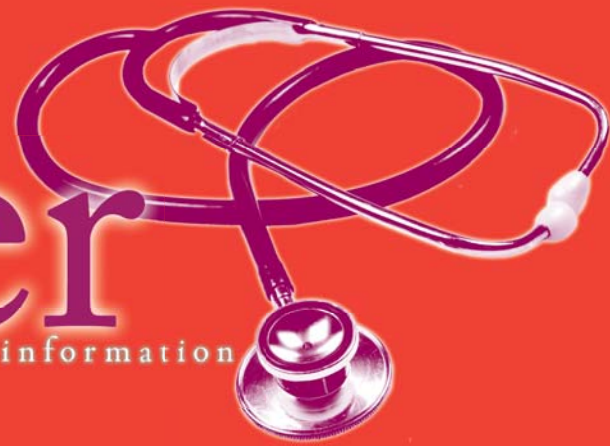


the carmel rapper

news and information



Living on Campus: Comfort, Convenience and Camaraderie



Julia White, Rachel Ruppensburg, Olivia Sapia, and Devon Baldwin
— freshmen and suitemates in Holy Cross Hall

Nearly 80 students live in MCCN's two modern apartment-style residence halls, where classes and the library are as close as a ten-minute walk, and clinicals at Mount Carmel West not much farther. Best of all, say on-campus residents, is being surrounded by fellow nursing students they can study and have fun with, consult on course questions, and commiserate with when the stress of nursing education becomes intense.

"I love living on campus and I love my roommates!" says **Devon Baldwin**, who is happy with suitemates who share similar study habits, and shop for groceries and cook together.

For Baldwin, living on-campus is "a really good study technique," with no commute time taking away from precious study time, and no distractions from family members and pets. "I would definitely recommend to future freshmen that they live in the campus apartments the first year. It's a great experience and a great way to meet a lot of people."

It's not all about the studying, of course. "We keep in touch with the other suites and get together with them to watch movies, chat, or study. It's fun when all the residents come together for meetings, dinner, and discussion," Baldwin says.

"I love my roommates!" echoes **Olivia Sapia**, who comes to MCCN from Westerville North High School — the rival of Baldwin's alma mater — Westerville South. The two met through a mutual friend in middle school and haven't let their high schools' rivalry get in the way of their current status as suitemates and friends.

continued on next page...

September 27, 2010

dates to remember

September 27

SNAM Jam
TB clinic

September 27 or 29

Avondale tutoring orientation

September 29

Campus Ministry free lunch

October 8

Term 1 classes end
Graduation application deadline

October 11

Term 1 clinical course final exams

October 11-17

Fall break (students only)

October 18

Term 2 classes begin

October 25

SNAM meeting

October 26

Halloween Party

November 11

Rho Omicron Induction Ceremony

November 25-26

Thanksgiving (holiday)

December 13-17

Final exams

December 18 – January 2

Semester break

January 3

Spring semester begins

January 17

Martin Luther King Jr. (holiday)

March 1-6

Spring break

April 22

Good Friday (holiday)

May 2-6

Final exams

May 7

Commencement 2011



Living on Campus... *cont'd*

"I am so glad I chose to live on-campus. If I need help with my classes, it's great that everyone in the residence hall is taking the same courses and we can discuss the questions we have," says Sapia, who decided to become a nurse after reading a book about Doctors without Borders.

"Everyone in our suite gets along really well!" says **Rachael Ruppensburg**, who also comes to MCCN from the central Ohio area — Worthington. "Living on-campus helps me get a lot more work done than at home. I have more time and can really focus on studying."

As a volunteer patient discharger at Riverside Hospital during high school, Ruppensburg had the opportunity to speak with lots of patients and families. She heard people refer to the excellent reputation of Mount Carmel nurses, saying that MCCN students graduate with a lot of clinical experience.

"My roommates and I fit together so well! We work together and have lots of fun together," says **Julia White**, who comes from Sarasota, Florida. White's older brother, who graduated from the pharmacy college at The Ohio State University, had heard about MCCN's program and reputation and recommended that his sister attend here.

White's roommates recently celebrated her birthday with a special pasta dinner they cooked in the apartment.

RA's

The Angela Hall RAs are seniors **Emily Berry, Emily Lust** and **Amanda Mitchell**; Holy Cross Hall RAs are juniors **Kayla Munk** and **Christian Graves**, and sophomore **Rachel McMillan**.

"Lots of freshmen are out exploring Columbus, learning their new city," says RA **Amanda Mitchell**. "We've got a volleyball net and basketball hoop that students are welcome to use. I'm sure that we could get some games together if people are interested."

Mitchell mentioned that Student Health Nurse, **Kathy Walters**, has been spending time with the residents, talking about the major issues of college life, how to live healthy, and identify and manage stress.

"Mount Carmel Safety and Security keeps students informed of events, offers suggestions, and answers questions. They also conduct our fire drills, and keep the dorm area and residents safe. We really appreciate what they do," Mitchell says. Safety and Security will be scheduling a mandatory Active Shooter Training for all new residents in the coming weeks.

What's Going On in the Halls...

