



Rapper

Mount Carmel College of Nursing News and Information

January 25, 2010

Pinning Propels a RECORD NUMBER of Sophomores from Academic to Clinical Studies



A milestone day for sophomore students at Mount Carmel College of Nursing at Fairfield Medical Center (MCCN-FMC). Celebrating the first Pinning Ceremony for MCCN-FMC are 16 of the 20 MCCN-FMC sophomores. **Congratulations to all members of the class of 2012!**

On January 10, 143 MCCN sophomores, a record number, participated in the College's traditional Sophomore Pinning Ceremony. Another first was that this class of 2012 includes the first sophomores from MCCN's first satellite campus, at Fairfield Medical Center in Lancaster, Ohio.

A collaboration among MCCN, Fairfield Medical Center (FMC), and Ohio University-Lancaster, the new MCCN-FMC program delivers the same nursing education in the Mount Carmel tradition of excellence, at a location convenient to the Lancaster, Ohio, area. There are 20 sophomores in this new program.

"This ceremony is symbolic as the recognition of our students' hard work and perseverance; as the celebration of a significant turning point in nursing education, and as the presentation of the 'lamp pin,' which heralds this new adventure for our sophomore nursing students," says MCCN President/Dean, **Ann E. Schiele, PhD, RN**.

"This is also a milestone event because we celebrated the very first pinning ceremony with our students in the MCCN program at Fairfield Medical Center," adds Dr. Schiele.

Historically, the pinning ceremony was the first official donning of the "student nurse" cap and uniform, marking the beginning of clinical education when student nurses start caring for "real" patients. Today's student no longer receives and wears a cap, but rather 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.

This modern ceremony for MCCN's sophomore nursing students characterizes the spirit of caring modeled by Ms. Nightingale and represents the ministry that these aspiring nurses now undertake.

Several students took significant roles in the ceremony: **Ashley DeGoey, Aaron Powell, and Amanda Williams** read from Scripture. **Chelsi Cummings** and **Ashley James** performed a musical reflection. **Stephanie Ledbetter** and **Meena Mathew** said the closing prayer.

Upon graduation in 2012, the class will receive a MCCN graduate pin to replace the gold lamp pin.

Event photographer Bruce Heflin took photos at the January 10 Sophomore Pinning Ceremony. Photos of the event and of each individual pinning may be purchased at Heflin's website: www.mypicturesnow.com.

A special thank you is extended to Student Ambassadors: **Brittney Bradshaw, Nicole Cistone, Andrea Colabuno, Yvonne Spencer, and Jenny Young**, who assisted with the ceremony.

Important DATES

<u>JANUARY 25</u>	Rho Omicron meeting, noon, gym Mexico mission trip meeting, noon, Wilson room
<u>JANUARY 29</u>	SDAP III Program Completion
<u>FEBRUARY 1</u>	Advanced Placement Program application deadline SGA Talent Show and bake sale, noon, gym
<u>FEBRUARY 8</u>	SNAM Blood Drive, noon, gym
<u>FEBRUARY 10</u>	Free Student Dinner, 7-8:30 p.m., rec room
<u>FEBRUARY 12</u>	Last day to drop any Term 1 course
<u>FEBRUARY 26</u>	Term 1 ends
<u>MARCH 1</u>	Term 1 clinical exams
<u>MARCH 2-5</u>	Spring break
<u>MARCH 8</u>	Term 2 begins
<u>MARCH 15</u>	MCCN summer session registration begins (current students only)

Save the DATE!

Nurse Night 2010 with the Columbus Blue Jackets will be on Friday, March 19, more information to follow soon.

ADVANCED Placement Program (APP)

Deadline for application to the summer 2010 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 a limited number of internal and external applicants will be accepted based on strong academic achievement and successful completion of prerequisite coursework. Details and application materials have been distributed to all current freshmen student mailboxes. See **Karen Greene**, Director of Records and Registration, (614-234-5685, klgreene@mchs.com) with questions about APP.

SUMMER Session 2010

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.*

Summer registration begins on March 15. Registration materials and instructions will be available on March 8.

Continued on page 2...

Pinning Propels a **RECORD NUMBER**
of Sophomores from Academic to Clinical Studies cont'd



Degree AUDITS

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

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

APPLICATION for Graduation

Applications for graduation must be on file in order to begin the graduation process. Applications were distributed to students at the start of fall semester 2009. If you expect to complete degree requirements at any time from **March 2010 through October 2010** and have not already done so, please submit your graduation application **now!** The required graduation fee will be charged to your student account in the semester you graduate.

