

carmel the Rapper

MARCH 26 2012

MCCN news & information



MOUNT CARMEL
College of Nursing

Spring has *Spring!*



MCCN students **Annie Hahn**, **Katie Snider**, and **Clayton Chipp** enjoy the sun, warmth and beautiful blossoms of an early and most welcome spring.

Spring has arrived in the most beautiful way on the campus of Mount Carmel College of Nursing! Faculty, staff and students are enjoying each and every moment of fresh green grass, plentiful spring flowers and record breaking temperatures. Here's what a few MCCN Nightingales have to say about spring:

Lyndsy Carson, Master's student: *I was really excited because I saw a firefly on the first day of spring!*

Ashley Smith, Master's student: *I love the blossoming of all the spring flowers, the sunshine and the sound of chirping birds.*

Kathy Espy, Director of Minority Affairs and Community Initiatives: *I love spring — and March is also my birthday month!*

Kim Campbell, Director of Admissions: *I'm a big flower person — I love the smell of flowers and the warmth of the sun.*

And of course, spring at MCCN signals the countdown to Pinning and Graduation the first weekend in May and the fun of the annual Spring Festival set for Monday, April 2, 11:30 a.m. – 2:30 p.m.

Dates to Remember

| | |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------|
| March 26 | SNAM meeting OU, OSU, and CSCC spring quarters begin |
| March 27 | Freshman class meeting |
| March 29 | Graduation cap & gown order deadline |
| March 30 | Last day to drop a 16-week course Deadline to submit OU, CSCC, or OSU spring quarter schedules to MCCN |
| April 2 | Spring festival |
| April 2-6 | SDAP spring break |
| April 6 | Good Friday (holiday) |
| April 9 | Nicaragua presentation |
| April 13 | Deadline to drop an 8-week term 2 course |
| April 23 | SNAM meeting |
| April 27 | Term 2 and spring semester classes end |
| April 30 – May 3 | Final exam week |
| May 3 | Graduation celebration luncheon and rehearsal |
| May 4 | Pinning & recognition ceremony |
| May 5 | Commencement |

Graduation Planning Luncheon Getting Ready for Commencement!



Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact Records and Registration (614-234-3870) or **Karen Greene** (614-234-5685) to schedule an appointment.

Students completing the **onsite** RN-BSN Completion Program and Master's students should contact Program Coordinator **Kip Sexton** (614-234-5169) with questions about degree audits.



Presentation: Students' Mission Trip to Nicaragua!

April 9 at noon in the College lounge

Contact **Kathy Espy** at kespy@mccn.edu or 234-5276



Rho Omicron General Membership Meeting

At the recent Rho Omicron luncheon, Guest speaker, Dr. Jan Lanier, addressed the topic: Social Media (legal/ethics). At the event, the chapter awarded two scholarships — one to a senior undergrad, **Katie Hostetler**, and one to a graduate student, **Stacey Molle**.



Students Volunteer to Help Teen Girls

MCCN students **Macee Heugebart**, **Ebonee Caldwell**, **Tina Marie Cerra**, and **Devon Baldwin** volunteered at the Purple Teen Party on February 26 at the Easton Hilton. The event was held for area teenage girls to learn about healthy relationships, making good choices, and taking care of themselves.



Poll of 800 teens (12-17yr olds)

- 20% of girls have taken photos of themselves that were suggestive and sent
- 22% felt technology made them feel more forward and aggressive
- 44% have seen photos of others that friends have shared
- 15% of boys have taken photos of themselves that were suggestive + sent



Summer Session 2012

The course schedule for Summer Session will be available to students the week of March 12.

- Registration starts the week of March 19.
- A limited number of summer courses will be offered.
- 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.

Students will be notified via email and CARMELink regarding additional details and registration instructions for summer.

Fall Semester 2012 Registration

- Fall Semester registration will begin the week of April 23
- Register online via CARMELink
- Course requests are in "reserved status" until approval by Records and Registration
- Registration windows dates are based (again) on your **current (Spring 2012)** classification.

Scholarship Opportunity for Graduating Seniors

The AACN-COC (American Association of Critical-Care Nurses — Central Ohio Chapter) offers a senior nursing student with the desire to become a critical care or progressive care nurse, a \$500 scholarship to use at your discretion.

Eligibility criteria:

- Senior nursing student who has or will graduate in 2012 and has not yet passed the state board exam
- An interest in critical or progressive care
- One (1) written professional reference and contact information for two (2) other personal or professional references
- Short essay about 1) Why you chose to become a nurse, and 2) Who and/or what experience inspired your desire to become a critical care or progressive care nurse.

