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Director of Health Services Retires After Three Decades at IWU

May 5, 2005

BLOOMINGTON, Ill. - Dolores Helm, director of the Arnold Health Services at Illinois Wesleyan University, is retiring after 33 years of service.

Helm began her tenure at the university as the assistant university nurse in 1972, and six years later she was promoted to the position of Director of Health Services. For more than three decades, Helm has been known to provide IWU students with an uncanny devotion. Often, when IWU students became too ill to walk to Health Services, Helm offered her services in the form of "house calls" to the residence halls around campus. She has administered flu vaccinations to faculty and staff in an effort to raise health awareness. Helm also played a large role in combining the University's Counseling Center with Health Services in 2001.

A native of Gridley, Ill., Helm grew up in a family that practiced medicine. Her mother, two aunts, and sister all went into the nursing profession, and her father was a doctor. Helm said she had wanted to be a nurse ever since she could remember.

After graduating with a bachelor's degree in science from Eastern Illinois University and a master's degree in science from Illinois State University, Helm completed the registered nursing program at Methodist Medical Center in Peoria. In 1969, she entered the nursing profession at Mennonite Hospital in Normal.

Apart from her medical service to the IWU campus, Helm has been featured in Kaplan/Newsweek's college guide, "How to Get Into College."

In 2004, Helm received the Max L. Starkey Service Award, which is presented annually to a member of the administrative, technical, support, security, or physical plant staffs for extraordinary service to the IWU community.

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