Contact the applicable office to obtain a graduation application:

- Pre-licensure students: Records and Registration (Marian Hall-Room 201)
- RN-BSN or master's students: **Kip Sexton** (Marian Hall-Room 301)

General Membership MEETING

Today, January 25, 2010
 12 Noon
 College of Nursing Gym



Guest Speaker **Kay Ball, PhD, RN, CNOR, FAAN**, will be presenting "Nursing: A Balancing Act"

Registration required for this **FREE** event.

RSVP via **WebCT Resources Announcements (Rho Omicron Announcements)** or call **234-5800** by **January 19, 2009**.

Free honor cords for the graduation ceremony will be given to students in the SDAP program who are present at the luncheon. Honor cords will be available at the second luncheon in March for those students graduating in May 2010. Those students who are not able to attend the luncheon may purchase honor cords independently from **Sherry Hull**.

NURS 408 Clinical Preferences

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

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

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

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

MCCN is FRONT PAGE NEWS — SDAP Featured



Travis Minzler

MCCN's *Second Degree Accelerated Program (SDAP)* was featured on the front page of *The Columbus Dispatch* on Sunday, January 17. Highlighting soon-to-be SDAP graduate, **Travis Minzler**, the article chronicled Minzler's history as a manufacturing production manager and the transition to his dream career of nursing via the SDAP.

Also highlighted was new SDAP student, **Tracy King**, who just began the program this month. After ten years as a middle school teacher, King is pursuing her long-time love for nursing.

The article also cited recent high interest in the nursing profession and the resulting increased demand for nursing education, in both traditional and accelerated programs. In today's economic climate, healthcare is one of the few areas exhibiting growth. And the need is projected to continue well into the next decade, when researchers anticipate that Ohio will experience a nurse shortage of 32,000 by 2020.

MCCN President/Dean, **Dr. Ann Schiele**, was quoted several times in the article, including a statement that the nursing profession requires not only excellent academic skills, but also a passion and concern for others.

ATTENTION Breastfeeding Moms

If you are in need of a private place to pump breast milk, you are welcome in the Mother/Infant Unit in Mount Carmel West Hospital, located on 6S/6W. Questions? Contact **Colleen Cipriani** at 614-234-5868 or ccipriani@mchs.com.

From the GOLDEN State to the Buckeye State: Student Travels Cross Country to Attend SDAP



SDAP III student, **Arlene Bulanon**, traded her sunglasses for woolen scarves, hats and gloves when she moved here from California to pursue her dream of a fulfilling nursing career.

Based on this recommendation, Bulanon looked into MCCN's SDAP, liked what she found out, applied, and was accepted. "Coming here has been the best decision I ever made. Then the Schwemley Foundation offered me assistance if I would return to California, and the location they requested was the county where I grew up. Since I decided to go into nursing, things like this have been happening," says Bulanon.

"The SDAP is a challenging program. When they say accelerated, they are so not kidding. You just have to put out the fires as they come, and the best support comes from your classmates. No one else understands what SDAP students go through better than other SDAP students," said Bulanon. "I'm not going to lie, SDAP is hard. But while SDAP is the hardest thing I've ever done, it is also the best thing I've ever done."

In the midst of the intense studying, Bulanon somehow found time to discover and love Columbus. Every week she did something here that was different from her life in California. With departure imminent, she finds that there are still items left on the list.

"When I came here, my parents insisted that I bring along a set of tire chains for the snowy Ohio roads. My classmates teased me all the time about those chains. And you know, I never did use them, they're still in the trunk."

"I wasn't even sure exactly where Ohio was until I was accepted at Mount Carmel. I just knew it was close to one of the great lakes. Now I feel really sad to be leaving Ohio," says Arlene Bulanon, who will complete SDAP III on Friday and then head back home to California.

"California is great, and I've lived there all my life. But Ohio has things I can't get there, such as four seasons. I had never seen colors like the ones I saw here last fall," Bulanon says.

With a degree in business administration, Bulanon had worked for an insurance company, and then a couple of mortgage companies. When the company went out of business, Bulanon saw it as a sign that it was time to pay attention to the nursing dream she had put on hold.