For more information, contact aacncoc@yahoo.com Submit essay and references electronically by **March 30, 2012** to: Barbara Potts at Barbara.Potts@osumc.edu

Fifteen from MCCN Attend Nurses Day at the Statehouse

Mount Carmel College of Nursing sponsored 15 students (from the BSN program, the master's program, and the Second Degree Accelerated Program) and faculty to attend Nurses Day at the Statehouse on Wednesday, February 29.

"The Atrium at the Statehouse was packed with about 400 nurses and nursing students from all over the state," said Assistant Professor **Pat McKnight, MS, RD, LD.**

The morning session included presentations from two legislators: Senator Dave Burke and Representative John Carney. A panel of 18 nurses from various areas of practice each spoke for three minutes about their primary legislative issue. Before lunch, students and faculty visited the offices of their state senators to talk with the aides about issues and concerns.

Lunch in the Atrium of the Statehouse included legislators and legislative aides. Unfortunately, both the Senate and the House had canceled session that day, so many legislators were not in town to attend the lunch.

After lunch, participants in groups of two-four visited the offices of two State Representatives — their own and one other. Several of the Central Ohio Representatives were available: Representatives Garland, Stinziano, Gonzales, and Duffey.

Student comments from the day:

"It was very informative and interesting."

"I value this day and look forward to being back next year as a nurse."

"I enjoyed representing Mount Carmel at the Statehouse."

"The legislative aides were professional and answered most of our questions."

The day was a great opportunity to see nurses speaking with one voice to advance the profession of nursing. It was interesting to hear about what matters most to different nursing organizations, when it comes to legislation.

The chance to speak face to face with my district representative, as a future nurse and as a constituent, was exciting and thought provoking.

— Katie Hostettler

There is definitely a benefit as a student to attend Nurses Day at the Statehouse. The experience shows how much hard work goes into making positive changes for nurses in the workforce. Meeting with the state house aides and State Representatives showed me how much red tape there is to cut through sometimes to get the ball rolling on a particular topic. Persistence and patience is definitely needed to be a nurse advocate — skills that nursing students have developed over the past four years.

— Jim Martineau

Nurses Day at the Statehouse (NDASH) is a day where nurses, nursing students, and state legislators meet to discuss issues in the profession of nursing. I highly value this day and look forward to it every year. NDASH is beneficial in letting state legislators know the value and importance of our profession. Many of them are not from a medical background, so it is crucial for nurses to advocate for their profession and for their patients by educating legislators on needed improvements.

It was a day of learning, sharing of knowledge, and networking with nurses and leaders from all over the state of Ohio. I can't wait to attend next year as a registered nurse!

— Kayla Munk

MCCN Attendees:

Faculty

| | | | | |
|-------------|---------------|--------------|---------------|--------------|
| Tara Spalla | Alyncia Bowen | Kerry Dawley | Kathy Sommers | Pat McKnight |
|-------------|---------------|--------------|---------------|--------------|

Students

| | | | | |
|----------------------|---------------|---------------|--------------|------------------|
| Dorisalaan Bert | Julia Calland | Kate Emch | Jamie Foster | Katie Hostettler |
| Jeremiah Ignaszewski | Sara Jordan | Jim Martineau | Kayla Munk | Ashley Swetnam |

Students Gain as Much as They Give during Clinical

Isabelle Ridgway Center, a 100-bed, not-for-profit, community owned and operated long term care center on the near eastside of Columbus, has been a clinical site for MCCN NURS 406 Gerontology (lead instructor, Assistant Professor **Catherine M. Maurer Baack, MS, RN-BC, CNS**) students since fall 2011.

At Isabelle Ridgway, students work with a variety of residents and activities while developing skills and understanding for geriatric syndromes. Students rely on skills of physical assessment, as well as using a variety of communication skills to develop holistic assessments of the residents. The students plan and implement a variety of activities for the residents during their placement, such as cookie baking, memory games, crafts to work with fine motor skills, exercise, and social events to improve the residents' engagement.

A recent issue of "The Ridgway Times," the facility's newsletter, devoted a few pages to an article about MCCN students and the impact they have had at Isabelle Ridgway, as well as the impact the students' experience there has had on them.

From "The Ridgway Times" — Learning while Laughing

It is a pleasure having the Mount Carmel College of Nursing students with us! The NURS 406 clinical group, led by Assistant Professor **Katheryn Fernandez, PhD, RN**, meets at Isabelle Ridgway on Tuesdays and Wednesdays for hands-on experience working with our residents. Not only do they fine-tune their nursing skills, but Dr. Fernandez emphasizes the importance of holistic care for each person. They learn and see first hand the impact that therapeutic activities have on the residents' physical, emotional, and mental health. Quality of life is greatly improved for each resident when they participate in meaningful and enjoyable activities.

The students plan and implement a variety of activities with the residents, such as giving them manicures, cookie baking, playing games and Wii sports, and socializing with them. The residents love the interactions and the special attention the students provide.

