

Pinning Propels Sophomores to Next Step in Nursing Education



Sophomore pinning photos courtesy of Bruce Heflin Photography.

One giant step closer to their dreams of a career in nursing, members of the class of 2013 line up in anticipation of Sophomore Pinning.

At the January 9 Sophomore Pinning Ceremony at First Church of God, MCCN's 148 sophomores, including 21 Fairfield Medical Center students and 127 Columbus students, took a giant leap in their journey to the nursing profession as they transitioned from academic studies to clinical experience.

Symbolism of Sophomore Pinning

In the past, this ceremony was the first official donning of the Mount Carmel uniform and student nurse cap. Although students no longer receive and wear caps, the modern ceremony maintains the same spirit, celebrating the ministry of caring and service that these aspiring nurses now undertake.

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January 24, 2011

dates to remember

January 24

SNAM meeting

February 1

Deadline for Advanced Placement application

February 3

Disaster Preparedness Class

February 11

Last day to drop any Term 1 course

February 25

Term 1 courses end

March 1-6

Spring break

March 28

SNAM meeting

April 22

Good Friday (holiday)

April 25

SNAM meeting

May 2-6

Final exams

May 7

Commencement 2011

Pinning Propels Sophomores to Next Step in Nursing Education *cont'd*

Today's students receive an engraved pin, reminiscent of the lamp carried by the founder of modern nursing, Florence Nightingale, as she cared for wounded Crimean War soldiers 150 years ago. Upon graduation in 2013, they will receive a MCCN graduate pin, which highlights the College crest and will replace the lamp pin.

Several sophomores had roles in the ceremony. **Lindsay Barker, Brittany Cardwell, and Brooke Fraley** read Scriptures. **Autumn Evans** and **Cynthia Hatch** performed a musical reflection, and **Erika Robertson** and **Megan Milbaugh** recited the closing prayer.

Mount Carmel College of Nursing congratulates the class of 2013 on their Pinning and taking this next step to realize the dream of a career in nursing!

*Special thanks to Student Ambassadors: **Stephanie Binkley, Mandy Osac-Attah, Kayla Munk,***

