



MOUNT CARMEL
College of Nursing

Rapper

Mount Carmel College of Nursing News and Information

The CLASS OF 2013



There's no place like home, aka the on-campus apartments, for (back, l-r): **Megan Johnson** and **Audrey Fisher**; (front) **Courtney Blair** and **Tara McCalla** together in their apartment in Holy Cross Hall.

Freshman year in nursing education — it's filled with surprises and challenges and so much to learn it can make your head spin. MCCN's freshmen have just two months to go to complete their rookie year. *The Carmel Rapper* reports on what's going on with the class of 2013.

The compassion of the nurses who took care of her dad when he was dying of cancer inspired **Courtney Blair** to choose nursing. "I chose Mount Carmel because of the reputation and have found that everyone here is supportive, personable, and easy to talk to. I knew I would get a great education here, and I've realized in order to get through this program I am going to have to have a lot of self discipline."

For **Megan Breier**, the biggest surprise was that often homework wasn't assigned, but was the students' responsibility. "It was a challenge to develop study skills and find enough time to study for each class. I learned how much hard work the next four years will require, what I need to do to be successful, and that in the end it will all be worth it."

Out of all the schools that **Audrey Fisher** looked at, MCCN was "the smallest and the most hands on. It's great how supportive the faculty are. I learned this first year that sometimes you think you've studied enough, but you haven't. I always wanted to be a nurse, helping people can be so rewarding."

Tara McCalla can't imagine doing anything other than nursing. She knew she would get excellent nursing education "at this small, specialized college, but I am surprised by how personal the education is at Mount Carmel. I didn't expect the professors to care so much about my individual education and success." McCalla also learned "to keep up with Anatomy and Physiology, because if you get behind it's basically impossible to catch up. The class never stops."

Molly Wake always admired the many nurses in her family, "When I was younger, I had some respiratory problems. The nurses were always so kind and wonderful. I knew that I wanted to be just like that." When her grandpa had surgery at Mount Carmel West, Wake saw the College, the student nurses in their white uniforms, and decided that MCCN would "be an amazing opportunity to be the best nurse I can be." The most significant thing she has learned thus far is "to give 110% effort in whatever you are doing. It makes any process much better."

Zach Swartz chose nursing because "I appreciate all the work and effort that nurses put forth in their profession. I want a challenge and I want to be a part of helping people in the hospital. I chose MCCN because of the reputation the College has in the community." Swartz called **Pete McClernon's** Religion class "eye-opening. It was very informational and interesting, even for an 8 a.m. class."

Faculty and Staff Impressions

Colleen Cipriani, MA, Director of Student Life, says of the class of 2013, "Average is not in their vocabulary and failing is not an option. They are a confident group of students whose main goal is success and achievement. The freshmen class is also extremely talented in digital-mobile technologies and capable of multitasking for hours on end."

March 15, 2010

Important DATES

<u>MARCH 15</u>	MCCN Graduating Students Luncheon, noon – 2 p.m., gym Jostens graduation products, lobby MCCN summer session registration begins (current students only)
<u>MARCH 15-16</u>	MCCN Phone-a-thon
<u>MARCH 17</u>	St. Patrick's Day dance party, 7 – 10 p.m., gym
<u>MARCH 22</u>	Dogs on the Patio, 11 a.m. – 2 p.m. SNAM meeting, noon
<u>MARCH 29</u>	Rho Omicron Luncheon, noon – 1 p.m., gym
<u>APRIL 2</u>	Good Friday (holiday) Last day to drop a semester course
<u>APRIL 5</u>	Spring Festival, 10 a.m. – 2 p.m., gym
<u>APRIL 13</u>	Game Night, 7 – 8:30 p.m., rec room
<u>APRIL 15</u>	STTI Spring Scholarship Evening, 5 – 8 p.m., Capital University
<u>APRIL 16</u>	Last day to drop a term 2 course
<u>APRIL 22</u>	"A Girl's Life," MCE, 6 p.m.
<u>APRIL 26</u>	SNAM meeting, noon
<u>MAY 7</u>	Pinning and Recognition Ceremony, 7 p.m., First Church of God
<u>MAY 8</u>	Commencement, 1 p.m., First Church of God

Cap & Gown Ordering DEADLINE is April 1

Graduates attending Commencement on May 8 are responsible for ordering their own cap/gown no later than April 1, 2010. Orders are placed online at www.jostens.com.

- Follow the prompts for college-level graduation caps and gowns
- Search for *Mount Carmel College of Nursing*
- Place your order for either the bachelor's or master's product (they are different!)

Remember: the order deadline is April 1. Contact Records and Registration if you have questions (614-234-3959). Also, a Jostens representative will be in the main lobby following the March 15 graduation luncheon.

Save the DATE!

Nurse Night 2010 with the Columbus Blue Jackets will be on Friday, March 19.

Continued on page 2...

The CLASS OF 2013 *cont'd*

Her suggestions for enhancing their college experience include going to class, becoming an expert on course requirements and due dates, and getting to know professors. "Most importantly seek balance. College life is a mixture of social and academic activities. Study hard, play often, choose your friends wisely and be nice to each other."

"The class of 2013 is a hardworking and compassionate group. I hope that they will enjoy their fellow students and appreciate the strengths each share," says **Kim Loscko, DVM**, Associate Professor, Anatomy and Physiology.