Here's what Mount Carmel College of Nursing students had to say about their experience here at Isabelle

"I have taken so much from this experience. I loved everything about Isabelle Ridgway, but most importantly the people. It makes me realize how much of a difference we can all make; not just as nursing students, but as people. I hope the residents take as much away from this as I have!" — Abbey

"I am not only leaving Isabelle Ridgway with a better understanding of nursing, but I'm leaving here with a second family. The residents and staff have been more than welcoming and helpful while we learn." — Christine

"I have always had a stigma about rehabilitation centers and extended care homes, but this setting has completely reshaped my thoughts." — Aaron

"We have all felt very welcomed by the staff to continue their efforts to make Isabelle Ridgway an excellent place to call home." — Thomas

"All of the staff and the residents at Isabelle Ridgway have been more than welcoming. The family-based community here has opened my mind to a whole new experience. As a future nurse, I will take away all of the wonderful experiences I have had here." — Meredith

"Isabelle Ridgway is such a family-centered place! Patients are called by their names and treated with such respect and dignity. The staff is very welcoming and helpful and I would recommend this place to anyone." — Jill

"I have had the most wonderful and welcoming experience at Isabelle Ridgway. I have enjoyed the residents so much. I feel I have made a great many friends and I will miss everyone greatly." — Nicole

Are You Taking a Course Elsewhere?

Any student taking a class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01).

- **Deadline for submitting Spring Quarter schedules is Friday, March 30.**

Students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember ... you need to keep MCCN updated on your affiliated status!

All students must submit their CSCC or OSU course schedules to MCCN Records and Registration every quarter they take classes. Students who neglect to fulfill this responsibility will find that their credit hours at CSCC or OSU may not count toward calculation of total credit hour load.

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

IF YOU ARE CURRENTLY TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.

ATI Comprehensive Review for NCLEX Preparation

Beginning with the 2011-2012 academic year, students graduating from the traditional pre-licensure nursing program are required to attend an ATI Comprehensive Review for NCLEX Preparation. Students on track to graduate from the traditional pre-licensure program are assessed a \$250 senior year fee that enrolls them in the ATI Comprehensive NCLEX Review arranged by the College.

This year's 3-day in-class review for May and July graduates will be held **May 7, 8 and 9, 8:30 a.m. – 4:30 p.m.** in the College Gym.

October, December and March graduates are offered an onsite review session if there are a minimum of 25 students in attendance. If there are fewer than 25 students, graduates will enroll in the comprehensive review in a self-paced online format with an individually assigned ATI course instructor. Second Degree Accelerated students will receive information from their Program Coordinators about the ATI review session.

Community Service

Social Responsibility is one of the “Core Values” contained in the mission of Mount Carmel College of Nursing. In accordance with the College’s *Mission and Catholic Identity*, the Community Service requirement for nursing students includes the application of one’s skills and time to meet identified community needs of vulnerable and at-risk populations (e.g., children, elderly, homeless, poor and underserved, and organizations that support these populations).

This activity leads to learning and development through active participation in thoughtfully organized service that:

- is conducted in and meets the needs of the community
- involves reflection and analysis of the experience
- promotes the development of leadership skills, citizen skills, and social responsibility

Pre-licensure students are required to complete 20 clock hours of community service prior to the beginning of the last semester of enrollment (RNs enrolled in the BSN Completion Program and SDAP students must satisfactorily complete 10 clock hours).

Pre-licensure students who do not meet the deadline will be required to complete an additional 10 clock hours (for a total of 30 hours) in order to meet the graduation requirement. RN-BSN and SDAP students who do not meet the deadline will be required to complete an additional 5 clock hours (for a total of 15 hours) in order to meet the graduation requirement.

Any student who does not meet the requirement by the policy deadline may participate in Commencement activities but will not receive a diploma or be eligible for NCLEX-RN testing until this requirement is met.

Additional details regarding the Community Service Learning Program can be found in the *Student Handbook*.

Catholic Mass Schedule at Mount Carmel West Chapel

Sunday at 4 p.m.
Monday and Wednesday at noon

Grammarly News

Need help editing papers? Upload your paper to *Grammarly* — your personal proofreader and grammar coach. *Grammarly* will automatically proofread your writing for grammar, punctuation, style and more. A link to *Grammarly* is provided in CARMELink under the Resources tab.

Becoming More Respectful

By **Cheryl Mace, MSN, MALM, RN**
Coordinator, MCCN/FMC Satellite Program

As a member of the Mutual Respect Committee, I felt compelled to ponder how I can become more ‘respectful’ toward others. Let’s face it...being respectful 100% of the time is hard! After all, I’m human and I get frustrated just like anyone else (and some might say even a little quicker than anyone else!). Our temperament is a result of nature, nurture, and attitude, so behaviors we experience and emulate, along with our specific DNA help to set the tone along with our individual personality.