- + Director of Student Life **Colleen Cipriani** organizes weekend events for residents.
- + Monthly residence hall dinners are served family style, in the rec room.
- + RA **Amanda Mitchell** is organizing a tailgate party for the Penn State Game on November 13, and a trip to the Skull Session (TBDBITL event) before the game.
- + The Halloween party is set for the evening of Tuesday, October 26.
- + Haunted House tour possible, if there is enough interest.
- + Weekly TV season episode "parties" ("Jersey Shore," "Grey's Anatomy," etc.)
- + Floor decorating parties for fall and Christmas.
- + Secret Angel gift exchange at Christmas.
- + **Kristi Kowalski** (our resident from Michigan) teaches dance classes on Tuesdays, Thursdays, and Saturdays.
- + The third floor of Angela Hall had a decorating party with a Jersey Shore (TV show) theme...that floor has now been christened: "Jersey Floor."

SNAM Supports the 2010 Start! Central Ohio Heart Walk Sponsored by Mount Carmel Health



On August 28 in the Arena District near Huntington Park, 5 SNAM members participated in this annual fundraiser for the American Heart Association. Pictured at the event are (l-r) **Megan Wermuth, LeeAnn Junk, Kristi Kowalski, Stephanie Binkley, and Kayla Munk.**

SNAM Members Participate in the March of Dimes Night Moves



Pictured at the September 17 event (from top l-r): **LeeAnn Junk, Hanna Rehark, Brooke McComb, Stephanie Binkley, Kayla Munk, Megan Wermuth, Maggie Williams, Codey Toney, Amberley Masa, and Isaac Smith.** (SNAM participants not pictured: **Kathleen Coleman, Leah Harvey, Bailey Legler, Molly Maag, and Brett Teiga**)

All Students Welcome to Join SNAM

Come to the SNAM Jam
Monday, September 27, at noon
The College Lounge
Pizza for Everyone



The Nursing Center for Family Health

*A partnership of Mount Carmel College of Nursing and
Lower Lights Christian Health Center*



Celebrating the opening of The Nursing Center for Family Health (l-r): **Ann Schiele, PhD, RN**, President/Dean; **Dana Vallangeon, MD**, founder, Lower Lights Christian Health Center; and faculty members: **Kim Greene, MS, FNP-BC**; **Catherine Johnson, PhD, FNP-BC, PNP-BC**; and **Penny Marzalik, PhD, CNM** (seated in front).

It was fitting that MCCN's newest initiative opened September 15, 2010, the 107th anniversary of the founding of Mount Carmel nursing education in 1903. The Nursing Center for Family Health will have a significant impact on the College, local residents, and healthcare in the surrounding community.

Fast Facts:

1. **The Nursing Center** is a partnership of Mount Carmel College of Nursing and Lower Lights Christian Health Center.
2. **The Nursing Center for Family Health** is the first college-based nurse-managed health center in central Ohio and one of many in the United States.
3. **Location:** 777 West State Street on the campus of Mount Carmel West and across from Mount Carmel College of Nursing
4. **Hours of operation:** 8 a.m. - 4:30 p.m.
5. **Phone:** 614-234-5953
6. **MCCN** converted 3,000 square feet of leased office space across from the College on the Mount Carmel West campus into this nurse-managed health center.
8. **Why establish the Nursing Center?** Dr. Dana Vallangeon, who founded Lower Lights almost a decade ago, primarily provides care for an underserved population base in the Franklinton community. She has a large patient waiting list and the Nursing Center can assist in meeting patient demand. It will mean increased access to comprehensive health services for patients.
9. **What's the primary focus of the Nursing Center?** At the Nursing Center, Advanced Practice Nurses will provide primary care, which includes preventive health services, patient education, and disease management. These services include routine physicals, health screenings, immunizations, management of chronic disease conditions, acute care of non-emergency conditions, and health education in a variety of areas such as obesity and diabetes management. Family Nurse Practitioners can serve as a patient's primary healthcare provider.

"Dr. Dana is a very spiritual person and a wonderful physician whose services are very important to the community."
— **Dr. Ann Schiele**

Mark Your Calendars

Mount Carmel College of Nursing Speaker Series

Presents

A Block O Life

Featuring Ellen Tressel

Thursday, October 21, 2010
5 - 6:30 p.m.

Mount Carmel Medical Staff Building
111 South Davis Ave.



Join Ellen as she shares insight into her spirited and dynamic life as a community leader, the wife of OSU football coach Jim Tressel, and as a Mount Carmel College of Nursing Board of Trustees member.

There is no charge to attend. However RSVPs are required by calling 614-234-LIFE.

Light hors d'oeuvres will be served in the MSB lobby immediately following the event.

Dance classes Lyrical, Jazz and Technique

No experience needed!

Schedule:

Tuesdays 5 – 6 p.m. Lyrical
Tuesdays 6 – 7 p.m. Technique (yoga, stretching, & core training)
Thursdays 5 – 6 p.m. Technique
Thursdays 6 – 7 p.m. Jazz
Saturdays
11 a.m. – noon Technique
(if enough interest)
\$2 per class for students
\$5 per class for faculty/staff
Contact **Colleen Cipriani** at 234-5828 or ccipriani@mccn.edu



continued on page 4...

The Nursing Center for Family Health A Lower Lights Christian Health Center Site *cont'd from page 3*

10. What are Advanced Practice Nurses (APN)?

Advanced Practice Nursing is comprised of Nurse Practitioners with a sub-specialty such as Family Nurse Practitioners (FNP), Nurse Midwives (CNM), and Adult Health Clinical Nurse Specialists (CNS). The Nursing Center will be staffed by three advanced practice nurses, one clinical nurse specialist, support staff and a collaborating relationship with a physician from Lower Lights Christian Health Center.