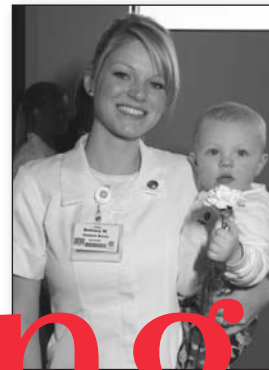


Sophomore Pinning Participants — Class of 2013

Martin Ahern	Kirsten MacSwain
Jenna Arnold	Jillian Maitland
Lindsey Barker	Samantha Malo
Tiffany Bartholow	Nycia Marino
Katherine Beitman	Sarah Marshall
Youbo Bekuto	Evan Martin
Audrey Beyer	Brittany McCall
Erica Blackburn	Tara McCalla
Courtney Blair	Natalie McComas
Jessica Boggs	Sakoiya McDonald
Marie Boone	Caleb McDowell
Gina Borgan	Justin McGraw
Asmae Bouchenafa	Haley McKenney
Bridgett Brandon	Rachel McMillan
Megan Breier	Erica Megger
Cynthia Broaddus	Lyndsay Melvin
Rachael Brown	Jessica Metcalf
Paige Brudzinski	Megan Milbaugh
Sheena Burgess	Nadia Mohamed
Amanda Burke	Amanda Montgomery
Danielle Burke	Benjamin Moore
Brittany Cardwell	Bethany Moore
Elizabeth Cassidy	Kristy Moore
Corene Colvin	Kristen Morbitzer
Tiffany Craig	Rita Morrison
Amy Cramblett	Samantha Norris
Alexis Crusan	Amber Nyros
Amaris Cunningham	Jennifer O'Hara
Kaylie Cunningham	Amina Omar
Erica Darby	Lindsey Paxton
Jenna Dillhoff	Kristianna Peck
Alexandria Dodds	Stacy Pennington
Angela Elliott	Paige Popelas
Michelle Faust	Patrick Queen
Audrey Fisher	Megan Reeve
Brandon Fishking	Emily Reincheld
Hallie Fouch	Maria Reynolds
Rachel Fox	Logan Rieman
Tori Fox	Erika Robertson
Brooke Fraley	Susan Rockhold
Shannon Francis	Nichole Rogiers
Emily Gantz	Katherine Roush
Kayla Gimlich	Anthony Rutledge
Nathaniel Glaze	Margaret Ryan
Ashli Green	Lauren Sandell
Rachel Greenblatt	Tonja Santamaria
Allison Hagans	Letrese Sauls
Jordan Hartzler	Jason Schulze
Heather Harvyasi	Hyunghee Shim
Lindsay Hasler	Janeile Smith
Jennifer Hatfield	Autumn Spencer
Beth Havens	Anna Spires
Allison Heilbrunn	Gina Straquadine
Kristina Heinmiller	Hannah Swetnam
Cynthia Hendricks	Nicole Ternasky
Lydia Heskett	Morgan Thomas
Kelsey Hinojosa	Amanda Utzinger
Casey Hinson	Asia Vallette
Brandee Homer	Jena Verbance
Leah Howlett	Allison Vermillion
Lyndsey Humphrey	Veronica Violand
Whitney Hurst	Amanda Vitale
Megan Johnson	Symphony Voelkel
Tyler Johnson	Molly Wake
Jenna Johnston	Renee Ware
Jessica Kelly	Ian Weidner
Shannon Klaus	Brittany Wellman
Emily Korn	Madison Wilcox
Samantha Kotlarek	Sara Windland
Kristin Kugler	Ashley Winebrenner
Joshua Leasure	Sarah Wright
Lindsey Levy	MacKenzie
Kiersten Lyon	Wright-Piekarski
Andrew Maag	Morgan Zumberger
Ashley Mack	



Sophomore



Pinning



Freshman Honored as Airman of the Year for the State of Ohio is Now in the Running for National Honor

MCCN transfer freshman and Senior Airman (SrA) **Lauren Dortmund** recently received the designation of 2010 Ohio Airman of the Year, which recognizes the individual who embraces the Air Force core values (Integrity First, Service Before Self, Excellence In All We Do), exceeds duty expectations, demonstrates outstanding leadership, military achievements, community involvement, education, and selflessness.

There are over 6,000 junior enlisted airman in the state of Ohio, and out of that pool Dortmund was selected to represent the state. Dortmund is now Ohio's candidate for the 2010 National Airman of the Year to be chosen within the next few months.

Dortmund enlisted into the Ohio Air National Guard in November of 2007 and currently serves as an Aerospace Medical Service Journeyman assigned to the 121st Medical Squadron, located at the 121st Air Refueling Wing, Columbus, Ohio.

While assigned to the 121st MDG, she was selected to be a member of the Joint Ohio Chemical, Biological, Radiological, Nuclear, and Explosives Enhanced Response Force Package (CERFP) medical element. As a member of the CERFP team she attended the Search and Extraction basic course for Emergency Medical Technicians in Oklahoma City and has served since 2008.

Dortmund voluntarily deployed in support of Operation Enduring Freedom to Incirlik AFB, Turkey, as a Squadron Medical Element medic in 2010. While there, Dortmund established 24/7 medical support operations to 200+ airmen; maintained 100% accountability of prescription medications and controlled substances while deployed; and saved \$37,000 in bottled water costs by ensuring a local potable source was available to deployed airmen.

Dortmund served 700+ needy Ohio citizens with medical needs as part of the Joint GuardCare Community Outreach Program. Described as an "exceptional team player," Dortmund developed Nursing Services Orientation Program for the Nursing Services Flight.

SrA Dortmund has received several awards, including the Air Force Achievement Medal, Army Achievement Medal, and Ohio Commendation Medal. In addition, she has also received an Inspector General coin presented by the Air Force Inspection Agency for her superior performance in the 2010 Health Services Inspection. Airman Dortmund was selected to represent the 121st ARW at the Ohio Women's Book Conference, which celebrates women contributions in leadership and community service.