"The freshmen are an energetic group with inquisitive minds and helping, compassionate hearts! As a class they have a wonderful sense of self and humor, they will be an exceptional class of professional nurses," says **Cheryl Mace, MSN, MALM, RN**, Coordinator, Academic Success Services/Student Development Specialist.

Tips for Freshmen (and all Students)

- **Get organized** – high school instructors lead students through homework assignments. In college the student must take the lead by scheduling time to work on assignments over the course of the semester, don't procrastinate.
- **Find the ideal place to study** – look for a spot in the residence hall or library that you can call your own; a place where you are able to concentrate and produce the finished product that is required.
- **Go to class** – obvious, right? It is your time and money, spend it wisely.
- **Become an expert on course requirements and due dates** – Instructors devote many hours to developing the course syllabi and calendar, so utilize this valuable resource in planning your work.
- **Meet with your instructors** – don't be shy. You are paying for your education, so talk with your teachers as needed to ensure your understanding of course material and your individual success.
- **Connect with students in your class** – not just your friends, but other students who are getting higher grades in a particular class. These are the people you want in a study group.
- **Stay healthy and eat right** – get enough sleep, exercise and eat healthy foods (you know what these are).
- **Ask for help if you need it** – don't wait it out, seek help as soon as you think you need it.
- **Finally, take responsibility for yourself and your actions** – don't place blame on others for your shortcomings, own up to your mistakes (everyone makes them) and move on. Being an adult means taking responsibility for everything that happens to you.

— **Cheryl Mace, MSN, MALM, RN**

Coordinator, Academic Success Services/Student Development Specialist



Attending a "Stars on Ice" night out as part of the First Year Experience for freshmen: (row 1, l-r) faculty member **Cheryl Mace** with freshmen **Brooke Fraley**, and **Holly Long**; (row 2, l-r) **Bridget Brandon**, **Jenna Dillhoff**, **Jessica Boggs**, **Michelle Faust**, **Allison Heilbrunn**, and **Molly Wake**

MCCN HONORED *for Community Service*

Mount Carmel College of Nursing was recently named to the President's Higher Education Community Service Honor Roll by the Corporation for National and Community Service.

The mission of the Corporation for National and Community Service is to improve lives, strengthen communities, and foster civic engagement through service and volunteering. The Corporation for National and Community Service supports citizenship, service, and responsibility, promoting the ideal that every American has skills and talents to give. It is the nation's largest grantmaker supporting service and volunteering.

Congratulations to all of our College volunteers who made this recognition possible!

NEWS *from the American Association of Colleges of Nursing (AACN)*

The President Offers Sustained Support for Nursing Education and Research in a Tight Budget Year

WASHINGTON, DC, February 1, 2010 — Today, President Obama released his FY 2011 Department of Health and Human Services Budget Request, which provided details on the funding levels he proposed for critical nursing education and research programs. The American Association of Colleges of Nursing (AACN) recognizes that the Administration has remained committed to addressing the nursing and nurse faculty shortages by providing near level funding (\$244 million) for the Nursing Workforce Development Programs (Title VIII of the Public Health Service Act) in this tight budget atmosphere. Additionally, the approximately 3% proposed increase for the National Institute of Nursing Research (NINR) will advance nursing science and help to translate its innovations for improved quality patient care.

"President Obama has demonstrated a continued dedication to nursing education and research at a time when the economic reality adds significance to even the smallest increases," said AACN President Fay Raines. "Over the last two years, the Administration and Congress have emphasized the value of nursing care and its central role in the health system by increasing funding for the Title VIII programs and NINR through the *American Recovery and Reinvestment Act* and the FY 2009 and 2010 Appropriations. Given the fiscal climate and the historical support for Title VIII last year, AACN is grateful for this continued support."

AACN is committed to working with the President and Congress to emphasize the need for additional Title VIII funding due to the ongoing and impending nursing shortage. Analysts with the Bureau of Labor Statistics project that more than 587,000 new RN positions will be created through 2016. This comes at a time when schools of nursing struggle to increase student capacity. While results from AACN's most recent enrollment and graduation survey show that nursing schools slightly increased enrollments in entry-level baccalaureate programs over last year, more than 40,000 qualified applications were turned away in 2009 primarily due to faculty shortages, insufficient clinical education sites, and budget cuts.

"A sustained investment in nursing education will be critical to enhancing the availability of quality nursing care to all Americans in a reformed system," said Dr. Raines. "AACN and the Nursing Community will work with Congress to build on the President's budget to ensure that the FY 2011 funding will continue to advance nursing's role in providing the patient-centered care envisioned in America's health system of the future."

For more information related to the President's FY 2010 budget proposal, see:

<http://www.aacn.nche.edu/Government/appropriations.htm>

<http://www.whitehouse.gov/omb/>

<http://www.gpoaccess.gov/usbudget/fy11/pdf/budget/health.pdf>

Graduating Student Luncheon TODAY

Graduating Students! Please plan to attend the Graduation Luncheon today, **March 15, 12 - 2 p.m.** (College gym). Among other things, we will discuss:

- Application to take the Nursing License Exam (NCLEX)
- Graduating Student Exit Survey and Interview procedure
- Information about your graduation photo
- Details about the Pinning and Recognition Ceremony on May 7
- Details about Commencement on May 8
- Information about tickets to these events
- Information about our MS program

There will also be ample time for Q&A. Don't miss this opportunity to learn valuable information as you prepare to celebrate completion of your degree!