"The Center will be a great opportunity for many qualified faculty members, graduate students, and undergraduates to care for people in an everyday setting and to create health education programs for them." – **Dr. Ann Schiele**

11. **What's the benefit of the Nursing Center to the College?** The Nursing Center will offer an excellent platform for qualified faculty members, graduate students, and undergraduates to participate in the care and the development of health education programs for patients in the community.

11. **How many patients will be seen per day?** It is anticipated that 20-25 patients of all ages will be seen.

12. **Who can seek service?** New and existing patients of the Lower Lights Christian Health Center and MCCN students with a referral from the student health nurse. Additional relationships with MCHS providers are being established.

13. **What insurance/ types of payment are taken?** Most third party payers are accepted, including Medicare and Medicaid. A sliding scale fee is established for self-pay patients.

14. **How is the Nursing Center funded?** Mount Carmel College of Nursing, in keeping with the mission and its core value of social responsibility, supports The Nursing Center as a learning environment for students. The College received a \$25,000 Cardinal Health Grant, which was used to purchase equipment. Additional grant funding is pending and grants will continue to be sought. In the meantime, the College has completed the renovations and is supplying the facility and the faculty Nurse Practitioners for the practice. Lower Lights Christian Health Center will provide the support staff and billing services to generate the revenue from services provided to help offset these costs.

15. **What's the physician's role within the Nursing Center?** Advanced Practice Nurses work in collaboration with physicians. Dr. Dana will be available for the consultation for the Nursing Center. Also, Pat Ecklar, MD, will serve as the collaborating physician for student health services. Dr. Ecklar will also begin to develop the collaborative process between the medical residency program and the FNP program.

16. **Why would a physician choose to collaborate with a nurse practitioner in providing services?** Physicians choose to work with nurse practitioners for a variety of reasons. Currently, there is a national shortage of primary care physicians. Family nurse practitioners are sought to fill that void. In their practices, physicians are able to see patients that require medical expertise for complex conditions and to refer those who need preventative exams, follow-up visits and same day visits for common problems to the nurse practitioner. Patients get the care they need in a timely manner.

New Family Nurse Practitioner Program to be offered at Mount Carmel College of Nursing

- + Applications are now being accepted for the first cohort of the Family Nurse Practitioner program to begin January 2011. The deadline for submission is October 15, 2010.
- + The Family Nurse Practitioner program will be the fourth master's degree-track program offered by MCCN, joining graduate program tracks in Adult Health (leading to clinical nurse specialist certification), Nursing Education and Nursing Administration.
- + The Nursing Center will be a clinical site for the Family Nurse Practitioner Program

For more information about the graduate program at MCCN, please call 614-234-5717 or e-mail Dr. Angela Phillips-Lowe at aphillips-lowem@mchs.com.

raiseyourvote.com

raiseyourvote.com isn't just a voter registration site. It serves as a powerful clearinghouse for voter information across the country — armed with pretty much everything you need to know to cast your ballot. It even automatically personalizes to the user's location — so when you visit the site, you'll see voter information for your state.

But the power of a site like this depends on how many voters see it.

Check out **raiseyourvote.com** today — and please share it with your friends.

Colleen S. Cipriani
Director of Student Life

Affiliated Course Schedule

All students must submit their Columbus State Community College or Ohio State University course schedules to MCCN Records and Registration (Marian Hall, Room 2C01) **every quarter** in which they take classes.

Financial aid awards are based on total registered credit hours as of August 20, 2010. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

IF YOU ARE TAKING AN AFFILIATED COURSE AND HAVE NOT ALREADY SUBMITTED YOUR SCHEDULE, DO SO IMMEDIATELY!

easycolumbus.com

The student everything-off-campus guide to Columbus

- + Where to go
- + What to do
- + Easy discounts
- + Columbus internships
- + Upcoming Career Events
- + Internship Tips
- + Student discounts

NEW! Center for Learning and Scholarship (CLAS)

By Laura Spurlock

Meet your new academic support resource,

the Center for Learning and Scholarship, a.k.a. CLAS! CLAS is open to everyone and serves multiple purposes, whether you need help with an assignment, want to advance your skills, or just need to stop in for some quick tips and resources.

The Center is located on the third floor of Marian Hall in Room 3C00, and online in CARMELink under the *Learning and Scholarship* tab. This exciting online resource includes guides, tips, tutorials, and an online writing center. The online resource is available to students 24/7 in CARMELink, so if you're burning the midnight oil, we're still here for you!

CLAS specializes in three academic areas: math, science, and writing. We also provide one-on-one and group based academic coaching, online and in-person, for students who are interested in improving their academic skills in areas such as studying, test-taking, and research. The Center for Learning and Scholarship serves students in three formats:

- + You can schedule an appointment with one of the three CLAS staff members for face-to-face support.
- + You can schedule an appointment for individualized online support.
- + You can visit CLAS online in CARMELink for online resources and to access the new online writing center. Currently, the website is under construction and is being updated regularly with content.

So, how do you start taking advantage of these fantastic new resources? The answer is simple. Log in to CARMELink, click the *Learning and Scholarship* tab, and make an appointment with the CLAS staff on our website. It's as easy as that! Then, visit our center to meet with us or browse our online resources.

Now that you know how to find us, let's talk about who we are!

Math and Statistics: Sandy Reed

Sandy is an Assistant Professor at MCCN with a BA in Business from the University of Toledo, and MBA from the University of Findlay. She teaches courses in Math, Statistics and Research. Her interests include mathematics and statistics, research and psychometrics, teaching, technology, music, philosophy, and art. She is currently working on her PhD in Quantitative Research, Evaluation, and Measurement at The Ohio State University.