"SrA Lauren Dortmund is the epitome of what I expect an airman to be," said Command Chief Eric Wallace. "She is an exceptional person with a perfect attitude, as well as being a modest and humble young woman."



Congratulations to **Lauren Dortmund** —
2010 Ohio Airman of the Year.

HELP Requested in Response to Fire Loss

Two of our students — junior **Meredith Conine** and sophomore **Megan Johnson** — lived in a duplex near the OSU campus recently destroyed by fire and smoke damage. Miraculously no one was hurt. You may have seen Meredith on the news.

If you are interested in helping these women who lost everything, gift cards of any sort would be much appreciated and can be directed to **Laura Spurlock** in Campus Ministry (place in mailbox).

Looking for Student Ambassadors for 2011-12

Application Deadline is March 14

Student Ambassadors are a select group of current MCCN students chosen to assist the College of Nursing with the recruitment process. Student Ambassadors serve as leaders — links between the Office of Admissions and Recruitment, the current student body, and prospective students.

The main function of the Student Ambassador is to conduct campus tours for prospective students and their families. In addition, Student Ambassadors are present at major College functions (i.e. Trustees Dinner, Pinning, Convocation, Commencement, etc.) and assist in set up, registering guests, and passing out programs. This is a paid position.

Expectations of each Student Ambassador:

- + Maintenance of good academic standing
- + Active involvement in extra-curricular activities
- + Eagerness to promote MCCN to prospective students, especially during school breaks
- + Staying up-to-date on the latest news about Mount Carmel College of Nursing

Applications for 2011-12 Student Ambassador positions now available at the front desk, *Charlie's Java Jolt*, and the Office of Admissions. Deadline to apply is March 14.

Questions? Please see **Kim Campbell** or **Jonathan Francis** in the Admissions Office.

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Become a Fan of Fiber!

by Dietetic Intern Rachel Webb

Fiber seems to have a bad reputation among the college-age demographic. We view it as more important for our grandparents than for us — the “I don’t have to eat fiber *yet*” mentality. However, did you know that fiber is just as important for young adults as it is for older adults?

There are many benefits to meeting the recommended daily intake of fiber, which is 25 grams per day for women and 38 grams per day for men. First of all, let’s be honest: fiber keeps you regular. If for no other reason, your current diet of pizza and soda will thank you for a little added fiber intake to move things along.

Fiber has other important health benefits, too. High fiber foods are typically **nutrient dense**, that is, they are high in nutrients but low in calories. Fiber also provides a lot of “bulk” to a diet to help you feel full – without a ton of calories. Incorporating fiber in the diet is a great way to help maintain a healthy weight. Moreover, water-soluble fiber binds to bile acids in your digestive system and eliminates cholesterol when excreted, which in turn lowers blood cholesterol levels and reduces your risk for cardiovascular disease.

Certain studies have also shown that fiber may decrease the risk for certain cancers, especially colon cancer, as well as help to manage blood sugars since complex carbohydrates (which are high in fiber) tend to have a more gradual rise/fall effect on blood sugar levels.

What foods are good sources of fiber? Whole fruits, vegetables (with skins and peels on!) as well as whole grains, beans, nuts, and seeds are all good choices.

Tips for Increasing Fiber in Your Diet:

- + **INCREASE GRADUALLY!** Give yourself 1-2 weeks to meet your goal of 25-38 g/day.
- + Drink adequate fluids – at least eight 8-oz glasses or roughly 2 liters.
- + Try getting your fiber in at breakfast. Here’s a healthy tip: mix half of your favorite cereal with half of a high fiber cereal (watch your serving sizes).

References:

Foco, Zonya. *Lickety-Split Meals for Health Conscious People on the Go!* ZHI Publishing, Walled Lake, Michigan. 1998

Mahan, Kathleen L; Escott-Stump, Sylvia. *Krause’s Food and Nutrition Therapy*. Saunders Elsevier, St. Louis, Missouri, 2008.

“Nutrition Fact Sheet: dietary fiber: an important link in the fight against heart disease.” *Journal of the American Dietetic Association*, v. 106 issue 3, 2006, p.2.