SUMMER Session 2010

A *limited number* of summer courses will be offered. Registration begins March 15; the undergraduate summer schedule and registration instructions are available at the Front Desk in Marian Hall.

Note: *Summer enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and is not open to the general student population.*

Announcing a Junior-Level Curriculum CHANGE

In the MCCN curriculum, the major thrust of medical surgical nursing content is presented at the junior level (sophomore level is foundational; senior level builds upon the content).

In keeping with this focus, there will be a change in the current delivery of Med Surg I and II (NURS 305 and 306) effective fall semester 2010. The content of NURS 305 and 306 will be combined to form the new Med Surg course, NURS 309. NURS 309 will be taught as a 16-week nursing course with more clinical days devoted to patient care experiences. This curriculum change is taking place to more effectively meet course objectives and to introduce the content logically, sequentially, and consistently.

Course Description, NURS 309

Prerequisite: Junior status

This course provides students with evidence-based knowledge in the management of adults and families experiencing human responses to alterations in fluid and electrolyte imbalance, oxygenation, ventilation, tissue perfusion, digestive function, immunologic function, hormonal regulation, regulatory function, motor sensory function, cellular differentiation (proliferation), and skin function and integrity. The nursing process provides the framework for the practice of nursing with clients of diverse backgrounds and in varied settings.

Degree AUDITS

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact **Maggie Miller-Rea** (614-234-3959) to schedule an appointment.

RN-BSN Completion and Master's students should contact **Kip Sexton**, Program Coordinator, (614-234-5169) with questions about degree progression.

LIBRARY *News*

By Stevo Rokсандic, Director, Mount Carmel Health Sciences Library

Your Library has joined Facebook! Become our Fan in order to receive updates on new materials added to our collections (DVDs, textbooks for your classes, etc) and to be invited to our special events, such as "Cram for Your Exam," "Cookies and Milk," "Pizza Snack Day," and other social activities... hmmm... how about "Get Fit with Wii in Your Library." Tell us more and stay tuned for updates via your Library Fan Facebook connection!



Chaplain's CORNER

By Pete McClernon, College Chaplain

You had to have been in class yesterday to fully appreciate what follows. Sixteen MCCN students: the assignment was to identify a "person you consider to be particularly spiritual." Once those people had been identified, the students were expected to interview them in order to find out how spirituality influenced all aspects of their lives: how did they discover their spirituality; how did spirituality drive their life decisions; how did they express their spirituality; how did spirituality affect their family life, their relationships, their choice of friends, mates, careers, etc.

There were some of the usual suspects: parents, grandparents, church elders — wonderful and faith-filled people who were mentors and role models to these young spiritual protégés. What I did not expect — in such large numbers — was this: two students had chosen the person sitting next to them in class; one chose her sister, two years older; another chose his brother, similarly close in age; another her boyfriend; two chose classmates; another a close friend; another a cousin — all peers, age-mates — young people for whom prayer and contemplation were a way of life — for whom the spiritual journey was of daily significance.

I remonstrate with myself even as I write this. Why should this be such a surprise? Is spirituality the sole property of the long-lived? Is the path to spiritual richness only populated by senior citizens (no matter how wonderful they are, and they are wonderful!)

So, enter the spiritual journey, my friends! You never know whom you're going to meet on the way.

Campus MINISTRY Activities

Spring Semester 2010

Monday Morning Prayer ("Begin each week in prayer") — Mondays at 8 a.m. in the College lounge

Student-led Bible Study: Wednesdays - 4 p.m. — College Rec Room (basement of Marian Hall) snacks provided. Every denomination encouraged to join. For more information, contact **Crystal Goods**.

WITH THE DOWNTOWNERS CAMPUS MINISTRY
Student-in-the-City

WITH THE MOUNT CARMEL HEALTH SYSTEM
Operation Feed (April)

Activities at Ohio Dominican University

MCCN students are cordially invited to attend activities and events at Ohio Dominican University's Bishop A Griffin Student Center. For an up-to-date listings of activities visit ODU's website at www.ohiodominican.edu, type in Griffin Student Center and calendar of events.

Student Life Coming Attractions

Date	Event	Location	Time
Wednesday, March 17	St Patrick's Day Dance Party	Gym	7 - 10 p.m.
Monday, March 22	Dogs on the Patio	Patio	11 a.m. - 2 p.m.
Monday, April 5	Spring Festival	Gym	10 a.m. - 2 p.m.
Tuesday, April 13	Game Night	Rec Room	7 - 8:30 p.m.

COSI Membership News – Student and Family Memberships

Four of the student COSI memberships have been renewed for another year. The other two memberships have been upgraded to Family Memberships. Students can now take their children (up to 4) and significant other to COSI for free! COSI memberships may be signed out on a daily basis. Memberships must be returned the next business day to ensure availability for other students. Memberships signed out on Fridays are to be returned the following Monday. Enjoy!

ATTENTION STUDENTS!