Science: Derek Garbellini

Derek finished medical school at The OSU College of Medicine in 2005 and began residency at Grant Hospital. For various reasons, Derek decided to do research and then teach. Though he has never been a nurse or trained as a nurse, he realizes the crucial and critical role nurses play in the well-being of the whole community and feels it is essential to have great nurses. Derek has been married since 1988 and has two children. His son is a freshman at Xavier University in Cincinnati and his daughter is a sophomore in high school.

Writing Center: Laura Spurlock

Laura earned a BA in German from Wittenberg University in 2005 where she also studied French and Japanese. She earned an MTS (Master of Theological Studies) degree from The Methodist Theological School in Ohio in 2010, and will graduate with an MLIS (Master of Library and Information Science) in spring 2011. Her interests include writing, literature, foreign languages, religion and culture, computers and technology, and the humanities and liberal arts. She has also studied in the fields of Education and Teaching English as a Second Language (TESOL) at the graduate level and has traveled abroad to several countries including Germany, France, Japan, and Korea.



The CLAS Team (l-r): **Derek Garbellini**, **Sandy Reed**, and **Laura Spurlock**

Chaplain's CORNER

Pete McClernon
College Chaplain

Did you miss it? Don't tell me — it only happens twice a year — and you missed it? I knew I should have warned you ahead of time. It was last Thursday, September 23 — one of two days each year when there is as much day as there is night.

Do you remember feeling an unusual sense of balance that day? ...of equilibrium? ...of symmetry? I have a feeling that I might be reading far too much into this. The fact is though that twice a year light and darkness come to a kind of standoff. Once in spring (around March 20 — we call it the Vernal Equinox) and last Thursday (we call this one the Autumnal Equinox) light and darkness reach a stalemate.

I love to reflect on the natural coursing of the seasons — the eternal battle between light and darkness. My thoughts at this time of year (and at its vernal counterpart) wander to the precious few times in my life — and in the lives of people I talk with — when there is a sense of blissful balance:

...when income matches debt

...when there's enough time for everything

...when I enjoy equal parts of work and leisure

...when my worries and my joys seem to be in equal proportion

...when hours of wakefulness are balanced with hours of sleep

...when my relationships are on an even keel

These times happen as infrequently as equinoxes do — but when they do — when I feel a sense of balance, of harmony, of symmetry in my life — I try to savor those times as the gifts they are. I relish them as so many spiritual points of reference — times when I can take a deep cleansing breath and repeat with the poet Robert Browning: "God 's in His heaven — all's right with the world!"

Happy Autumn!

Tasty, Healthy Meals — on a Budget

By Rachel Webb, Dietetic Intern

When you think of college student diets, Ramen noodles and pizza typically come to mind. However, there are endless possibilities for the college student who is looking to eat healthy and save some cash. Foods such as rice, beans, tuna, and low-sodium canned or frozen fruits/vegetables are often inexpensive and can last for awhile. Buying in bulk is also a good plan when the food is non-perishable or can be cooked in large batches and then frozen for later use. Listed below are examples of food products that are great sources of nutrients and easy on the wallet!

FOOD	NUTRITIONAL VALUE	EXAMPLES OF PREPARATION	TYPICAL PRICE
Beans (canned, dried), Lentils	Protein, Fiber, Vitamins and Minerals	Rice and beans, bean and cheese quesadilla, Lentil Soup	\$0.50/can; \$1.00/bag
Rice (brown, if available)	Protein, Energy, Fiber, Vitamins and Minerals	Rice and beans, Lentil Soup, Tuna and Rice	\$1.50/bag; \$2.00/box
Canned tuna (in water)	Protein	Tuna and Rice, Tuna Salad Sandwich	\$0.75/can
Canned/frozen vegetables (carrots, broccoli, green beans)	Fiber, Vitamins and Minerals	Can be added into any meal to add color and texture	\$0.75/can; \$1.00/bag
Fresh Dark Greens – Collard Greens, Kale, Mustard Greens	Fiber, Vitamins and Minerals	Accompany a grain and protein dish, by itself as a salad	\$0.40-\$1.00 per bunch

Now that you have examples of foods, the next step is learning how to prepare them in a healthful way. The following are simple recipes that you can follow to get the most flavor and nutrients out of the foods listed above:

Rice, Beans, and Stewed Tomatoes:

Makes: 6 servings

Ingredients:

- 1 bag of white or brown rice (approximately 3 cups) (~\$1.00)
- 1 bag of kidney beans (or 2 cans) (~\$1.00)
- 2 cans of stewed tomatoes (~\$1.00)
- 1 clove garlic (optional) (\$1.00)
- 1 sprig cilantro (optional) (\$0.75)

Directions:

Cook rice and beans according to directions on bag. Keep in mind that typically rice and beans sold in the bag take a couple of hours to cook all the way through. Once thoroughly cooked, combine with stewed tomatoes. Add in garlic and cilantro as desired.