In my professional role, I sometimes find it difficult to balance certain behaviors, such as enforcing policy without intimidation. For example, students at the FMC satellite know that they are supposed to park in the student parking lot; however, many consistently park in the adjacent garage due to limited parking spaces in the student lot, inclement weather, or because they are just too tired to make the trek from the student lot to class. While I am certain there are at least a dozen more reasons for this behavior, the point is they are not parking in the student lot.

It’s up to me to enforce this policy. I wonder, “How can that be done without bullying or intimidating the students?” Despite warning them time and time again, there is no change. While pondering my next step in this saga, a student received a citation and suddenly learned where to park. Apparently it is not about my next step, rather sometimes it pays to wait and the problem may solve itself.

As nurses and nursing students, it is important to recognize that we have the opportunity to affect hundreds of outcomes on a daily basis, starting with treating others as we want to be treated. While I know I am hopelessly flawed in every way, I try to start each day anew and sometimes I even make it until lunch before I step on someone’s toes, say something completely inappropriate, or just do the wrong thing. The important thing is that I try again and again to get it right.

I don’t know anyone who wakes up in the morning and wants to have a miserable day or who wants to create misery for every person they come into contact with that day (If you know this person, run). This would not be ‘normal’ behavior to me, because I define normal as “The ability to remain at large.” So if you are not under arrest or a prisoner, I consider you to be normal.

If you are normal, this implies that you act as though you are normal. The simple act of looking the other person in the eye is normal and can positively enhance communication and promote respect. Even if you are having the worst day of your life so far, try to be open to new people and new ideas because your attitude is the most important aspect of any issue. Charles Swindoll wrote, “I am convinced that life is 10% what happens to me and 90% of how I react to it.” I have found this to be true so far.

Also, give being respectful a new try. Restore some civility to your interactions in a world that seems to have lost a lot of it. Do the right thing instead of the wrong thing. And, above all try to remain “at large.”



Senior Class 50-Day to Graduation Dinner

On March 15, members of the class of 2012 celebrated the milestone of 50 days to graduation with a pasta and meatball dinner organized by SGA members. Alumni Association President, **Kimberly Dillon '04**, RN, CNOR, RNFA, MSN, attended and gave seniors tips for finding employment after graduation, as well as information regarding the Mount Carmel Alumni Association.



DON'T STAND BY, STAND UP Join Us For the 1st Annual 5K Run/Walk Race to Eliminate Sexual Violence

Participating in this 5K Run/Walk on Saturday, April 14, 2012, 9:30 a.m., at The Scioto Audubon Metro Park, means **STANDING UP** to eliminate sexual violence, helping the Central Ohio Sexual Assault Task Force bring awareness, prevention, training, and advocacy efforts to survivors of sexual violence. Cost is \$25 Pre-Race or \$30 Week of Race. Registration includes a Race to Eliminate Sexual Violence t-shirt (Late registration may not guarantee correct size).

Proceeds benefit: Deaf World against Violence Everywhere (DWAVE) and The Sexual Assault Response Network of Central Ohio (SARNCO)

Registration: <http://www.premierraces.com/viewevent.asp?eventID=432>

Students at Ohio University-Lancaster

Students enrolled as freshmen in the MCCN-FMC program and taking classes at Ohio University Lancaster (OU-L) are required to submit a copy of their Quarter course schedules to the MCCN Records and Registration Office (Marian Hall, Room 2C01.)

- **Deadline for submitting Spring Quarter schedules is Friday, March 30.**

All MCCN-FMC students must submit OU-L course schedules to MCCN Records and Registration every term they take classes at OU-L.

FMC program students must also notify MCCN Records and Registration when they drop or withdraw from an affiliated course. We have found this notification to MCCN frequently is not happening. Remember... you need to keep MCCN updated on your affiliated status!

Columbus Blue Jackets Health Care & Wellness Associate Appreciation Night

Students, Faculty and Staff, mark your calendars for Friday, March 30, at 7 p.m. for the *Health Care & Wellness Associate Appreciation Night*, as the Columbus Blue Jackets take on the Florida Panthers.

\$30 upper bowl ticket includes soda, hot dog and popcorn

\$65 lower bowl ticket includes soda, hot dog and popcorn

(ticket prices apply to friends and family!)

Contact **Colleen Cipriani** at ccipriani@mccn.edu or 614-234-5828.

Reminder to Vote for the Faculty/Staff of the Year

Each year members of the College nominate and vote for an outstanding faculty and staff member who have made significant contributions to the College. This year we recognize individuals from the MCCN undergraduate faculty, graduate faculty, RN/BSN faculty, Fairfield Medical Campus faculty, and professional staff.