Summer Session 2011

The summer course schedule will be finalized in early March. A limited number of summer courses will be offered. *Note: summer enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and not open to the general student population.*

Students will be notified of the start date and instructions for summer registration.

Whole-Wheat Garlic Cheese Toast

(a great alternative to the original):

1. Turn oven on to broil; leave oven door ajar.
2. Place 4 slices whole-wheat bread (goal: bread with at least 4 g fiber/slice) on a cookie sheet.
3. In a mixing bowl, add 1 tbsp of olive oil to oregano and garlic powder (as much as desired).
4. Lightly brush the top of the bread with the oil mixture.
5. Sprinkle Parmesan cheese on top.
6. Broil for 1-2 minutes – keep an eye on the bread at all times, and rotate the cookie sheet as needed so that all pieces are browned evenly.
7. Let cool for 3-4 minutes and serve with salad and a lean protein, such as grilled chicken, fish, turkey, or tofu! Also goes great with a vegetable soup!

Serves: 4

NUTRITION FACTS

(Serving size: 1 slice *will depend on type of bread used*)

CALORIES: 120-150

CALORIES FROM FAT: 20%

FAT: 2-4g

SATURATED FAT: 0.5g

FIBER: 2-5g

CHOLESTEROL: 0mg

SODIUM: 171 mg

PROTEIN: 3-5g

TOTAL CARBOHYDRATE: 13-17g

SUGARS: 1-3g

Notes from Alyncia

Financial Aid

The Spring Semester has begun and many of you are off to a great start. If you had financial aid disbursements in the Fall, please know that your financial aid — grants, scholarships and loans — began processing on January 10. Please check CARMELink for the application of your financial aid to your account. During the weeks of January 17 and January 24, we are processing Federal Stafford and Plus loans. Private loans will be applied as we receive the disbursements.

If you are new to the College this semester, please be prepared to wait 30 days for your financial aid to be disbursed. Your loans will be processed beginning February 4, 2011. CARMELink is where you check for the application of your financial aid.

FAFSA Renewal

It is time to begin preparing for the 2011-2012 academic year. If you are planning on taking Summer 2011 classes, you will need to complete your 2011-2012 FAFSA by April 18, 2011. If you are returning in the Fall, you will need to complete your FAFSA by July 1, 2011. Please note that many scholarship donors require students to complete a FAFSA in order to apply for a scholarship.

This year you will have the option of importing your 2010 tax return to your FAFSA. This is a good opportunity and may reduce the chances for your FAFSA to be selected for verification. You and your parent/spouse must submit a 2010 tax return to the IRS in order to utilize this option.

Timely submission of your FAFSA impacts your eligibility to receive, if you are eligible, federal and state grants. Please work hard to complete your FAFSA.

If you would like assistance with completing the FAFSA, please contact **Latosha** at 234-1842 to schedule an appointment.

Asking questions and getting the right answer:

This edition's statement/question: *CARMELink says my financial aid should have been here January 4, 2011. Where is my refund?*

This is a good question.

CARMELink affords MCCN with the opportunity to share with students when we will begin processing financial aid. These dates are not absolute and are subject to change based on many variables, including but not limited to whether the funds are available for disbursement, if there is missing documentation, if you are a first-time borrower. The January 4 date is reflective of the time in which financial aid can be applied. The processing order is as follows: institutional financial aid, federal grants, state grants, Federal Stafford Loans and PLUS loans.

If you have secured a private loan, those monies are disbursed as soon as we receive it. Private loans can be disbursed electronically to the school or by paper check. Electronic disbursements happen within a few days. If we receive a paper check, your refund or the application of your loan money will be contingent upon you signing the check. The business office typically notifies you when a paper check is available for you to sign.

Processing financial aid is a continual process; it does not occur at one time of the semester. It occurs throughout the semester. It is important that you check CARMELink to see when your aid is applied to your bill.

Look forward to more ways to get the right answer to your question.