Total Cost: ~\$5.00

Cost per serving: \$0.83-1.00

Tuna and Rice with Kale Salad

Makes: 4 servings

Ingredients:

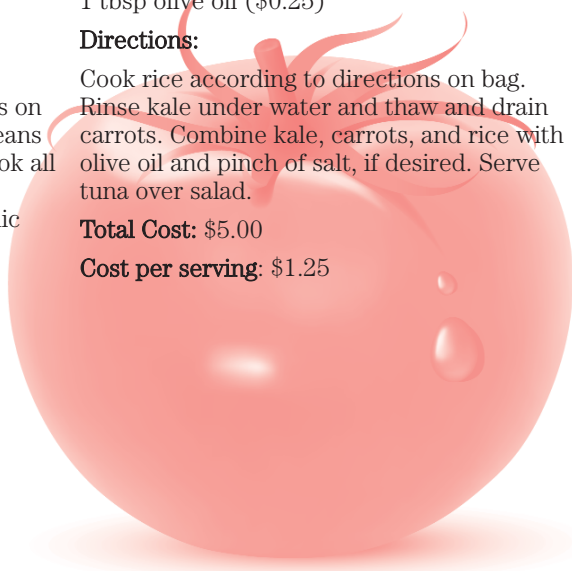
- 1 bag of rice (\$1.00)
- 3 cans of tuna (\$2.25)
- 1 bunch of kale (\$0.50)
- 1 bag frozen carrots (\$1.00)
- 1 tbsp olive oil (\$0.25)

Directions:

Cook rice according to directions on bag. Rinse kale under water and thaw and drain carrots. Combine kale, carrots, and rice with olive oil and pinch of salt, if desired. Serve tuna over salad.

Total Cost: \$5.00

Cost per serving: \$1.25



Graduation Applications Available

Graduation applications for RN-BSN completion and master's program students have been distributed by **Kip Sexton**, advisor for those programs.

Graduation applications for 2011 (pre-licensure undergraduate students) are now available via CARMELink (Student tab → Records & Registration page), from Records & Registration (Marian Hall, Room 2C01) and at the front desk in Marian Hall. Included is a "Graduation Checklist" which lists all requirements for BSN degree candidates.

The deadline to submit your graduation application is **Friday, October 8, 2010**. The graduation fee will be charged to your student account in the semester you graduate.

Pre-licensure students who wish to verify completion of degree requirements may schedule an appointment to update their degree audits. Contact **Karen Greene** (614-234-5685) to schedule an appointment. RN-BSN and MS students may contact **Kip Sexton** (614-234-5169) for verification of degree completion requirements.

2010-2011 Blue Jackets Discount Link!

Mount Carmel Health System employees and MCCN students are eligible for a special discount to premier games during the 2010-2011 season. This benefit offer can also be extended to family and friends.

To purchase your discount tickets starting at \$20 each, simply go to the web link below and use the special offer code **MCHS**.

After the special offer code is accepted, anyone who has not previously purchased tickets will need to create an account on the right side of the page before they have access to the discounts.

<https://oss.ticketmaster.com/html/go.html?l=EN&t=bluejackets&o=7696278&g=536>

Questions? Contact Sarah V. Lehman, Group Event Specialist, Columbus Blue Jackets NHL, at slehman@bluejackets.com or 614-246-3972.

Volunteer Opportunities

Community Service Opportunity at Avondale Elementary

Helping Children with Reading

Avondale Orientation Meeting

Monday, September 27, Noon - 1 p.m. OR Wednesday, September 29, Noon - 1 p.m.

The Recreation Room (Basement of Marian Hall)

Refreshments provided!

Questions? Call **Kerry Dawley**, MCCN liaison for the Avondale Elementary Tutoring Program, at 234-1388.

Volunteer with MCHS

Cancer Event

Sunday, October 17, 9 a.m. - 3 p.m.

MCE Siegel Center

Need 4 - 5 volunteers to greet, register guests, pass out goodie bags, etc.

For more information, please contact **Diana Coomer**, Marketing Coordinator, at 546-4111 or dcoomer@mchs.com.

Spanish-speaking Volunteer Needed

The American Diabetes Association (ADA) is looking for volunteers who speak Spanish and would be willing to volunteer at health fairs, etc. Interested students, please contact **Pat McKnight, MS, RD, LD**, at pmcknight@mccn.edu.

Volunteer at Gladden Community House

Volunteer for the food pantry or for a variety of programs and services by contacting Tricia Jones, MSW Volunteer & Development Coordinator, Gladden Community House, at (614) 227-1619 or jones.gladden@gmail.com.

Dogs on the Patio

Melissa Bally, Nicole Eilerman, Stephanie Binkley, and Kayla Munk provided information about SNAM at the event.

Amelia Stacker and **Phana Walker** distributed free t-shirts from EasyColumbus, which publishes a student guide and a website, www.easycolumbus.com, on behalf of Columbus and its major colleges and universities. The guide and website are specifically for college students to help them have the best possible college experience. The publication and website guide students to Columbus "student zones" (a.k.a. neighborhoods), putting hundreds of great events, discounts, and other local recommendations literally at the students' fingertips.



Andy Cordek
and **Austin**
Fields

Amelia
Stacker and
Phana Walker
distributed
free t-shirts



Katie Hostetler,
Allison
Kusneske, Alex
Dulay, Ashley
D'Agostino

SNAM — **Melissa**
Bally, Nicole
Eilerman,
Stephanie
Binkley, Kayla
Munk



Library

Hours

MONDAY -

THURSDAY

8 a.m. - 9 p.m.

FRIDAY

8 a.m. - 5 p.m.

SATURDAY

8 a.m. - 12 noon

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 opening hours, librarians will be available upon your request, primarily through scheduling time using 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 CARMELink Resources near the middle of the term PRIOR to the term you will take NURS 408. **Watch CARMELink 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 21 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.



MONEY matters



Notes from Alyncia

Refund Checks

In order to receive your refund in a timely manner, please make certain you have completed the online entrance counseling and the new e-master promissory note. No refunds will be generated if these two documents are not received.

Before you stop in the office to check on your refund check, check CARMELink. You have the option of viewing your award letter and billing statement.