Everyone is invited to nominate one professional staff member for the award. Each student is invited to nominate a faculty member in the category that corresponds to the student's area of enrollment. For example, a graduate student would nominate a graduate faculty. (**Please note:** SDAP faculty awards will take place in December.)

Faculty and professional staff are invited to nominate one faculty member in one category. The voting process consists of two stages; nomination and selection.

Nomination stage: In this first round of voting, all eligible faculty and staff are listed in a nomination ballot distributed to all students, faculty and staff. Please nominate one faculty member and one staff member for the award. At the bottom of each section of the ballot is a comment box. Please list the nominated person's name and write a narrative regarding the reason you believe this person should be nominated for the award. Nominations ended at 11 p.m., March 23, 2012.

Selection stage: The second round of voting will determine the winners of the faculty and staff awards. A list of faculty and staff who received the largest number of votes during the nomination process will be distributed for a final vote to senior students, faculty, and staff. The faculty and staff member who receive the highest number of votes during the selection stage will receive the award. Voting will be open from March 26 to April 6 at noon.

If you were able to nominate via CoursEval earlier this week, please do not place another nomination. Your CoursEval nomination will be combined with the results of this survey. Please honor a special faculty and professional staff by participating in the voting process. Please send questions concerning the voting process to Sherry Hull at shull@mccn.edu

To fill out the form *Faculty & Staff Award Nominations*, visit: <https://docs.google.com/a/mccn.edu/spreadsheets/viewform?formkey=dE9MTHpEVDJrZnQ5bHlaRDZ6Q0hwZ2c6MQ>.

Night Shift Nutrition

By **Rachael Press**, MCCN Dietetic Intern

Healthcare professionals are often required to work shifts that may not fall into the typical daily routine. These shifts are certainly stressful socially and physically, and your diet may also suffer. Night shift workers also have higher risk for heart disease and obesity due to the stress on their bodies. Even if you do not alter your body's time clock, there is often not much time to incorporate adequate nutrition into your busy life. So, how do you fulfill your job responsibilities without sacrificing your health? Here are some tips for busy employees and night-shift workers.

According to the Centers for Disease Control and Prevention, if your work hours fall anywhere outside of 7 a.m. to 6 p.m., they are not in the typical daily shifts. Along with disrupting your sleep schedule, the brain chemicals and hormones that impact your appetite, nervous and digestive systems, and mood may be disrupted, which ultimately affects your weight and risk for heart disease. By following a few simple tips, you can prevent the negative effects of your non-traditional routine.

Prior to your shift:

- Turning lights on will energize you by helping your body to stop its production of melatonin, which causes you to feel tired. Melatonin is suppressed by light, but darkness triggers its production, so turn those lights on!
- Boost your energy production through physical activity. Even yoga or stretching will help wake you up.
- Eat a healthy meal with whole grains, plenty of vegetables, and a lean protein. A high protein, high-fiber meal will help keep you going and feeling full. Planning ahead and packing your meals into portioned containers will give you one less thing to worry about while getting ready for work. You are also more likely to make healthy choices when you are not in a rush. Packing your own food also prevents you from making unhealthy last-minute decisions on fast food and vending machines.

During your shift:

- Again, eating a healthy meal will help your blood sugar stay stable and keep you feeling energized. Nuts are a great quick snack that provide you with fiber, healthy fats, and protein, and are also quick and easy to grab if you're busy.
- Staying hydrated will also keep you feeling energized and will avoid confusion of hunger for thirst.

Toward the end of your shift:

- A lighter meal is ideal so that your food will be digested before going to sleep.

After your shift:

- Get some sleep. Although it may be light out and your mind may think it is time to be awake, you should force yourself to get some rest so that you can refuel and avoid wearing yourself out. Try turning the lights off and closing the blinds so that your body starts thinking it is time for sleep.

Snack tips for busy workers:

- Small handful of nuts, such as almonds, walnuts, or pistachios
- Peanut butter and jelly sandwich on whole grain bread
- Fruits, such as apples and bananas, are quick and easy snacks to grab on-the-go
- Coffee with low-fat milk

Works Cited

"Healthy Living and Shift Work." *Medical News Today*. MediLexicon International, 20 June 2004. Web. 17 Mar. 2012. <<http://www.medicalnewstoday.com/releases/9687.php>>.

"How to Survive a Late-Night Shift." *Woman's Day*. Web. 17 Mar. 2012. <<http://www.womansday.com/health-fitness/stay-alert-during-odd-hours-of-the-day-123730>>.