MONEY *Matters*

March Graduates and SDAP 2010 Graduates

Please remember to complete your exit counseling. Failure to do so will result in your account being placed on hold. This means you will not receive your transcripts or be able to sit your boards until this is resolved.

The directions are as follows:

- Go online to the Mount Carmel College of Nursing website at www.mccn.edu.
- Click on Tuition and Financial Aid
- Click Financial Aid
- Go to Links
- Scroll down to Loan Exit Counseling – Understanding your responsibilities in repayment
- Follow directions

Important Dates

April 1 – Deadline date for completing the FAFSA if you will be enrolled for classes in the summer (2010)

July 1 – Deadline date for completing the FAFSA for the 2010-2011 academic year (fall and spring)

OCOG

We recently received notification that the OCOG grant will be available next year (2010-2011) at a reduced amount. If you are eligible for the OCOG, you will see this on your 2010-2011 award letter.

Campus Work/Study

The College Work Program is another form of financial aid available to Mount Carmel College of Nursing students. There are specific criteria that must be met. In order to be considered for a position, you must adhere to the following:

- Complete the 2010-2011 FAFSA
- Have demonstrated financial need
- Complete the application for a work study position
- If you plan on working this summer, your application is due by April 12.
- If you plan on working in the fall, the deadline date for turning in an application is July 1.
- **All applications will be available beginning April 1, 2010.**
- Await a response regarding your eligibility from the financial aid office.
- Additional directions will be provided at that time.

Please note: Submitting an application does not guarantee approval.

Book Grant Applications

Book grants are provided to students who demonstrate a financial need in securing books for courses that they are enrolled in at MCCN. If you are in need of assistance, please complete the book grant application in the financial aid office. You will need to include a list of books that you are requesting and you must have completed the 2010-2011 FAFSA.

All applications are due two weeks prior to the beginning of the semester.

All books purchased by the school through this program must be returned at the end of the semester. You may not sell them to another student. If you need to retain a book for future use, please inform the financial aid office in writing. The expectation is that you will return the book prior to your departure from the College. Failure to do so could result in you being charged the amount provided in the book grant.

— *Alyncia Bowen, PhD(c), MSA, Director of Financial Aid, abowen@mchs.com*



Student Government Association (SGA) Officers and Representatives FOR 2009-10

PRESIDENT: Sarah Eichhorn (Senior)

VICE PRESIDENT: Emily Lust (Junior)

SECRETARY OF RECORDS: Angela Snider (Senior)

TREASURER: Leah Lewis (Senior)

SECRETARY OF PUBLIC RELATIONS (shared by): Crystal Goods (Senior) and Kelsey Tinkler (Junior)

SENIOR CLASS REPRESENTATIVES

Daniel Duble **Tristen Greene**
Megan Messenger **Luke Vohsing**

JUNIOR CLASS REPRESENTATIVES

Melissa Bally **Emily Berry**
Joe Derr **Brittnee Doran**

SOPHOMORE CLASS REPRESENTATIVES

Stephanie Binkley **Ashley Degoey***
Stephanie Harris **Kayla Munk**
Brittany Richards **Dani Smith**
Brooke Waddell

*Fairfield Medical Center SGA representative

FRESHMAN CLASS REPRESENTATIVES

Elizabeth Cassidy **Kelsey Horton**
Lyndsey Melvin **Ashley Winebrenner**

ADVISOR

Colleen Cipriani

SGA is here for the students. Students are encouraged to contact their class representatives with any questions or concerns. SGA officers and representatives can be reached through their Mount Carmel email: First initial and last name @mccn.edu.

Senior Spotlight on DANIEL DUBLE

Rapper: Why did you decide to become a nurse?

Duble: I decided to become a nurse because I have always liked to help people in need. I never knew what I wanted to do with my life, but when I got into nursing there was no doubt in my mind that nursing was the profession for me.

Rapper: Why did you choose MCCN?

Duble: I choose MCCN because of the small class size, the campus, and I just felt that the College was the right fit for me.

Rapper: From the vantage point of senior year what have been the high and low points of nursing education?

Duble: The high points of my senior year of nursing education was working with my geriatric patients in chronic, passing acute nursing, and helping in the care of children in pediatrics.

Rapper: What activities have you been involved with at the College?

Duble: I have been involved in student government, as a class representative, and Camp Mount Carmel.

Rapper: What activities, commitments keep you busy outside of class and clinicals?

Duble: Some commitments I have outside of school are work at Mount Carmel West emergency room, open gym basketball, open gym volleyball, and church activities.

Rapper: What are your plans after graduation? Long-range career/educational goals?

Duble: I love working with geriatric patients. I plan to work with those patients one day. I plan to work either in surgery, emergency room, or on a medical/surgical floor right out of school to get experience. I have also thought about getting into travel nursing in the future and taking care of Alzheimer's patients.

Rapper: What is one piece of advice you would like to share with current MCCN students?

Duble: Always work hard in your classes; school will go by faster than you think, and you will be a nurse before you know it.



Affiliated Course SCHEDULE

Spring quarter starts March 29 at Columbus State Community College and The Ohio State University. Any student taking a spring quarter class at one of these affiliated institutions is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 201).

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes. Students who neglect to submit the required documentation will find that their credit hours at CSCC or OSU will not count toward calculation of total credit hour load at MCCN. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

LOOK Beneath the Surface

Can you recognize a victim of human trafficking? Would you know what to do to help?

