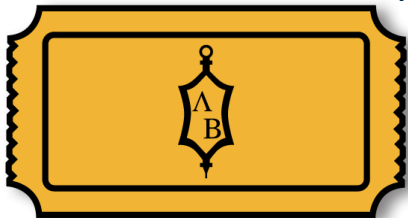
Silent Auction – Ask local businesses to donate items or services and hold an auction online or in-person.



Sponsorship from Local Hospitals or Clinics – Ask local hospitals, advisory boards, medical director, clinical affiliates, or respiratory therapy-related businesses to sponsor student memberships in exchange for recognition.

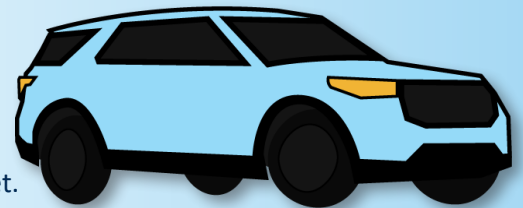
Faculty & Alumni Donations – Reach out to faculty, alumni and past Lambda Beta members for contributions.

GoFundMe or Crowdfunding Campaign – Create an online fundraising campaign to encourage donations from family, friends and professionals in the field.



Raffle Drawings – Sell raffle tickets for prizes such as gift cards, medical gear, or local experiences.

Carwash or Community Service Event – Offer a carwash or volunteer service (such as assisting elderly residents with chores) for donations.



Budget – Add a line to your fiscal education budget.

Foundation Funding – Check with the Institution Scholarship Foundation. There may be extra funds or a donor who will support the chapter via the Foundation.



Welcome New Members 2025

Ramez Abadir	Tailyn Cestaro	Lynn Marie Traveis Godwin	Sophia Lozmack	Crystal Perez
Celeste Acosta	Roshni Chabria	Gabriel Gomez	Valentin Lucero	Ashlea Pfeuffer
Katelyn Adkins	Joshua Chambers	Brianne Gonzales	Jason Lunn	Alexies Pham
Kathleen Aguayo	Kristen Chayka	Dulcie Grabarczyk	Shannon Lynch	Alison Phillips
Sara Alawam	Kayla Chmelik	Lauren Griffith	Noelle Lyons	April Phung
Keveen Alcantar	Angel Contreras	Brianna Guerin	Myles Marantette	Nicki Pierre
Yvette Aldaco	Timothy Crume	Emma Gutermuth	Saige Marshall	Nicole Pilla
Azadeh Aliee	Michael Cruz	Raquel Gutierrez	Maleah Mason	Gabrielle Pisarski
Quinn Allmon	Ricardo Cuellar	Katilynn Hall	Keith McBride	Jeffrey Porch
Fatimah Almajhad	Meagan Curtis	Samantha Hand	Traci McClure	Marrisa Preece
Mikah Anstey	Kahlen Dalere	Eileen Hawkinson	Ezekiel McGinn	Daniel Preston
Wendy Ashurst	Samantha Dalton	Jeffrey Henley	Dallas McIntosh	Blake Alegret Proper
Philanda Atkinson	Tammy Desiderio	Ashley Hernandez	Brianna Melanson	Hannah Alegret Proper
Jovana Aviles	Shalini Dhanasekar	Shore Herrera	Justine Millar	Xiaoqing Qin
Hadeel Baazim	Jabril Diamond	Natalie Hobbins	Lucas Miller	Nani Rampalodji
Tyra Babb	Chelsea Doonan	Angela Howard	Kayla Miller	Ihsan Redding
Daniel Bae	Alexa Dorsey	Robin Howells	Lillie Miller	Giselle Relevo
Mackenzie Bailey	Sandra Douse	Kristi Hughes	Kinley Miller	Denisa Reyes
Gwyneth Baker	Bailey Downing	Alyssa Jackson	David Minn	Gabriel Reynoso
Samantha Baldwin	Olivia Dreyer	Elli Jansen	Samantha Mitchell	Abneareliz Rivera
Amber Ball	Tristan Dye	Amina Jilal	Engris Morales	Caitlin Roberts
Abbadah Barifah	Karina Dzieniszewski	Janely Jimenez	Yara Amaya Moreno	Paige Robinson
Hanna Marie Battles	Kiah Ehlers	Heidee Johnson	Kaitlyn Morris	Zoe Rodriguez
Brian Beltz	Halie Elliott	Antoinette Juarez	Kassidy Nelson	Tyler Rogers
Ava Bennett	Martina Endsley	Brandon Jude	Subas Neupane	Wendy Romero
Patti Bernard	Dalia Erazo	Jonathan Kapusta	Michelle Ng	Nicole Roshoe
Heather Bish	Andre Esteban	Amber Khan	Mai Thy Nguyen	Alyssa Ross
Rose Blacker	Brooke Ferrell	Cheyenne Kish	Tommy Nguyen	Rain Rueda
Teresa Blote	Rainey Fish	Paul Koehler	Brittney Nguyen	Rudiger Ruta
Brittany Bove	Jason Fisher	Violeta Kolmyk	Dominic Nigro	Jordan Sabree
Jonathan Brown	Autumn Fletcher	Amanda Kooser	Chloe Nofziger	Kristian Salazar
Tasoni Burgess	Landry Forsyth	Samantha Kulaga	Mayara Oliveira	Nathaniel Salego
Christian Burkes	Cierra Fowler	Amy Kwok	Sage O'Neill	Gricel Santiago
Justina Camburn	Andrijana Fundak	Andrew Langan	LaNese Onyezia	Aleksandra Savich
Vanessa Cantorna	Justin Garcia	Karla Lara	Alicia Osborn	Hailee Schirm
Brenda Cardona	Elizabeth Garcia	Nathan Lawrence	Vianna Palmieri	Krista Schuchardt
Jacob Cardwell	Roxi Garland	Kevin Le	Reina Pantoja	Taylor Scott
Maradith Carpenter	Bella Garrison	Elizabeth Lokosang	Trinette Paulsen	Jessica Searight
Kevin Casey	Sinead Garvey	McEnroe Jean Louis	Rayelle Paulson	Hannah Selk