SNAM* News

*Student Nurses Association at Mount Carmel

Calendar of Upcoming Events:

March SNAM Meeting: Today — elections for SNAM 2012-13 officers

April SNAM Meeting: April 23

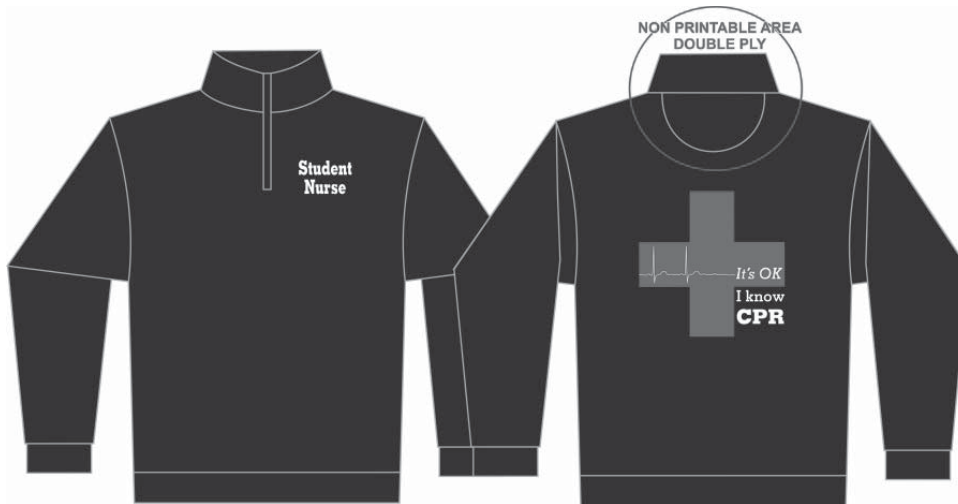
NSNA Graduation Cord

Are you an NSNA member graduating in 2012? Be sure to see **Dawn Hughes**, SNAM Advisor, for information about obtaining your NSNA graduation cord. Cost of graduation cords is \$10.

SNAM Student Nurse Sweatshirt Sale

Black hoodie: \$25 **Black zip-up fleece:** \$30

If interested, please email SNAM Vice President **Brooke Waddell** at bwaddell@mccn.edu. Checks can be made out to **Dawn Hughes** (with SNAM in the memo line) and can be placed in Brooke's mailbox.



SNAM Officers

2011-12*

President:

Kayla Munk

Vice President:

Brooke Waddell

Secretary:

Stephanie Binkley

Treasurer:

Renee Dicke

Membership Director:

Stephanie Reinschield

BTN Director:

Cody Toney

Community Health Director:

Katie Baker

*Elections in March for the 2012-2013 SNAM officers

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 at 614-234-1372 or rhutchinsonbell@mccn.edu.

Women and the New American Dream Conference

On March 10 at the Women and the New American Dream Conference at Otterbein University, **Colleen Cipriani**, director of Student Life and SGA advisor, and **Devon Baldwin**, sophomore student and SGA chair of the "It's Abuse" campaign, were featured panelists for "The It's Abuse Movement: Yesterday, Today, Tomorrow." Cipriani and Baldwin spoke on how the "It's Abuse" campaign was kicked off on the MCCN campus, how members were recruited, how the campaign was made visible on campus and the various "It's Abuse" events we have held to raise awareness on relationship abuse among college students.

SGA News



Money Matter\$

2012-2013

Academic Year Deadlines

Financial aid for the 2012-2013 academic year will be based on your 2011 tax return. This academic year covers: Summer 2012, Fall 2012, and Spring 2013. If you plan to take classes in any of those terms, please complete your FAFSA by the deadline dates:

- **Summer — April 15, 2012**
- **Fall — July 1, 2012**
- **Spring — December 1, 2012**

SDAP Students

Please prepare to complete your 2012-2013 FAFSA by **June 30, 2012**, for the Summer and Fall disbursements.

Consolidation

Consolidation typically is sought to reduce the number of loan repayments made by one individual. It is not unusual for a graduating student to have two servicers for Stafford loans. If you would like to consolidate your loans, please follow the directives provided at studentloans.gov. Please note that you do not want to forfeit your six-month grace period; initiate the process around month five of the grace period.

Book Grant Applications

Book Grant Applications for the summer semester are due to the financial aid office by **Friday, April 20**.

Book Grant Applications for the Fall semester are due to the financial aid office by **July 15, 2012**.