Then in one of those six degrees of separation incidents, her dad mentioned at tennis that his daughter was looking at nursing programs. One of the other players was the wife of the administrator of the Schwemley Foundation, established by the late **Kathryn Schwemley** (an alumna). The Schwemley Foundation awards several scholarships to MCCN students every year.

Chaplain's CORNER

By Pete McClemon, College Chaplain

Our Sisters and Brothers in Haiti — A Prayer in the Midst of Horror

At every corner, O God, we see pain. Lives taken — hopes crushed — dreams destroyed.

Buildings have crumbled — desperation has won. Hopelessness has turned into violence.

So far from all this devastation, we ache to help. We see images of broken bodies — despair-seared faces. We want to give — to be part of the healing.

We know you are there — you have to be! Your hands: in the tired hands of doctors and nurses — Your heart: in the relentless determination of loved ones to find loved ones — Your feet: walking courageously through the crushed buildings — Your shoulders: bearing the burden of burying the dead.

We want to scream at the utter unfairness of it all. Why these people? Why this place? Why this horrible?

Questions that know no answers — the forces of nature do not discern.

Draw us beyond ourselves to the sides of our suffering sisters and brothers. Inspire us to action — some thing to do — to send — to give — to make things even a little better.

And hold them all, O God — hold them tight. They feel hopeless, desperate, abandoned. So keep holding them, O God. Keep holding them. Don't let them go. They are your children.

MONEY Matters

Notes from Alyncia:

HAPPY NEW YEAR!

FAFSA Renewal

The beginning of the year marks the beginning of the FAFSA (Free Application for Federal Student Aid) renewal season. I am often asked, "Do I really need to complete the FAFSA?" My reply is always, "Yes." Completing the FAFSA does not mean that you have to accept the entire financial aid award offer from the school. So, what are the benefits of completing the FAFSA?

- 1) The student may be eligible for grants or other aid that you are not aware of.
- 2) Many scholarships require that the student complete a FAFSA.
- 3) It assists in determining need for institutional financial aid.
- 4) The state aid is based upon FAFSA information.

The process is simple and can be completed within 30 minutes. All you need are the 2009 tax returns. For dependent students that would include both the parent(s) of the dependent student and the student's 2009 tax return. For independent students that would include the student and the spouse if applicable.

Please remember, there are specific guidelines for determining dependency status. Students living on their own and under the age of 24 will not necessarily qualify as independent students.

If you are the parent of a dependent student and have chosen not to provide any financial assistance to the student, please contact me and we will discuss how to complete the FAFSA and the form you will need to sign relinquishing you of this responsibility.

If you need assistance with completing your FAFSA, please contact **Shavonna Carroll** at 614-234-1842 to schedule an appointment. Please make certain you have completed your 2009 tax return prior to scheduling the appointment.

Important Information

- 1) The FAFSA that you will be completing will be for the 2010-2011 academic year.
- 2) For students planning on participating in the Advance Placement Program in the summer of 2010, the FAFSA must be submitted by **March 15th**.
- 3) The academic year begins in August 2010 – you will need to submit your FAFSA by July 1st.

Scholarships

Later this semester, the chair of the scholarship committee will begin notifying students of the application process for MCCN sponsored scholarships. It is important that students apply for the scholarships for which they meet the criteria. Please pay close attention to the deadline dates. For additional questions please contact **Kathy Espy**, chair of the scholarship committee, at 614-234-5276 or kepsy@mchs.com.

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



FAFSA Facts

The FAFSA on the Web became available on January 1, 2010. Thus, it is time to renew your FAFSA for 2010-2011.

If you are planning on doing one of the following:

1. Enrolling in the APP program
2. Taking summer classes
3. Applying for scholarships

Then you will need to complete your FAFSA application by **April 1, 2010**.

If you are planning on taking classes for the fall semester, then you will need to complete your FAFSA application by **July 1, 2010**.

For returning students, click on www.fafsa.ed.gov and complete the **RENEWAL FAFSA**.

To help you complete the application you will need the following:

- Tax and Income information from 2009 (**Taxes must be completed in order to process your FAFSA.**)
- Social Security Number
- Assistance from a parent or guardian, unless you are considered independent per the FAFSA guidelines

If you have questions, please contact the Financial Aid Office at 614-234-1842.