Welcome New Members 2025 (cont.)

Matthew Sharp
Heather Shifflett
Abigail Smollen
Jayla Spring
Abby Steiner
Theresa Stroup
Taylor Sutton

Selena Takahasi
Anna Talbot
Caleb Tamayo
Chloie Taylor
Thanh Tran
Kadar Tran
Franck Valdez

Mackenzie VanDenover
Christopher Vargas
Sabrina Vasquez
Jose Velasco
Jaileen Castillo Velazco
Ronnie Villasenor
Sarah Vowler

Bridgette Wallace
Youngsun Wang
Drew Wardhaugh
Kelly Wardhaugh
Kathryn Weaver
Caroline Weber
Molly Welch

Brandon Williams
Brittney Williams
Rylie Wilson
Ya Yang
Leslie Young
Vivian Yu
Beatrice Yumul

Gwynedd Mercy University Lambda Beta Honorees

Lauren Griffith (left), Ihsan Redding (center) and Nicole Pilla (right) at the Gwynedd Mercy University Lambda Beta induction ceremony.



Schools, would you like your inductees to be featured next? Please submit your photos to lambdaBeta@nbrc.org for a chance to be featured.





Honoring Lambda Beta Award Recipients

Looking to honor and recognize your students for their achievements? There are a few options available to you, check out this list of how some other Lambda Beta Chapters honor their members.

Graduation Recognition

- Provide Lambda Beta honor cords, pins, or stoles for students to wear at graduation.
- Recognize recipients in the commencement program.
- Allow a special moment during the graduation ceremony for Lambda Beta inductees.

Award Ceremony or Banquet

- Host a special awards ceremony or banquet for inductees and their families.
- Invite guest speakers from the respiratory therapy field.
- Present official Lambda Beta certificates and awards.

Feature in School Communications

- Publish awardees' names in the college newsletter, website, and social media pages.
- Highlight their achievements on bulletin boards in the respiratory therapy department.

Scholarships or Grants

- If funds allow, provide small scholarships or stipends to Lambda Beta members for further education or conference attendance.

Plaque or Wall of Honor

- Dedicate a wall in the respiratory care department showcasing Lambda Beta awardees' names and achievements.

Special Lambda Beta Lapel Pins or Badges

- Give out Lambda Beta membership pins to be worn on scrubs, coats, or ID badges.

Letters of Recommendation & Career Support

- Provide special letters of recognition from faculty to assist students with job or graduate school applications.