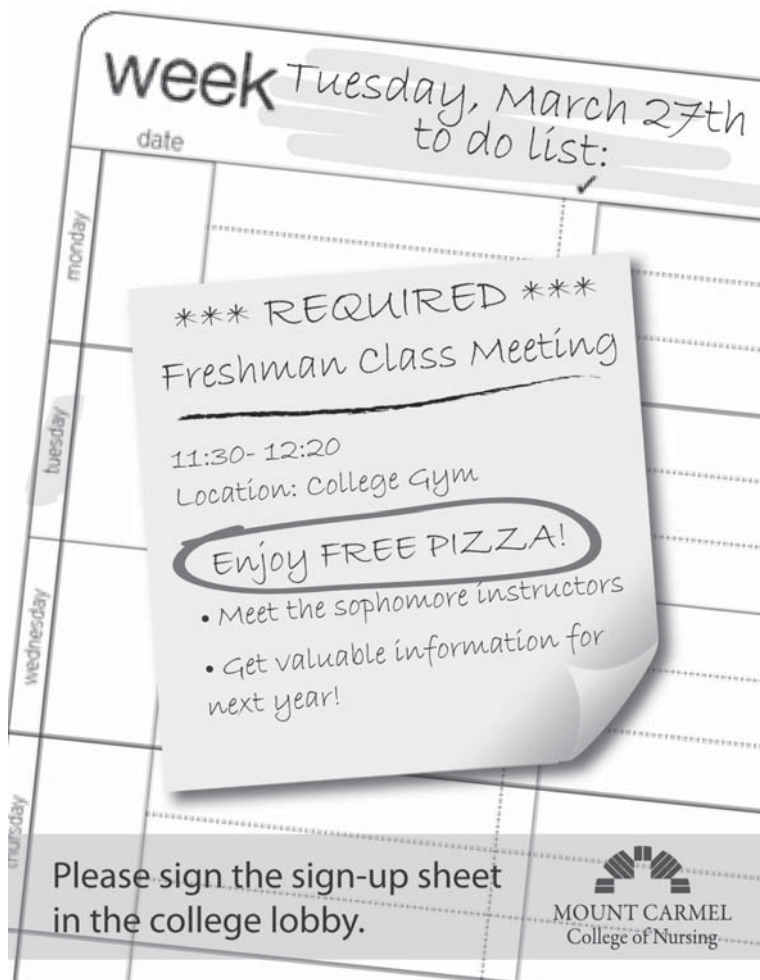
Work Study Positions

If you will be enrolled in classes this Summer and would like to work, please complete the Work Study Application in the Financial Aid Office.

Likewise, we are accepting applications for the 2012-2013 academic year (Fall and Spring).

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu



Student Activities

Student Softball teams now forming

Interested in joining a Monday night women's recreational or mixed recreational softball team? Contact **Colleen Cipriani** at ccipriani@mccn.edu or 614-234-5828.

COSI

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!

Ohio Dominican University's Bishop A. Griffin Center

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.

Student Health *News*

By **Kathy Walters MS, RNC, NNP-BC**, Assistant Professor/Student Health Nurse



Your March 2012 *Student Health 101* issue is now available by going to this link: <http://readsh101.com/mccn.html>. In the issue you will find wonderful articles regarding —

- Super foods
- How to cope with stress
- Tattoos (Remember — MCCN has a policy regarding tattoos being covered on the clinical unit!)
- Yummy recipes in the UCookbook
- Exercises via FitnessU
- How to stay connected without electronic overload
- How to get a jump on your summer employment search

Wonderful timely articles for spring! Click on the link and check it out! Keep healthy!

Kathy Walters, MS, RNC, NNP-BC
Assistant Professor/Student Health Nurse
614-234-5408 office 614-234-5403 fax
kwalters@mccn.edu

ATTENTION STUDENTS: Opportunity to Earn Credit for Summer Camp Nursing Seminar or Community Service Hours

Flying Horse Farms

Flying Horse Farms (FHF) is a camp for children with serious illnesses that annually serves over 1,500 campers with cancer, heart disease, heart surgeries, Crohn's, asthma, arthritis, sickle cell, hemophilia, and other blood-related disorders. For most of these children, the typical summer camp experience is impossible, but with FHF's state-of-the-art medical facilities and 24/7 medical staff, campers can have a "spectacularly average" camp experience. Sophomore and junior students may take a camp nursing seminar for credit while assisting at the camp or volunteer for community service hours. If interested in the summer camp nursing seminar or volunteering at FHF, contact **Hannah O'Handley** at hohandley@mccn.edu or 614-234-3874.

Flying Horse Farms 2012 Camp Dates

| Camp | Check In Date | Camp Shift Days |
|---------------------------|---------------|------------------------|
| Heart Camp | June 16 | June 17, 18, 19, 20 |
| Hematology/Oncology Camp | June 24 | June 25, 26, 27, 28 |
| Hematology/Oncology Camp | July 7 | July 8, 9, 10, 11 |
| Pulmonary/Nephrology Camp | July 15 | July 16, 17, 18, 19 |
| Rheumatology/GI Camp | July 28 | July 29, 30, 31, Aug 1 |

Go to flyinghorsefarms.org and apply.