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

PRESIDENT: Sarah Eichhorn (Senior)

VICE PRESIDENT: Emily Lust (Junior)

SECRETARY OF RECORDS: Angela Snider (Senior)

TREASURER: Leah Lewis (Senior)

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

SENIOR CLASS REPRESENTATIVES

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

JUNIOR CLASS REPRESENTATIVES

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

SOPHOMORE CLASS REPRESENTATIVES

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

*Fairfield Medical Center SGA representative

FRESHMAN CLASS REPRESENTATIVES

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

ADVISOR

Colleen Cipriani

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

62 Students to Complete SDAP III this Friday



Soon-to-be SDAP grads (l-r): **Jay King, Cassie Wilkin, Carrie Brady,** and **J. Scott Elder** (in front).

The *Second Degree Accelerated Program (SDAP)* completion ceremony will be held on January, 29, 2010. This celebration marks the third 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*. Two members of this 2009-10 class will be awarded commissions as officers in active military service: **Cassandra Wilkin** in the United States Army and **Derek Harris** in the United States Air Force.

"Working with this group of students has been very rewarding not only to me, but to each of the SDAP faculty," says **Barbara Potts, M.Ed, BSN, RN, CCRN**, Program Coordinator, Second Degree Accelerated Program.

Carrie Brady already had a challenging career practicing law for four years, but it wasn't meaningful or inspiring to her.

"I wanted to have an impact, in a more immediate way, on someone's life. After researching career options, it became obvious that nursing would be a good fit," says Brady. "From the day I met my first patient, a sweet 76-year-old man, I knew it was the right decision."

Brady's favorite patient population is geriatrics, so after a few years in med-surg, she may enter cardiac or hospice care. Someday, she hopes to find a position that combines nursing and law, such as a leadership role within a hospital.

"The SDAP instructors are fantastic and I feel well-prepared to be a nurse," Brady says. "After 13 months of so much togetherness, I will miss my classmates the most. It will be strange when we go our separate ways. I guess I'll have to spend more time on *Facebook* to keep up with everyone," adds Brady. "Thanks to my husband for all of his support and encouragement, and best of luck to my fellow SDAP classmates!"

Scott Elder came to nursing following an exciting eight-year career in human resources, which included business travel across the U.S. and to Europe, and a couple years of consulting from home.

"I had the great fortune to be downsized from a job. I took some time to reflect on what I was giving to and getting from the world, and things were certainly out of balance. I had unused skills and abilities, and didn't have a sense of fulfillment in my work. That led me to some soul-searching and career exploration, which (to no one's surprise) led me to nursing. About half my family is in the field, so I guess I couldn't have escaped it anyway," says Elder.

Elder chose MCCN "because it has a great reputation in the community for turning out superior nurses who are focused on the holistic view of the patient beyond her/his clinical situation." Elder appreciates the SDAP instructors for helping the students succeed, as well as "the relationships forged with other students that made all the difference in getting through the tougher times."

After completion, Elder plans to take a relaxing trip somewhere warm, pass the NCLEX, then hopefully land a job either at Nationwide Children's or in a NICU here in Columbus. "Since this is a complete career change, I'm not entirely sure where my path leads, but I'm currently contemplating PNP/FNP, CRNA and academia. For now, I'd like to get a bit of experience in the 'real' world and I'm sure I'll be directed where I'm needed."

Jay King enjoys helping and teaching people and believes nurses have a variety of ways to serve in these capacities. "The schedule also appeals to my outdoor hobbies. My previous degree was B.S. in Education for Recreation and Tourism. I taught Environmental Education and led outdoor adventure trips," says King.

Long-range career goals include an interest in flight nursing, volunteering abroad and perhaps teaching. "With so many interests, I'll be content with whatever happens," King says.

"The SDAP is a very intense, but manageable program. Prior to this program, I knew only a couple of teachers on a first name basis, but here at MCCN that was very common. The instructors have a challenging workload and pull it off in style," says King. "I'm going to miss seeing my classmates as often as I do now. We've spent a lot of time learning and growing together."

Following completion, King plans to "relax, pass the boards and find a job — probably in that order. Best of luck to my fellow classmates with after-SDAP life! Thanks to all the wonderful instructors who helped guide a new group of people into a timeless profession."

Cassie Wilkin has been accepted as a second lieutenant (2LT) in the United States Army. In May, she will travel to San Antonio, Texas, for a nine-week Officer Training Course, and then will move to Landstuhl, Germany, for three years. Landstuhl is the first treatment center for wounded soldiers coming out of Afghanistan, Iraq, etc.

