

NEWS FROM THE MARYMOUNT ALUMNI ASSOCIATION

I am learning,
always learning'



Christie Ryan owns and operates Christie Ryan Fitness in Salina.

Every decision, every stepping stone, matters in the path of our lives. As an 18-year-old high school senior, interested in the nursing profession, I was hesitant about attending a “Catholic” college for fear of rigidity and dogma. I had a great desire to be a nurse and an even greater desire to explore and deepen my own spirituality; I chose Marymount for its reputation as the best nursing school in the state and the hope that a religious institution would satisfy my spiritual hunger.

I treasure my years at Marymount. The connections I made with friends, instructors and the Sisters of St. Joseph enabled me to grow personally, professionally and spiritually. My time there started a process of growth that continues today.

After college, I eagerly started working in an intensive-care unit, caring for the critically ill, helping them fight for life or being present with them as they passed over to another form of life. After several years I found my true calling in the area of health and wellness, working with health promotions at what was then St. John’s Hospital. When the two Salina

Alumni UPDATE

CHRISTIE RYAN CLASS OF '82

hospitals merged, my job was cut and I found myself at another crossroads.

Sometimes only in hindsight can we see the blessings in the circumstances of our lives. At that point, I started my own business, now called Christie Ryan Fitness, in Salina.

That was in 1993 and I’m still going strong! I love helping people *prevent* illness.

Health and wellness, to me, is all about stewardship. Taking care of the miraculous machine that our body is just makes sense.

I never regret choosing a bachelor of science in nursing for my education. The holistic education I received at Marymount has enabled me to connect with my customers on a deeper level. My customers come in with family issues, feelings of failure, discouragement and uncertainty, which all affect lifestyle choices, and I am there with them providing support and encouragement.

I have always had a desire to learn and grow; I am a seeker! Marymount nurtured that and I continue to hunger for growth in all areas.

As an “entrepreneur,” I’m always looking for ways to expand and be better. In 2008, I partnered with Beachbody, a national health and fitness company. Not only have I grown in a business sense, I’ve also grown personally and continue to enrich my emotional and spiritual being.

This is a lifelong journey for me. I know the seeds for this started at Marymount.

I am learning to focus on being grateful for small everyday occurrences, the simple things in life that bring joy, rather than getting bogged down by the circumstances. I remind myself to trust that I am surrounded by goodness and love. Happiness and well-being can be a choice and that is how I want to live.

When circumstances change in my life, when my “plans” don’t fall into place the way I have anticipated, I am learning, always learning, to have appreciation for what is and eagerness for what is to come.

The interactions and the lessons I learned while at Marymount nurtured the person I am now and am still becoming today.

Reflections

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JEAN SIDA, *Las Cruces, N.M.*

Words cannot describe the elation I felt seeing band members I hadn’t seen in years (some 45 years). Nine of the original 18 in our

band were together once more. Some “remember when” events brought a lot of smiles and laughter, while others brought quiet pensiveness. Then we shared where life has taken us through career, ministry, family, marriage, children/grandchildren, and countless adventures were treasured.

Still making memories to treasure...

Since the reunion, three of us (band members) have spent time together

sight-seeing in Arizona and thoroughly enjoying who each of us has become in life... We will always be sisters.

MARY MILLER DECREMER,
Rapid River, Mich.

One year since the reunion and still memories linger on. It was the time to kindle and rekindle old and new friendships.

Today we move forward with the knowledge and love of the Sisters of St. Joseph and their amazing Motherhouse.

No one knows the future, but we are all better persons, each in our own life, for the connections and reconnections we all made during Reunion 2014!

In the words of poet Mary Oliver, “Tell me, what it is you plan to do with your one wild and precious life?”