Mount Carmel Images for Women: Volunteer Opportunity

Mount Carmel Images for Women — specializing in the unique needs of women dealing with breast surgery and breast care — is in need of MCCN student volunteers to assist with a variety of projects including preparing patient birthday cards, invitations for special events, and brochure mailings for physician offices, etc. The volunteer opportunity is very flexible — four to eight hours per month. Images for Women is located on the Mount Carmel East campus, 5965 East Broad Street. Interested? Contact **Darla Hickle** at dhickle@mchs.com or 614-234-7460.

Sigma Theta Tau International Mid-Ohio Consortium of Chapters

STTI Spring Scholarship Night 2012

April 26, 2012
Capital University
5:30 - 8:00 p.m.

Keynote Speaker: Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN

- FREE registration for student members
- STTI will pay for the cost of posters for abstracts accepted

For additional information please contact **Kerry Dawley, MSN, RN**, at 614-234-1388 or kdawley@mccn.edu.

Library Hours

| | |
|-------------------|------------------------|
| 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 opening 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.

SAVE THE DATE!
Don't Miss Out on the Fun!

**SPRING
FESTIVAL**

Monday, April 2, 2012
11:30 a.m. – 2:30 p.m.

Student Government Association (SGA) Officers and Representatives for 2011-12

President

Brooke Waddell

Vice President

Jena Verbance

Treasurer

Ashli Temple

Secretary of Records

Stephanie Binkley

Secretary of Public Relations 1

Kayla Munk

Secretary of Public Relations 2

Annie Hahn

Senior Class Representatives

Ashley Degoey*

Stephanie Harris

Dani Smith

*Fairfield Medical Center SGA representative

Junior Class Representatives

Benjamin Moore

Symphony Voelkel

Molly Wake

Sophomore Class Representatives

Devon Baldwin

Stephanie Rienschield

Brett Teiga

Freshman Class Representatives

Katie Bradley

Sarah Brantley

Brielle Daugherty

Whitney Eal

Jenna Grunden

Will Taylor

Savannah Whitten

Advisor

Colleen Cipriani

Countdown to Graduation!

Stay tuned to this list of expanding details highlighting key information graduating students need to know before May Commencement. Check this update for important deadlines and suggestions to keep your path to graduation on track.

- Make sure you are on track to complete all degree requirements by requesting a degree audit. Pre-licensure students contact Records and Registration; RN-BSN and Master's students contact **Kip Sexton**, Program Coordinator.
- Complete your Community or Professional Service Program requirement. Undergraduates and RN-BSN students submit documentation to **Colleen Cipriani**; graduate students submit documentation to **Kip Sexton**.
- Resolve any holds on your student record (business office balance, library materials, financial aid exit counseling) that will prevent you from receiving your diploma and obtaining a transcript.
- Order your cap/gown and optional announcements. Order online at www.jostens.com. The order deadline is March 29.
 - Click on "Find My School's Store" at the top of the page
 - Search for Mount Carmel College of Nursing
 - Follow the prompts for "Graduation Caps and Gowns"
 - Click on either the bachelor's or master's product (They are different!)
 - Follow the "Design It" prompts to place your order
 - **Note:** one tassel comes with your order; there is an option to order additional tassels
- Try on your cap and gown when it arrives. Remove wrinkles according to instructions provided, and hang up the gown until Commencement.
- Each graduating student will be allotted 6 tickets to Commencement (no charge).
 - Tickets will be available for pick-up beginning **March 26** in the Records and Registration Office (Room 201, Marian Hall, 8:30 a.m. – 4:30 p.m., Monday through Friday)
 - No tickets are required for the Pinning/Recognition Ceremony
 - Pre-licensure students: prepare for the National Council Licensure Exam for Registered Nurses (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession by attending the ATI Comprehensive NLCEX Review on May 7-8-9. Check the *Student* tab of CARMELink for additional details.
- Prepare for graduation events:
 - Celebration luncheon and rehearsal, **Thursday, May 3, 12 noon**
 - Pinning/Recognition & Commencement Rehearsal, **Thursday, May 3, 2 p.m.**
 - Pinning/Recognition Ceremony, **Friday, May 4, 7 p.m. (arrive by 6 p.m.)**
 - Commencement, **Saturday, May 5, 1 p.m. (arrive by 12 noon)**
 - Both ceremonies will be held at the First Church of God, 3480 Refugee Road

Cap and Gown Ordering for Graduates

Each graduate attending Commencement on May 5 is responsible for ordering and paying for his/her own cap/gown no later than **March 29, 2012**. Orders are placed online at www.jostens.com.

- Click on "Find My School's Store" at the top of the page
- Search for *Mount Carmel College of Nursing*
- Follow the prompts for "Graduation Caps and Gowns"
- Click on either the **bachelor's** or **master's** product (They are different!)
- Follow the "Design It" prompts to place your order
- Note: one tassel comes with your order; there is an option to order additional tassels

Remember: the order deadline is March 29. Contact Records and Registration if you have questions (614-234-3870).