How much money do I owe the government?

If you are wondering how much money you owe in federal student loans, go to NSLDS.ed.gov and input the requested information. You will see how much you have in outstanding federal student loans.

Asking questions and getting the right answer?

Do you have questions that you would like to ask but sometimes have a hard time putting your words together? In order to get the desired answer to your question, you must ask the right question and dealing with money can be challenging. First, write down on paper what you are having trouble understanding.

This *Rapper* edition's statement/question: "No one has called me back."

We sometimes hear this statement. In order to return your call you must leave your name and phone number on the voicemail line. If we do not have this information we cannot return your call. We do not have caller ID as many of you have on your home phone. When you leave your information, clearly state your name and provide a brief message regarding your concern. This will allow us to quickly respond to your question.

Look forward to future *Rapper* issues containing more ways to get the right answer to your question.

Alyncia Bowen, PhD, MSA, Director of Financial Aid, abowen@mchs.com

Campus Ministry

The first meeting of MCCN's Campus Ministry (CM) was held on September 13. This year's CM team promises to be strong, inventive and very dedicated to the work of ministry in the college. Look for announcements and information about these CM projects as the semester continues:

AVONDALE CHRISTMAS PROJECT (under the leadership of **Nicole Cistone** and **Christian Graves**)

OPERATION CHRISTMAS CHILD (under the leadership of **Amanda Mitchell**)

THANKSGIVING FOOD DRIVE (under the leadership of **Erin McKernan**)

MONTHLY LUNCHE SPONSORED BY CAMPUS MINISTRY

BIBLE STUDY (led by **Rachel McMillan**)

THANKSGIVING PRAYER SERVICE (under the leadership of **Laura Spurlock**)

BLANKETS FOR CHILDREN'S HOSPITAL (under the leadership of **Brittanie Sermon**)

There's much going on – all MCCN students and faculty and staff are invited to participate in any or all of these projects.

Term 1 Final Exam Schedule

OCTOBER 11, 2010	TIME	ROOM	FACULTY
NURS 307 OB	8 a.m. – 10 a.m.	CLE 206	Cooley
NURS 308 Psych-Mental Health	8 a.m. – 10 a.m.	CLE 114	Bills
NURS 405 Acute	10:30 a.m. – 12:30 p.m.	CLE 114	Nibert
NURS 406 Gerontology	10:30 a.m. – 12:30 p.m.	CLE 206	Maurer Baack
NURS 407 Pediatrics	10:30 a.m. – 12:30 p.m.	CLE 116	O'Handley
NURS 408 Transitions	10:30 a.m. – 12:30 p.m.	CLE 208	Waterman

Withdrawal Policy Reminder

Please be aware of the MCCN course withdrawal Policy (*2010-2011 Student Handbook*, p. 49).

For the purposes of this policy, there are two types of courses: non-nursing courses and nursing courses. Nursing courses include all courses with a prefix of NURS (with the exception of nursing seminars). Non-nursing courses include all other courses taken in the academic program (including nursing seminars).

After the course start date, a student must first notify the course instructor and obtain his/her signature prior to submitting an *Add/Drop Form* to the Office of Records and Registration. Submission of the form to Records and Registration is required for official withdrawal from a course. Non-attendance in a course after the withdrawal deadline is considered being absent from the course. Failure to submit a faculty-signed *Add/Drop Form* will result in a grade being assigned at the conclusion of the course. All course withdrawals are subject to the "Refund Policy" section of the *Student Handbook*.

The "end of week" shall be understood as the Friday, or in the case of a holiday or other College closure, the last business day of the week in question.

- + A student may withdraw from any course by the end of week 1 and the course will not appear on the transcript.
- + A student may withdraw, without academic penalty, from a 16-week semester course by the end of week 12 of the course. A grade of "W" will be posted to the student's academic transcript.
- + A student may withdraw, without academic penalty, from an 8-week term course by the end of week 6 of the course. A grade of "W" will be posted to the student's academic transcript.
- + A student may not withdraw from any course after week 12 of a 16-week semester course or week 6 of an 8-week term course.
- + Summer courses operating on a modified schedule will follow deadlines equivalent to the proportional requirements stated above.
- + **A student may withdraw from only one nursing course during the program of study.**
- + **A student may withdraw from a total of two different non-nursing courses during the program of study.**
- + A student who is retaking a course from which he/she has previously withdrawn may not withdraw from that course a second time; a course grade will be assigned at the conclusion of the retake.
- + Withdrawing from a course does not force the student to also withdraw from a co-requisite course.



Student Activities!



Sports!

Students interested in joining one of the following club sports teams, please see **Colleen Cipriani** in the Student Life Office, Marian Hall 404.

Teams are organizing now and are scheduled to begin in September or October.

Soccer:

women — Monday or Tuesday
men — Tuesday or Wednesday
co-ed — Sunday

Basketball:

women — Wednesday
men — Monday, Saturday, Sunday

Volleyball:

women — Monday or Thursday
men — TBD; co-ed — TBD

Softball:

women — Monday or Thursday
co-ed — Monday–Friday, Sunday

Indoor soccer Leagues are now forming at Soccer First, 6490 Dublin Park Drive, Dublin, OH 43016. League play begins Sunday, October 24, for co-ed teams and Monday, October 25, for women's teams.

Please stop by the Director of Student Life **Colleen Cipriani's** (234-5828) office by Thursday, September 30, to sign up. The cost per player is \$30.