Spotlight on Social Media

- Create individual or group highlight posts recognizing award recipients and their accomplishments.

Professional Development Perks

- Offer awardees free or discounted access to professional conferences, workshops, or networking events.

Luncheon with Faculty & Alumni

- Arrange a networking lunch or dinner where awardees can meet faculty, alumni, and respiratory care professionals.
- Set up mock interviews with professionals from local hospitals or the Business Partnership Councils.



Lambda Beta Scholarships and Awards

The Lambda Beta Society is pleased to announce the 2025 Scholarship and Awards Program. Any student currently enrolled in a respiratory care program at a CoARC-accredited school can apply for these awards. Students do not have to be a member of the Lambda Beta Society to apply for these scholarships.

We are offering five scholarships/awards. Each has a different set of criteria and dollar amount. Go to our website page, Scholarships – Lambda Beta, for a brief explanation, the application, and additional information on how to prepare a good application. All applications must be submitted electronically no later than **May 31, 2025**.



H. Frederic Helmholtz, MD Scholarship - \$2,500

CoARC Stephen P. Mikles, EdD, RRT, FAARC Media Award - \$2,000

NBRC Leadership Awards (2) - \$5,000 each

Brad Leidich Memorial Scholarship - \$1,500



Click here to see more information on Lambda Beta Scholarships and Awards.

Scholarships will be awarded in December. If you have questions, please contact the Executive Office at 913.440.4475 or lbmbeta@nbrc.org.

Lambda Beta Memorabilia

We offer two ways to proudly display your membership in the Lambda Beta Society.



Gold-Plated Honor Pin (Lambda Beta Logo) - \$20

Honor Cords (Lambda Beta Colors) - \$20

Prices do not include shipping charges.

To order, click here to go to Lambdabeta.org
Individuals must be a member to purchase memorabilia.



Cardiopulmonary Bootcamp 2025

A Dynamic Week of Learning, Innovation, and Collaboration

Cornell University College of Veterinary Medicine | March 19–22, 2025

by Amanda Dexter, MS, RRT, CHSE, FCCP

It was truly an honor to be invited to speak at the 2025 Cardiopulmonary Bootcamp at Cornell University College of Veterinary Medicine. Sharing my experience as a respiratory therapist and leading simulations on ventilator dyssynchrony with such a dedicated group of veterinary professionals was an incredibly rewarding experience. I'm grateful for the opportunity to contribute to such a forward-thinking and collaborative educational event.

This event showcased an intensive and highly interactive educational experience that brought together veterinary students, residents, and clinicians from across the country. Designed to enhance hands-on proficiency and deepen clinical knowledge in cardiology and respiratory medicine, the event proved once again why it is a standout among veterinary continuing education programs.

A Rotational Experience: Multi-Station Mastery

Participants rotated through a series of carefully curated stations, each led by expert faculty and designed to reinforce critical skills through direct application. The format allowed learners to engage in small-group settings, promoting individualized instruction and immediate feedback.

Echocardiography Station

Under the guidance of Cornell's cardiology faculty, participants performed transthoracic echocardiograms on canine and feline models, focusing on image acquisition, chamber measurement, and interpretation of common pathologies. Both M-mode and Doppler techniques were emphasized, with real-time discussions on cases such as dilated cardiomyopathy and mitral valve disease.

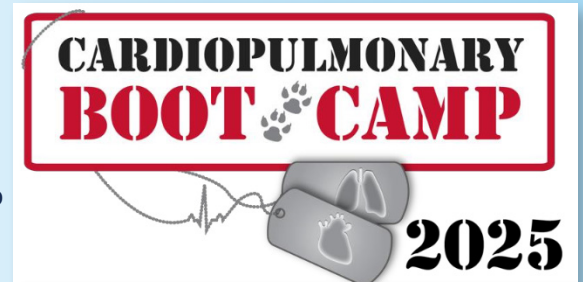
Airway Management & Intubation Station

This high-yield station focused on airway access techniques in both routine and emergency situations. Attendees practiced endotracheal intubation, the use of supraglottic devices, and explored strategies for managing challenging airways. The station featured both canine and feline models, with simulations for laryngeal paralysis and tracheal collapse.