Human trafficking is the second largest criminal industry in the world and the fastest growing. Only drug dealing is larger. Preventive health care for victims of human trafficking is virtually non-existent, and health problems are often not treated in their early stages.

Please come and learn more.

Monday, March 22

Noon

The Wilson Room

RSVP PLEASE!

Colleen Cipriani or
234-5828
ccipriani@mchs.com

Kathy Espy
234-5276
kespy@mchs.com

Senior Spotlight on ANNE NEIGHBOR

Rapper: Why did you decide to become a nurse?

Neighbor: Nursing is a field that I feel I can make a difference in! Not only can I aid in the health of my patients, but I can also promote preventive health measures. Nursing is also a career in which many paths can be chosen; there are endless possibilities!

Rapper: Why did you choose MCCN?

Neighbor: MCCN has an excellent reputation for developing great nurses. MCCN provides more than basic clinical skills; it also fosters the importance of professional development, clinical excellence, and leadership skills.

Rapper: From the vantage point of senior year what have been the high and low points of nursing education?

Neighbor: The high points included meeting so many positive people who have influenced my life! I also loved being involved with so many out of school activities and receiving so much support from faculty, friends, and family members to stay positive.

The low points of my nursing education have been the sacrifices I had to make in other areas of my life. For example, instead of going on the annual family vacation these past two summers, I have been in class. I just know that these sacrifices will turn into a rewarding professional life.

Rapper: What activities have you been involved with at the College?

Neighbor: I have been involved with the Oncology Nursing Student Interest Group (ONSIG). Last year, I was the Social Committees/Events chair and Educational Events co-chair. This year, I have taken on the task of president. With ONSIG, I have participated in many events. Some of my favorites include the Passionately Pink Day in October, the American Cancer Society: Making Strides for Breast Cancer walk, and the Race for the Cure.

Rapper: What activities, commitments keep you busy outside of class and clinicals?

Neighbor: Along with my participation in ONSIG, I am an active member of the Columbus Chapter Oncology Nursing Society (ONS). Whenever I am available, I attend monthly meetings and volunteer at events, such as the Breast Health Fashion Show.

I also work part-time, where I assist in taking care of Developmentally Disabled clients.

Additionally, I have taken care of my grandmother. Upon the passing of my grandmother, I have taken the role of transitioning my grandfather to this new phase of his life. My grandparents were married over 50 years, so I have stepped in to guide my grandfather into living independently.

Rapper: What are your plans after graduation? Long-range career/educational goals?

Neighbor: Of course, I plan on finding that perfect nursing job! I have a sister in North Carolina, so my most likely prospects are either in Columbus or Raleigh-Durham. I want to work in the field of oncology, and eventually work towards Oncology Certified Nurse (OCN) and an Advanced Practice Nursing Degree.

Rapper: What is one piece of advice you would like to share with current MCCN students?

Neighbor: Stay positive! You can do it!



Rho Omicron Membership LUNCHEON

March 29, 2010

Noon - 1 p.m. in the gym

This is a free event for members.

Free honor cords for May

Commencement will be given to graduating students who attend the luncheon. Those students not able to attend the luncheon may purchase honor cords independently from **Sherry Hull** at shull@mchs.com.

Registration is required for this free event. RSVP via WebCt Resources Announcements (Rho Omicron Announcements) or call 234-5800 by March 24, 2010.



SIGN UP TODAY! BE PREPARED for Weather Cancellations!

In preparation for weather situations, faculty, staff and students are strongly encouraged to register for the Communications Alert System as soon as possible.

Please see below on how to register. Remember when registering you MUST:

- Use a Mount Carmel computer (if you are a student you may want to stop by the CLE 2nd floor MCCN computer lab).
- Enter your network ID and password.

By signing up for the MCCN Communications Alert System you can be alerted and informed in times of crisis, disaster and weather situations. Faculty, students and staff may self-register for the new system by using an on-site MCCN computer.

- Via Insight, enter internet address <http://mccnalert.mchs.com> and simply follow the prompts.
- Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.
- The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.
- You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.
- For your convenience we will soon add a new feature to the Alert System which will notify you when your devices are about to expire. The message will say "Subject: MCCN Alert Expiration. This devices registration is set to expire on MCCN Alert soon." Go into <http://mccnalert.mchs.com> (via Insight), and log on to update the expiration date. Your log-in is your MCHS log-in (first/last initial and your ID #) and your password is your MCHS password.
- If your devices are highlighted in red, click on devices address (on left), which will take you on a page with a calendar ICON. Click on the calendar and extend your expiration date to receive alerts. It is recommended that users extend out one-two years. (Updates necessary if phone service, etc. changes.)

If you have questions about the new system or need help signing up or updating, please contact one of the following individuals who will help you with the process:

- Robin Hutchinson Bell (Marian Hall 313)
rhutchinson-bell@mchs.com or 234-1372
- Sherry Hull (Marian Hall 302)
shull@mchs.com or 234-5777
- Brenda Binkley (Marian Hall 310)
bbinkley@mchs.com or 234-5726

The Carmel RAPPER

The Carmel Rapper is provided bi-weekly by Mount Carmel College of Nursing with the assistance of Mount Carmel's Creative Services and Marketing Departments.