Four student (Center of Science and Industry) COSI Columbus memberships and two family COSI memberships are purchased annually for MCCN students. Individual students and students with families (up to 4 children and significant other) can be admitted 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!

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



ATTENTION STUDENTS: University of Wisconsin Hospital and Clinics Employment Opportunities

The University of Wisconsin Hospital and Clinics (UWHC) has many exciting opportunities available to new graduate nurses and nursing students.

UWHC's Nurse Residency Program for upcoming graduates offers guided classroom and clinical experiences to prepare you for a successful and challenging career and is part of a national Nurse Residency Program created by leaders from AACN and UHC. For information, please visit www.uwhealth.org/nurseresidency. Because of the high level of interest, you are encouraged to apply before the deadlines:

Nurse Residency Program — Summer 2011 deadline is **December 1, 2010**

Nurse Residency Program — January 2011 deadline is **November 1, 2010**

Applications received by the deadline will receive primary consideration. Applications received after the deadline will be reviewed for admission based on continued program openings.

UWHC's Summer Nurse Externship takes place the summer before senior year and offers nursing experience in a hands-on environment. The ten-week paid externship provides clinical experience and discussion sessions facilitated by an advanced practice nurse. This preceptorship allows you to apply classroom learning in the real world. **The deadline for applications is November 22, 2010.**

Student Nurse Assistants have the opportunity to expand their knowledge of nursing in a hands-on environment. In order to qualify for a SNA position, you must currently be enrolled in a School of Nursing, have completed one semester of clinical, and have a current CPR Certification. Applications are accepted on an ongoing basis, and will be reviewed based on current needs.

How to apply for the Summer Nurse Externship or SNA opportunities:

To be considered for these positions you must complete the following steps:

1. Complete the on-line application, found at https://pscandidate.hosp.wisc.edu/psc/candidate/EMPLOYEE/HRMS/c/HRS_HRAM.HRS_CE.GBL

You can quickly find these positions by going to the "Advanced Search."

- For the Summer Nurse Externship, enter "Summer Nurse Extern" in the "Keyword" field.
- For the Student Nurse Assistant, enter "Student Nurse" in the "Keyword" field.

2. Print and complete application materials for the position you are interested in. Submit to the following address by application deadlines:

University of Wisconsin Hospital and Clinics
Recruitment Center
800 University Bay Drive
Madison, WI 53705

Please contact us if you have any questions or if we can be of assistance. We look forward to receiving your application!

Nurse Residency Program Contact:

Sue Minihan, RN, MS
Nurse Recruiter, UWHC
(608) 262-4868
(608) 261-0031 Fax
sminihan@uwhealth.org

Summer Nurse Extern Program and SNA Contact:

Kim Gregson
Human Resources Coordinator, UWHC
(608) 263-6508
(608) 261-0031 Fax
kgregson@uwhealth.org

BalletMet Columbus presents REQUIEM

The show is October 1-9, at the Capitol Theatre, 77 S. High Street, 3rd Floor. All performances are at 8 p.m., except Sunday, October 3, at 2 p.m., and Thursday, October 7, at 7:30 p.m. For more information visit www.balletmet.org

Tickets: College students \$15 with ID two hours prior to performance at the theatre or \$5 tickets for students 18 years old at Kroger Stores

What's Up Supper or 'sup?

Why eat alone when you can eat with 50 of your closest friends?

Join the Campus Ministry Team for a **FREE** lunch catered by Hoggy's at noon on Wednesday, September 29, in the College Lounge.

Please RSVP to ccipriani@mccn.edu or 234-5828 to ensure we order enough food!

The exciting topic of conversation will be "the stress of college life."



All Invited to Lunch in the Chat Room

Once a month, the College lounge will be turned into a real-time chat room. The College's Mission and Ministry Committee with the assistance of our Campus Ministry team will offer free lunch and a chance to sit and chat about...whatever.

Pete McClernon, the College Chaplain, likes to call this a 'sup? Supper (actually lunch) – a chance for students (especially but not exclusively) to sit with each other – turn off the gadgets and chat – and ask each other in real-time that time-honored profoundly probative question: 'Sup? And then take time to listen to each other.

Join us this Wednesday – no agenda – no sales pitches – no proselytizing – just a chance to talk and listen to each other.

Y'all come!

**The lunches will be held on different days each month in an effort to give all students with their varying schedules a chance to participate.*

Outreach to Avondale Elementary: FAN Fitness and Nutrition Club

Initiated last year, the FAN (fitness and nutrition) Club is a collaborative effort--MCCN in partnership with Nationwide Children's Hospital to implement the FAN Club at Avondale Elementary. The College has been awarded a grant for \$20,000 from the Harry C. Moores Foundation to continue the program.



The FAN Club team (l-r): Doug Wolf from Nationwide Children's Hospital; Robyn Adler, FAN Club Coordinator at Avondale; **Jan Burkey**, MCCN director of Development; and **Toni Chops, MS, RN**, Assistant Professor.

The FAN Club was piloted in 2008 at two elementary schools in the Columbus area. While statistics are still being calculated, the program appears to have been successful and the creators are hoping to partner with neighborhood organizations and expand the FAN Club to other schools.

The FAN Club enrolls approximately 30 students into the program: third, fourth, and fifth graders who have BMI's higher than average as determined by standardized growth charts. Working closely with the Avondale Elementary principal, nurse, and parents will help us obtain this information and enroll the students.