Mechanical Ventilation Lab

This station provided a comprehensive, hands-on deep dive into the principles and practical application of mechanical ventilation in veterinary patients. Participants worked directly with advanced ventilation systems, learning to navigate both basic and advanced settings with real-time feedback.

A major focus of the station was recognizing and addressing ventilator dyssynchrony, a critical concept often underrecognized in veterinary practice. Through waveform analysis and live simulations, attendees learned to identify common forms of dyssynchrony—such as trigger delay, flow mismatch, and auto-cycling—and apply appropriate adjustments to improve patient





Cardiopulmonary Bootcamp 2025 (Continued)

comfort and ventilatory efficiency.

The station also covered weaning protocols, emphasizing both objective parameters and patient-centered assessments. Strategies included adjusting support modes, monitoring for fatigue, and interpreting spontaneous breathing trial results. Emphasis was placed on the importance of gradual, individualized weaning plans and recognizing early signs of weaning failure. Additionally, participants reviewed and interpreted ventilator scalars—pressure-time, volume-time, and flow-time curves—as tools for diagnosing underlying issues and optimizing ventilator settings. Understanding these graphics in the context of respiratory mechanics gave learners a more nuanced view of patient-ventilator interaction and enhanced their ability to fine-tune care in real-time.

This station was a standout for many attendees, offering robust and clinically applicable skills that can be directly translated into improved patient outcomes in both emergency and critical care settings.

Cardiopulmonary Case-Based Rounds

Through a series of complex, real-world cases, participants collaborated in small teams to assess diagnostic data, formulate differential diagnoses, and develop treatment plans. This station encouraged critical thinking and interdisciplinary communication, with active facilitation from cardiologists, internists, and emergency clinicians.

Point-of-Care Ultrasound (POCUS) Station

Fast becoming a staple in veterinary practice, POCUS training was a highlight of the bootcamp. Attendees practiced pleural and lung ultrasound techniques to detect pneumothorax, pleural effusion, and pulmonary edema, alongside focused cardiac assessments in unstable patients.

Vascular Access & Monitoring Techniques

Attendees gained hands-on experience with arterial and central venous catheter placement, invasive blood pressure monitoring, and the use of multiparameter monitoring systems. The station emphasized patient safety, troubleshooting, and interpreting waveforms in critical care settings.

A Collaborative Spirit & Expert Faculty

In addition to the technical training, the bootcamp fostered a vibrant atmosphere of collaboration and mentorship. Faculty members were approachable, enthusiastic, and deeply invested in participant learning. Many attendees noted the value of real-time feedback and the opportunity to work closely with some of the field's leading minds.

The Importance of Respiratory Therapists in Veterinary Training

As the fields of human and veterinary medicine continue to evolve, the integration of interdisciplinary expertise has become increasingly valuable—nowhere is this more evident than in the collaboration between respiratory therapists and veterinary professionals. Respiratory therapists bring a depth of knowledge in mechanical ventilation, pulmonary physiology, gas exchange, and patient-ventilator interaction that is highly relevant to the care of critically ill animal patients.





Cardiopulmonary Bootcamp 2025 (Continued)

In veterinary education, particularly in critical care and anesthesiology, the presence of respiratory therapists offers a unique and practical perspective. Their expertise in troubleshooting ventilator dyssynchrony, optimizing oxygen delivery, managing complex airway scenarios, and interpreting respiratory waveforms enhances the training experience for veterinary students, interns, and residents.

Moreover, as the use of advanced mechanical ventilation and monitoring continues to grow in veterinary medicine, the need for hands-on, practical training becomes more pressing. Respiratory therapists play a crucial role in bridging the gap between theoretical knowledge and real-world clinical application, offering guidance in areas that may not be deeply covered in traditional veterinary curricula.

This interdisciplinary approach not only raises the standard of education but also promotes a culture of collaboration and shared knowledge—ultimately improving outcomes for animal patients. Incorporating respiratory therapists into veterinary training is not just beneficial; it's essential for preparing clinicians to meet the demands of modern veterinary critical care.

Looking Ahead

Feedback from participants was overwhelmingly positive, with many expressing how the experience boosted their confidence and competence in managing cardiopulmonary cases. The event not only provided cutting-edge knowledge and skills but also reinforced the importance of clinical precision and interdisciplinary teamwork.