Managing Editor:
Robin Hutchinson Bell

Editor:
Elaine Kehoe

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell: 614-234-1372 or rhutchinson-bell@mchs.com.



Senior Spotlight on KALEIGH PETERS

Rapper: Why did you decide to become a nurse?

Peters: I believe the nursing profession is a life calling, requiring a heart of compassion and willingness to serve. Nursing gives us the ability to come alongside others when they are most vulnerable; to offer understanding and encouragement to those in need, particularly those underprivileged and overlooked. My desire is to serve by extending love as an overflow of the love I have received from God through Jesus Christ. Nursing is a wonderful avenue for this.

Rapper: Why did you choose MCCN?

Peters: I greatly value MCCN's reputation in the community. I am certain I will be prepared for the NCLEX, the professional world of nursing, and the continuation of my education in a master's program. In addition, Mount Carmel has been willing to assist me financially through scholarships and employee tuition discounts. Finally, I appreciate the size of the classes, as I have the ability to establish a rapport with instructors, as a student and as a future professional.

Rapper: From the vantage point of senior year what have been the high and low points of nursing education?

Peters: The lowest point has been persevering through long nights and weekends of clinical paperwork and studying. At times, it is difficult to keep the goal in sight. However, the hard work is paying off!

The highest points include applying newly developed critical thinking skills to real life situations and gaining a greater appreciation for the wide scope of nursing practice. It is rewarding to have reached the final semester of this journey, and I am excited to apply the knowledge I have acquired over the past four years!

Rapper: What activities have you been involved with at the College?

Peters: I have been actively involved in weekly campus Bible study and prayer times. This year, I had the awesome opportunity to co-lead both with Crystal Goods. It's been a great way to get to know others outside of my class and, as a group, encourage one another in our relationship with God and in our pursuit of nursing education.

Rapper: What activities, commitments keep you busy outside of class and clinicals?

Peters: After school and work responsibilities are met, the remainder of my time is spent investing in relationships with friends and family who have faithfully supported me throughout this journey. I am also involved with the young adult ministry at my church, which has provided great ways to serve others outside the medical field.

Rapper: What are your plans after graduation? Long-range career/educational goals?

Peters: Following graduation, I hope to pursue a nursing position in pediatric acute care. In addition, I plan to obtain a master's degree to practice as a Family Nurse Practitioner. I have a sincere interest in using my nursing skills to meet the physical and spiritual needs of underprivileged people in both domestic and international settings.

Rapper: What is one piece of advice you would like to share with current MCCN students?

Peters: Hang in there! All of the hard work is worth it! Be willing to sacrifice some things in order to master the content, however keep things in perspective. Take one day at a time and try not to stress over the little things.



Senior Spotlight on JENNY YOUNG

Rapper: Why did you decide to become a nurse?

Young: I could not picture myself doing anything else. I love caring for people and helping wherever I am needed. I love being at the bedside and gaining that nurse/patient relationship and trust.

Rapper: Why did you choose MCCN?

Young: I kept saying I wanted to study nursing, and my mother actually brought home an information packet from Mount Carmel College of Nursing. Something about it caught my eye. I was applying to five other colleges, but for some reason I most anticipated filling out the Mount Carmel application. I turned it in about two months early, because I couldn't wait any longer. I had not even submitted applications to other schools when I was accepted at Mount Carmel. After I read that letter, I never considered applying to the other schools. I knew that this is where I wanted to be.

Rapper: From the vantage point of senior year what have been the high and low points of nursing education?

Young: The lowest point of nursing school in my experience were those first eight weeks of clinical. I felt hopeless and really worthless on the unit and I thought that that was it; I had made the biggest mistake thinking I was cut out for this. I got through those first eight weeks with tears and frustration and realized that this is exactly what I want to do. As they say, "If nursing was easy, there wouldn't be a shortage."

The highest point is when you find your niche. I just got this feeling of exactly what I wanted to do. It may not be as a new graduate, but when you get that feeling that you belong on a unit or in a facility, it is the best feeling in the world.

Rapper: What activities have you been involved with at the College?

Young: I am an active member in Campus Ministry, where I coordinated the 2008 and 2009 Avondale Christmas projects and the 2009 Operation Feed project. I have been a Student Ambassador for three years, 2007-2010 (current). I went on the Medical Mission Trip to Nuevo Progreso, Mexico in August 2009. I was able to be a part of the 2009 Camp Mount Carmel staff. I volunteered at Nationwide Children's Hospital on 4 Tower from winter 2008 to fall 2009.

Rapper: What activities, commitments keep you busy outside of class and clinicals?

Young: I have been employed at Mount Carmel West Radiology Department for about three years. I float anywhere from MRI to ER/X-ray.

Rapper: What are your plans after graduation? Long-range career/educational goals?

Young: I have a passion for obstetrical nursing. I would love to begin working as a new graduate in a Mother/Infant unit, then eventually work my way up to Special Care Nursery.

Rapper: What is one piece of advice you would like to share with current MCCN students?

Young: Do not give up, even during those first eight weeks of clinical! Utilize the staff; know the staff. They are here for you and to help you.