Alyncia Bowen, PhD, MSA

Director of Financial Aid
abowen@mchs.com

MCCN-FMC Student Receives Scholarship

MCCN-FMC sophomore, **Audrey Beyer**, was recently awarded the Rushville Union Lions Club second annual \$500 academic scholarship to assist a Fairfield Union High School (FUHS) graduate who aspires to enter a medically related field. Beyer is a 2009 graduate of FUHS.

Beyer's cousin is a nurse and encouraged her to consider the profession. "Plus, I really like caring for people," said Beyer, who is interested in someday working in the area of oncology nursing, possibly at the James Cancer Center.

Beyer chose the Mount Carmel College of Nursing at Fairfield Medical Center (MCCN-FMC) because of Mount Carmel's excellent reputation and the proximity of the location at FMC.

"The other nursing programs we looked at just couldn't compare," Beyer said. "I really like the MCCN-FMC program. Its small size means the students become close to each other and to the instructors."

Beyer is thrilled with receiving the scholarship and happy she took the time to apply and write the essays about herself and why she needed the scholarship. Her grandparents, Bob and Charlotte Beyer, are members of the Lions Club and told her about the scholarship opportunity.



Congratulations to Lions Club scholarship winner, **Audrey Beyer!**



Scholarship Opportunity for Seniors

Deadline: March 7, 2011

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

The eligibility criteria:

- + Senior nursing student who has or will graduate in 2011 and has not yet passed the state board exam
- + An interest in critical or progressive care
- + One written professional reference and contact information for two 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

The AACN-COC was established in 1975. Meetings are held on the third Wednesday of the month, September through May. Benefits of belonging to the organization include networking, educational offerings with contact hours and dinner, professionalism, opportunities to serve and develop leadership skills, and most of all a place to have fun!

AACN-COC board members request that the student who is awarded the scholarship attend the meeting on May 18, 2011, for a presentation of the monies.

For more information, contact us at aacncoc@yahoo.com or call

President	Vickie Gloeckner	234-7793
Secretary	Cheryl Williams	234-6195
Treasurer	Raejeanne Powers	234-6060

Please submit your essay and references by March 7, 2011 to:

AACNCOC
PO Box 485
Columbus, Ohio 43216

We look forward to you joining the exciting fields of critical care and progressive care nursing and hope we are a part of your journey.

Respectfully,

Vickie Gloeckner, Cheryl Williams, Raejeanne Powers, Barbi Potts, Michele Lindner-Nash, Dorina Harper, K. Ashworth, Barb Powell, and Matthew Steele

AACN-COC Officers and Board Members

Affiliated Course Schedule — Deadline Has Passed

Any student taking a Winter Quarter 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). **The deadline to submit the schedule to MCCN was Friday, January 7!**

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 for Winter Semester. 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 SUBMITTED A COPY OF YOUR CSCC OR OSU SCHEDULE — DO SO IMMEDIATELY!

Interested in Working in an Ohio Hospital After Graduation?

Register at www.OHHealthJobs.com

OHHealthJobs.com provides resources to search for available jobs in the healthcare field.

By registering for FREE with OHHealthJobs.com, you can

- + Post and edit your resume
- + Express interest in a specific hospital's job postings
- + Receive email notifications when new jobs are posted that match your skills and qualification

Register for a FREE account at www.OHHealthJobs.com

Follow OHHealthJobs.com on Twitter @ OHHealthJobs. Become a *Facebook* fan at www.facebook.com/OHHealthJobs.

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*)

Saturdays 11 a.m. – noon
Technique

\$2 per class for students
\$5 per class for faculty/staff

To register, email dance instructor
Kristi Kowalski at
kkowalski@mccn.edu.

69 Students Set to Complete SDAP IV on January 28



Happy soon-to-be MCCN graduates!

The Second Degree Accelerated Program (SDAP) completion ceremony will be held on January, 28, 2011. This celebration marks the fourth and largest SDAP class to complete the rigorous 13-month program.

Awards to be presented at the celebration include the SDAP alumni grant, the classmate-nominated *Lamp Award* and *Inspiration Award*, and the faculty-nominated *Clinical Excellence Award*.