As a respiratory therapist, I was honored to be invited to speak and lead hands-on simulations focused on ventilator dyssynchrony, one of the most critical and nuanced challenges in mechanical ventilation. It was a privilege to share my clinical experience with such an engaged and enthusiastic group of veterinary professionals. During the sessions, we explored the various types of dyssynchrony—such as trigger, flow, and cycle dyssynchrony—and their physiological implications. Through interactive simulations, participants had the opportunity to recognize waveform patterns, adjust ventilator settings in real-time, and better understand patient-ventilator interaction from both a human and animal care perspective. Watching attendees make those “aha” connections and build confidence in troubleshooting ventilator issues was incredibly rewarding and underscored the value of interdisciplinary collaboration in education and clinical practice.

Cornell University College of Veterinary Medicine continues to set the bar for immersive veterinary education. Plans are already in motion for future bootcamps, with expanded content and additional specialties under consideration. From heart sounds to high flow, the 2025 Cardiopulmonary Bootcamp proved that when passion meets practice, breath and rhythm come to life.





New Board Member MaryBeth Cregger, EdD, RRT

MaryBeth Cregger brings 16 years of experience in respiratory therapy to Lambda Beta. She has worked in the clinical setting as a critical care therapist, all the while focused on academia. After graduating from the University of Missouri-Columbia, MaryBeth began working in the educational setting at Illinois Central College (ICC). She continued her studies in Higher Education and Adult Learning to eventually earn her doctoral degree through Walden University.

Of late, MaryBeth is the Program Director for the Respiratory Therapist Program at ICC. She promotes the program through recruitment, develops a new curriculum to better align with the National Board for Respiratory Care matrix, and is highly involved in interdisciplinary simulation. MaryBeth also spearheads engagement activities on campus to promote inclusion.

MaryBeth is a current member of the American Association for Respiratory Care (AARC) and is the Chapter 1 representative for the local Illinois Society for Respiratory Care. She recently advocated for the Mayor of Peoria to sign a declaration recognizing Respiratory Care Week. In addition, MaryBeth was just named the AARC representative for Lambda Beta. MaryBeth enjoys spending time with her husband of 28 years, and her 11 grandchildren. When she isn't busy chasing grandchildren around, she loves to travel to tropical locations. She enjoys long walks on the beach, sunsets, and reading a good mystery novel.



New Board Member Melissa Ash, MBA, RRT, RRT-ACCS, RRT-NPS, RRT-SDS, CPFT, AE-C



"I earned my undergraduate degree from West Chester University in 2004 and completed my MBA at Columbia Southern University in 2025. After college, I began my career at Thomas Jefferson University Hospital, working in the SICU and ICN, where I dedicated 20 years of service. In 2021, I transitioned into academia, joining Gwynedd Mercy University as a part-time instructor. In 2024, I became an adjunct professor at Jefferson University.

This past January, I joined St. Luke's University Health Network to assist in establishing their College of Health Professions and Respiratory Care Program, where I currently serve as the East District Director for the Pennsylvania Society for Respiratory Care (PSRC). Additionally, I chair the PSRC Sputum Bowl Committee and I am the chair-elect for the AARC Sputum Bowl committee."



New Board Member Tonya R. Cook, MEd, RRT



Tonya Cook is the Director of Clinical Education and Assistant Professor at the University of Arkansas School for Medical Sciences (UAMS) for the Bachelor of Science and Master of Science Respiratory Care Programs. Tonya worked several years as an adult critical care therapist and pulmonary educator for the Central Arkansas Department of Veterans Affairs before returning to her alma mater, UAMS, as a faculty member in 2007. She is also a graduate of the University of Central Arkansas at Conway, the University of Massachusetts-Tobacco Treatment Specialist, and attended the University of Arkansas at Fayetteville where she earned an MEd in Adult Education-Workforce Development. She has over 25 years of experience as a critical care provider and educator. Tonya is dedicated to healthcare delivery that seeks to make patients and families partners in care rather than subjects of care; to improve outcomes and the patient experience. She has worked extensively with patient and family-centered care (PFCC) and interprofessional education (IPE) development and integration into the curriculum.



Lambda Beta Society Board Members

PRESIDENT

Amanda Leightner, PhD, RRT, RRT-SDS, RPSGT, RST, CESH, FAARC
Youngstown, OH

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MEMBER AT LARGE

Tonya R. Cook, MEd, RRT
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