MEXICO Mission Trip in Need of Donations

The Mexico Mission will take place May 13-16. Needed items: cash or checks made out to the West Ohio Conference Mexico Mission; blood glucose machines and test strips; pregnancy tests; infant, child and adult Tylenol or Motrin; child Flintstone or similar vitamins; adult multi-vitamins; sandwich size plastic bags; brown lunch bags; Doppler or fetal stethoscope; tooth brushes; small shampoo and soap (hotel size is good). Also needed are docs and nurse practitioners, and a van driver and cook for the mission group, so please pass the word that anyone interested can contact **Hannah O'Handley** at 614-234-3874.

Among the personnel staffing the mission are ten students and two faculty from MCCN, and four students and two faculty from Med Central College of Nursing in Mansfield.

If you know of someone ready to realize their dream of a career in nursing at our MCCN-FMC campus, invite them to join us for...

Mount Carmel College of Nursing at Fairfield Medical Center Information Session and Pizza Lunch Thursday, May 6, 2010 Ohio University Lancaster/Upper Lobby 11:30 a.m.-1:30 p.m.

Are you ready to realize your dream career in nursing? Learn more about pursuing a Bachelor of Science in nursing degree at Mount Carmel College of Nursing at Fairfield Medical Center (MCCN-FMC) at a free pizza lunch and information session. Meet admissions staff, students, and faculty — and take the next step in achieving an exciting career in the high demand field of nursing.

To RSVP call 800-225-0581 TODAY!

REVISED Smoking Policy

Tobacco use/smoking is prohibited on any Mount Carmel property — indoors and out — including parking lots, sidewalks, garages, inside cars on Mount Carmel property, **inside and outside the College and Resident Apartments including the sidewalks and grounds surrounding them. Further, students are prohibited from smoking anywhere while wearing their student uniform, lab coat and/or student ID badge.**

Violators will receive one verbal warning. Consequences of continued non-compliance may result in dismissal from the residence hall and/or college.

A GIRL'S LIFE Set for April 22

The next "a girl's life" program, sponsored by Mount Carmel College of Nursing, is set for April 22 at Mount Carmel East in the Siegel Center. The program is designed for girls ages 9-12 and their moms or special adults and focuses on issues of adolescence and puberty. Cost is \$25 per girl, which includes a special tote bag, book and t-shirt. To register, please go to <http://www.mccn.edu/news-events/a-girls-life.html> to download a form or call 234-LIFE.

SNAM News

Schedule of SNAM Activities

March 22 — SNAM Meeting

April 7-11 — NSNA Annual Convention in Orlando, FL

April 26 — SNAM Meeting

50-DAY DINNER for Seniors on March 19

6 p.m. in the gym

Celebrating the traditional 50-day countdown to graduation, the dinner will be a celebration for senior students. Graduates from the class of 2009 will address topics pertinent to seniors' concerns, give advice, and answer questions.

The Mount Carmel Alumni Association graciously offered to pay for a portion of the dinner, as well as arranging for the vice president of the Alumni Association to speak to the seniors about what it means to be Mount Carmel alumni, offer advice, and answer questions. RSVP to Dani Smith at dsmith2@mccn.edu.

GRADUATION *Countdown*

This series highlights key information graduating students need to know before May Commencement. Check this listing for important deadlines and suggestions to keep your path to graduation on track.

- Complete your Community Service Program requirement and submit documentation to **Mary Nibert**.
- Attend the graduation luncheon **today, March 15**, where details about Commencement, Undergraduate Pinning, graduation photos, the NCLEX-RN application, and other details will be discussed. In addition, there will be a time for questions and answers.
- Visit the Jostens representative who will be on campus **today, March 15**, to display various graduation items. Stop by the Marian Hall Lobby after the luncheon to see the Jostens display.
- Order your cap/gown and optional announcements. Order online at www.jostens.com. **The order deadline is April 1.**
 - Follow the prompts for college-level graduation caps and gowns
 - Search for *Mount Carmel College of Nursing*
 - Place your order for either the bachelor's or master's product (they are different!)
- Update your degree audit to make sure you are on track to complete all graduation requirements. Pre-licensure students contact Records and Registration; RN-BSN and master's students contact **Kip Sexton**, Program Coordinator.
- Prepare for the National Council Licensure Exam - RN (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession.
- Prepare for graduation events:
 - Undergraduate pinning will be Friday, May 7, at 7 p.m.
 - Commencement will be Saturday, May 8, at 1 p.m.
 - Both events will be held at the First Church of God, 3480 Refugee Road



Save the Date! SPRING FESTIVAL

Monday, April 5
10 a.m. – 2 p.m. in the Gym

With

Caricature Artist
Henna Body Artist
Handwriting Analysis
Old-time Photo Booth
Cotton Candy
Burrito Bar

ALL FREE!!!

Congratulations to...

Director of Financial Aid **Alyncia Bowen**, who recently earned her PhD from Capella University, Minneapolis, MN. Her degree is a PhD Organization and Management. Her dissertation topic: *Factors that influence practitioners trained in Six Sigma principles in the development of a community of practice: A case study.*

Student, **Sara Kemerley**, winner of the Spring Raffle!