“With the largest group to ever participate in the SDAP, this has been a challenging, but rewarding year,” said SDAP Coordinator **Barbara Potts, M.Ed, BSN, RN, CCRN**.

There have been several milestones along the way for this year’s cohort: two weddings, three engagements, two bought new homes, two moved to new homes, two pregnancies, four continued their military duty with one promoted to major; one student ran two marathons; three celebrated one-year anniversaries; one celebrated six years of marriage and one celebrated 21 years.

“Several of the students in SDAP IV have already been offered jobs in the Mount Carmel Health System (MCHS), as a result of their transitions experience. Employers seem to gravitate to the SDAP graduate because they are older, more mature and driven to succeed,” Potts said.

One of the SDAP IV graduates headed to the MCHS is **Hannah Mugambi**, who will work on a Mount Carmel St. Ann’s Med/Surg Unit. Her long-range career goals are to attain a public health/advanced nurse practitioner degree and engage in public health nursing in a community health setting or in a developing country, particularly in East/Sub-Saharan Africa.

“SDAP is an intense and challenging program but well worth the effort. Support is available from instructors, staff and college resources,” said Mugambi, who will miss most the experience of different clinical environments/disciplines through the rotations.

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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 the *Signing for Instruction* form on the library website at least 48 hours in advance, or by contacting a librarian in person.



Student Activity Opportunities

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.

69 Students Set to Complete SDAP IV on January 28 *cont'd*

Mugambi's motivation to pursue the nursing profession was her previous experience working in a community health setting with low income, un/underinsured clients coupled with her desire to have a greater impact in promoting healthy behaviors and empowering acute and chronic disease management especially in vulnerable populations.

"We learned a lot from SDAP IV and look forward to calling these graduates our peers in the near future," Potts concluded. "On January 28, MCCN is adding 69 dedicated individuals to the rank of alumni. From what we have seen in the classroom and clinical setting, this is an excellent representation to the health care industry of the caliber of student that MCCN produces."



SDAP IV

IT'S ABUSE

Monday, January 31, at noon, College Lounge
EMINEM and Rihanna's "Love the Way You Lie"
With Sarah Ozello, "It's Abuse" Campus Coordinator

A Student Government Association (SGA) Initiative
FREE LUNCH with RSVP by Friday, January 28

RSVP to Director of Student Life **Colleen Cipriani**
at 234-5828 or ccipriani@mccn.edu



What is "It's Abuse"?

"It's Abuse" is a peer-to-peer relationship abuse awareness campaign that strives to break the silence about abuse on college campuses. The goals of the "It's Abuse" campaign:

1. Raise awareness among students of the warning signs of physical, verbal, and emotional relationship abuse; it's all about control;
2. Educate students about maintaining healthy relationships now, and throughout their adult lives; it's all about respect; and
3. Generate awareness of campus and community resources for victims (and perpetrators) of relationship abuse.

Gladden Community House Homework Help Program *Community Service Volunteer Opportunity*

Make a difference in the lives of neighborhood children...

Gladden Community House (www.gladden-us.org) needs caring students to volunteer in the Homework Help program at least one afternoon per month, 3:30 – 5:30 p.m., Tuesday, Wednesday or Thursday, now through June. Contact Tricia Jones to express interest and schedule an interview (614-227-1619, jones.gladden@gmail.com).

"Gladden Community House Homework Help program is a very rewarding volunteer opportunity that directly impacts our neighbors in the Franklinton community. Volunteering mainly involves assisting elementary-middle school, sometimes pre-school children, with their homework, reading or learning challenges," said **Hannah Mugambi, SDAP IV**.

Along with an OSU PhD student volunteering for Gladden House this past summer, Mugambi put together a summer reading program and included incorporating nutrition teaching and healthy snack choices in one of the reading sessions.

"The proximity of Gladden House to the College makes it an easily accessible volunteer site, and the flexibility and openness of Gladden House staff to volunteer input makes it a rewarding experience," Mugambi added.

"MCCN student, **Hannah Mugambi**, was a key volunteer in getting this program up and running. We were hoping to find more dedicated and compassionate people like her from MCCN," said Jones.