The program coordinator and students meet for 90 minutes three times a week during after school hours. During this time topics, such as Healthy Goal Setting, Making Healthy Choices, The Influence of Outside Factors, Health and Fitness Around the World, Advocacy, and more are covered. Approximately 30 minutes are set aside for instruction and 60 minutes for physical activity/games. Success is measured using BMI screenings and knowledge tests.

The FAN Club team is seeking a MCCN student to fill a part-time paid position as the Fitness and Nutrition (FAN) Club Program Assistant. Please see box for additional information.

Part-time Employment Opportunity Grant Funded Paid Position

Job Title: Fitness and Nutrition (FAN) Club Program Assistant

Job Summary/Basic Functions

The Program Assistant will work with the Program Coordinator to implement the Fitness and Nutrition Club Program for 3rd, 4th, and 5th grade students at Avondale School in Franklinton, Ohio. Families of the children will be included in the program. The Program Assistant will be a change agent to support behavioral changes that contribute to a multifaceted approach for healthy living.

Job Qualifications (Knowledge, Skills, and Ability)

- Completed or enrolled in health or childhood education related program of study.
- Must be fluent in English.
- One year of prior experience working within a community setting is preferred.
- Meets all state and federal guidelines for working with children (criminal background check, etc.)
- Adheres to appropriate health guidelines (tuberculosis testing, influenza vaccination, etc.)
- Demonstrates the ability to work as a member of the multidisciplinary team.
- Must be able to work with all socio-economic groups and cultures.

Work Schedule

3:15 - 5:15 p.m. on Tuesdays, Wednesdays, and Thursdays at Avondale Elementary (some flexibility possible)

Application Information

If you are interested in applying for this position, please contact MCCN Director of Development, **Jan Burkey**, at jburkey@mchs.com or 234-3837.

Health NEWS

Mount Carmel College of Nursing Student Health Office



Kathy Walters

- **Attention all FRESHMEN!** Completed Student Health forms are due in the Student Health office by Friday, October 8th. Those who have turned in their completed health form will get a personal first aid kit in their mailbox for being compliant!
- **Do you still need your two-step TB or your annual TB skin test done?** If so, TB clinic is planned for Monday, September 27, 11:30 a.m. -1 p.m. in classroom C.
- **Flu shots** — As of this printing, I still don't have my supply of flu shots. Seasonal flu shots are mandatory for all seniors. Stay tuned to your mcn.edu email account, CARMELink, and the *Rapper* for flu shot clinics.
- **Are you reading *Student Health 101*?** If not, why not? Lots of great info can be found there! The link to SH101 is emailed to your mcn.edu email shortly after the first of the month. Click on the link and stay tuned!

October Student Health 101 Highlights:

- How to make your living arrangements work for you
- Fitness routines for your personality
- Healthy cooking — how to prepare healthy meals in a residence hall or apartment kitchen
- How to catch up when you're falling behind
- What you should know about depression

Kathy Walters MS, RNC, NNP-BC
Student Health Nurse

Attention Students, Faculty and Staff

Fulfill your community service hours by helping a child to read!

Orientation: Today, September 27, or Wednesday, September 29, at noon in the Rec Room; refreshments provided

Tutoring begins the week of October 4, 2010

MCCN again has the opportunity to make an impact in the neighborhood through the Franklinton Tutoring Program at Avondale, Dana, and Sullivant Elementary Schools. Being a weekly lunch-time reading tutor to a struggling student is a practical, fulfilling, and lasting way to contribute to the life of an inner-city kid!

Join in on this exciting volunteer opportunity by returning the application found in your mailbox to the office or mailbox of **Kerry Dawley**, MCCN Instructor, CLE 0113, 234-1388.

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.

If you have questions about the new system or need help signing up, 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



Officers and Representatives for 2010-11

PRESIDENT	Joe Derr
VICE PRESIDENT	Kayla Munk
TREASURER	Ashley Winebrenner
SECRETARY OF RECORDS	Stephanie Binkley
SECRETARY OF PUBLIC RELATIONS	Kelsey Tinkler
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SENIOR CLASS REPRESENTATIVES

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Emily Berry
Brittnee Doran
Emily Lust**

JUNIOR CLASS REPRESENTATIVES

**Ashley Degoey*
Stephanie Harris
Brittany Richards
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*Fairfield Medical Center SGA representative

SOPHOMORE CLASS REPRESENTATIVES

**Elizabeth Cassidy
Lyndsey Melvin
Benjamin Moore
Jena Verbance
Symphony Voelkel
Molly Wake**

FRESHMAN CLASS REPRESENTATIVES

**Devon Baldwin
Eboney Caldwell
Annie Hahn
Stephanie Rienschild
Ashli Temple**

ADVISOR

Colleen Cipriani

Ten New Reps Elected to SGA



Front row (l-r): **Molly Wake, Devon Baldwin, Anne Hahn, and Stephanie Rienschild.**
Back row: **Symphony Voelkel, Jena Verbance, Benjamin Moore, Eboney Caldwell, and Ashli Temple.**

The new sophomore SGA members joining **Elizabeth Cassidy** and **Lyndsey Melvin** are **Benjamin Moore, Jena Verbance, Symphony Voelkel, and Molly Wake.**

The new freshman members are **Devon Baldwin, Eboney Caldwell, Annie Hahn, Stephanie Rienschild, and Ashli Temple.**



the carmel rapper is provided bi-weekly by Mount Carmel College of Nursing with the assistance of Mount Carmel's Creative Services and Printing Departments.

Managing Editor:
Robin Hutchinson Bell

Editor:
Elaine Kehoe

Photographer:
Chris Steel

Layout:
Carol Stokes

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.