Top 5 FAD Food Terms

By Erin Ress, Dietetic Intern

March is a special time for those of us in the dietetics field because it's National Nutrition Month, initiated to spark interest in nutrition and renew focus on healthy eating. In order to practice healthy eating habits, we must navigate the ever-changing terminology on food labels. Here are some useful descriptions of today's food marketing terms:

1. **Natural:** FDA regulation states that the term "natural" is not permitted in the ingredient list, with the exception of labeling "natural flavors." In addition, it should be "used in a manner that is truthful and not misleading" and cannot contain added color, artificial flavor, or synthetic substances.
2. **Processed vs. Unprocessed:** The phrase "processed food" is generally associated with empty calories and a long list of additives; while "unprocessed" foods are those not canned, frozen, or packaged. However, these beliefs can be misleading. The Farm Bill of 2008 distinguishes the two terms, stating that a food must go through a "change of character" before it is categorized as a "processed food." An example of unprocessed vs. processed would be a head of spinach (unprocessed) vs. cut, pre-washed spinach (processed).
3. **Local:** For the most part, the term "local" describes buying food that grows near to where you live. Its further meanings include a link to environmental sustainability as well as an emphasis to support the local economy. Farmer's market produce and vegetables from your own garden are examples of local foods.
4. **Whole food:** This term usually denotes foods that are not processed and do not have any added ingredients. Examples would include fresh produce, dairy, whole grains, meat and fish. However, there is no regulated definition for the word; therefore some caution should be used.
5. **Organic:** Of all the fad food terms, "organic" has the most detailed meaning. The USDA states that no antibiotics or growth hormones are to be given to animals intended to be labeled organic products. In terms of organic plant foods, organic farmers must be inspected and approved by the government. Additionally, organic plants are to be grown "without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation." However, just 95% of a specific product's ingredients must be organic in order to qualify for the label, "organic." The label, "Made with Organic Ingredients," requires 70% of ingredients to be certified organic. Labels should specifically specify "100% Organic" if all ingredients included are USDA organic approved.

Knowing how to decode trendy food terms is just one piece of understanding food labels. When confused about a food's marketing terminology, go back to the basics. Look for foods that are low in sodium and fat, and a good source of fiber, vitamins, and minerals. Mastering both trendy food terms and nutrition facts labeling can help you navigate the grocery store aisles with ease!

For more information on how to read food labels, go to www.eatright.org and search: "Get the Facts of Food Labels."

Resources:

Shadix, Kyle. "The Latest Trendy Food Terms: Defined." *ADA Times* Winter 2010: 5-6. Print.

"Shop Smart — Get the Facts on Food Labels." American Dietetic Association, 2009. Web. 3 Mar. 2010. <<http://www.eatright.org>>.

ATTENTION:

2009 Scholarship Recipients and Students Receiving Book Grants

2010 Phone-a-thon

Students who were 2009 scholarship recipients and students who received book grants agreed to commit three hours of time to make calls during our 2010 phone-a-thon. The time has come! The location is the SLA Room off the Recreation Room in the lower level of the College. Please sign up for your times on the bottom portion of this notice and return to **Kathy Espy** — either in the box on her door (315) or her mailbox at the front desk. Keep a record of the time you have agreed to come. Questions? Call Kathy at 234-5276 or email at kespy@mchs.com.

Student Name _____ Phone _____
(please print)

Please sign your name beside the day and hours you choose to work.

Date/Time	Signature
Monday, March 15, 10 a.m. – 1 p.m.	
Monday, March 15, 1 – 4 p.m.	
Monday, March 15, 4 – 8 p.m.	
Tuesday, March 16, 10 a.m. – 1 p.m.	
Tuesday, March 16, 1 – 4 p.m.	
Tuesday, March 16, 4 – 8 p.m.	
Wednesday, March 16, 10 a.m. – 1 p.m. (if needed)	
Wednesday, March 16, 1 – 4 p.m. (if needed)	

Refreshments will be provided



2010 Spring Scholarship Evening

Thursday, April 15, 2010
5 - 8 p.m.

Capital University Campus Center
1 College and Main
Columbus, Ohio 43209

**Event free for
all MCCN students.**

LIBRARY

Monday - Thursday.....8 a.m. – 9 p.m.
Friday.....8 a.m. – 5 p.m.
Saturday.....8:30 a.m. – 12:30 p.m.
Sunday.....Closed

Professional reference staff is available Monday – Friday, 8 a. m. – 5 p. m. If you need professional help or assistance during late evening and Saturday morning hours, Librarians will be available upon your request, primarily through scheduling time using the *Signing for Instruction* form on the library website at least 48 hours in advance, or by contacting a librarian in person.

NURS 408 Clinical Preferences

Students have the opportunity to indicate preferences for clinical site (the type of unit) for NURS 408. A letter explaining the process and a form to print and complete will be posted on WebCT Resources near the middle of the term PRIOR to the term you will take NURS 408. Watch WebCT Resources DAILY for this posting.

After carefully reading the letter and completing the form, take the form to the Marian Hall front desk promptly. Request that it be date/time stamped and placed in Ann Waterman's faculty mailbox. Your clinical faculty will contact you regarding placement near the end of the term.

Although the preferred clinical days are M-T-W day shift, the student is expected to be flexible and work the preceptor's schedule for an average of 24 hours per week. Weekends and shifts other than day shift are to be expected.

Questions? Email **Ann Waterman** with N408 in the subject line: awaterman@mchs.com