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
SECRETARY OF PUBLIC RELATIONS	Brooke Waddell

SENIOR CLASS REPRESENTATIVES

Melissa Bally
Emily Berry
Brittnee Doran
Emily Lust

JUNIOR CLASS REPRESENTATIVES

Ashley Degeoey*
Stephanie Harris
Brittany Richards
Dani Smith

*Fairfield Medical Center SGA representative

SOPHOMORE CLASS REPRESENTATIVES

Lyndsey Melvin
Benjamin Moore
Jena Verbance
Symphony Voelkel
Molly Wake

FRESHMAN CLASS REPRESENTATIVES

Devon Baldwin
Ebonee Caldwell
Annie Hahn
Stephanie Rienschield
Ashli Temple

ADVISOR

Colleen Cipriani

Freshman Honored as Airman of the Year for the State of Ohio Now in the Running for National Honor *cont'd from page 4*



Photo courtesy of Lauren Dortmund

Major General Harry Feucht: Assistant Adjutant General for the State of Ohio with **Lauren** at the award ceremony



Photo courtesy of Lauren Dortmund

SGM (Sergeant Major) Douglas Childs, pictured here with **Lauren** at the award ceremony, taught the MCCN Military Nursing seminar (Introduction to Officership) offered at the College in connection with the OSU ROTC Department.

According to Wallace, candidates for this prestigious award are graded in three areas: job performance and leadership, self-improvement, and community and air force base involvement.

Wallace described Dortmund's involvement with a joint mission by the Air and Army National Guards to create teams composed of military personnel ready to step in and provide treatment in the event of a terror attack or widespread illness. "Lauren stepped up and volunteered for this initiative," Wallace said.

Dortmund is grateful for this honor to represent her unit statewide and nationally. In her unit at Rickenbacker, Dortmund participates in ensuring that all service members are medically ready to be deployed. She is also qualified as a search and extraction medic and a member of the Homeland Response Force, ready to serve in case of emergency.

"My father is a member of the Air National Guard. Growing up, I always wanted to serve in the military and pursue a profession in medicine. I love both equally," said Dortmund. "After I graduate and pass my board exam, I hope to enlist into the Air Force Nursing Core as an officer and pursue a career in Emergency Medicine/ Critical Care."

SNAM News

SNAM Meeting Today, January 24, at 12 noon in the College Lounge

SNAM T-shirt Sale

SNAM T-shirts are still for sale, at \$12 each. Turn all order forms and money into **Kayla Munk's** mailbox. Make checks payable to MCCN SLA.



SNAM Meetings 2011

- + March 28
- + April 25

Disaster Preparedness Class

The class will be held on February 3 (Registration will be online). Those students who are enrolled in the Disaster Preparedness Seminar are automatically registered.

Conventions and Conference

- + **NSNA Annual Convention** will take place April 6 -10, 2011, in Salt Lake City, Utah.
- + **ONSA Leadership Conference** will be on March 26, 2011, location TBA.
- + **2011 ONSA Annual Convention** will be held on October 7 - 8, 2011, at The University of Toledo.

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



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

Degree Audits

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits.

Contact **Janet Turner** (614-234-3870) to schedule an appointment.

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

Advanced Placement Program (APP)

Deadline for application to the Summer 2011 Advanced Placement Program (APP) is February 1. Students with a minimum 3.00 cumulative grade point average who have successfully completed all non-nursing courses in the freshman and sophomore curriculum (with the *possible* exception of HLTH 210, SCIE 230 and SCIE 231) are eligible to apply for APP.

Admission to this program is very competitive, and not all applicants are accepted. There are a limited number of internal and external seats available, and candidates are chosen based on high academic achievement and successful completion of necessary prerequisite coursework.

Details and application materials are available on CARMELink. To locate the information about the MCCN Advanced Placement Program:

- + log in to CARMELink
- + on the Home tab, find the Announcements section
- + click on the + beside Freshman Announcements
- + download and print the application
- + all applications are due by February 1, 2011



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Deadline for information is every other Monday at noon.

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