Prior to enrolling in the SDAP, Wilkin worked as the administrator of a pediatric practice here in Columbus. "I returned to school for nursing so that at the end of the day, I felt that I made a difference; that I did more than earn another dollar. This is the entire reason that I decided to join the U.S. Army RN Corps. I cannot do what these soldiers do, but I can serve and care for them," says Wilkin.

"At this point, I want to gain as much knowledge and experience as I can in the medical field, but my long-term career goals will always include making a difference and improving the lives of others."

Wilkin calls the MCCN SDAP "a great program with a dedicated staff." She will miss most the Cheesy Rounds for breakfast from the MCW cafeteria ("Ya gotta try them!"). Carpenito will be missed the least. "Thanks to everyone in SDAP III for an amazing 13 months, and to the professors who helped us through."

Advice to SDAP IV from SDAP III

"Two pieces of advice: first, trust the instructors — you will get there, and they will help you. Second, figure out what is out of your control in SDAP, and absolutely do not stress about those things. For example, you'll never get your class/clinical schedule more than three days in advance, and you'll never have time to read every page assigned. Accept these things, and you'll be able to focus on the many things in SDAP that are worth stressing over."

— **Carrie Brady**

"Above all, remember to breathe. Don't stress out thinking about all that you have to accomplish in a short time. Merely take each week a step at a time and get comfortable working with assignments and tests on the day they happen. You'll drive yourself and everyone around you crazy if you try to stay ahead of the curve."

— **Scott Elder**

"Relax, the trials of each grouping of classes will prepare you for the next. Talk to your instructors! They have immense knowledge and want you to succeed! Study but make sure you take time to decompress. Get to know your classmates, you'll be with them most of the time and help each other succeed. Utilize your time wisely! Good luck, and you'll be done before you know it!"

— **Jay King**

"Take a deep breath and remember that tomorrow is another day to learn."

— **Cassie Wilkin**

SNAM News

Schedule of SNAM Activities

- January 25** SNAM Meeting
- February 8** American Red Cross Blood Drive, 9 a.m. – 3 p.m., gym
- February 22** SNAM Meeting and Elections
- March 22** SNAM Meeting
- April 7 -11** NSNA Annual Convention in Orlando, FL
- April 26** SNAM Meeting

SNAM Sponsors BLOOD Drive

American Red Cross Blood Drive
Monday, February 8
9 a.m. – 3 p.m., in the gym

All eligible persons who present for donation that day will be entered to win a year of free groceries from Kroger!

Next Mission Trip to MEXICO

May 13 – 16, 2010

Do you want to travel to Mexico on a medical mission trip? The trip may be taken for nursing seminar credit or 20 community service hours.

Come to the Informational Meeting!

Today, January 25, 2010
12 Noon
The Wilson Room, first floor,
College of Nursing

(Bring your lunch)

Trip is May 13-16, 2010

Cost — approximately \$600 (flight, food, lodging and expenses)

Passport required

Call **Kathy Espy**, 234-5276, or **Hannah O'Handley**, 234-3874.

Campus Ministry ACTIVITIES

Spring Semester 2010

CAMPUS MINISTRY — ONGOING ACTIVITIES:

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

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

**Please note a change in day and time for the weekly Bible Study.*

(thanks to Crystal Goods for her leadership)

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

WITH THE MOUNT CARMEL
HEALTH SYSTEM: Operation Feed (April)

The Carmel RAPPER

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

Managing Editor:
Robin Hutchinson Bell

Editor:
Elaine Kehoe

Deadline for information is every other Monday at noon.

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



MOUNT CARMEL
College of Nursing

Finding the "HIDDEN SUGARS" in Foods

By Patty Duffey, Dietetic Intern

When it comes to nutrition, sugar is sugar, regardless of the source. Cutting back sugar is one of the biggest health challenges Americans face — and not just on Valentine's Day. Limiting obvious items like candy and sweets is only part of the battle. Sugar can be "hidden" in many foods we consume. Here are some ways to find those added sugars, as well as a few suggestions to help avoid them:

1. Check the ingredient list on the food label. Sugar can be listed under various names — table sugar, brown sugar, powdered sugar, cane sugar, raw sugar, turbinado sugar, sorghum, high fructose corn syrup, maple syrup and honey. Also watch out for sugars with names that end in "ose." Glucose, dextrose, maltose, lactose and fructose are forms of sugar found in many products.
2. The order in which ingredients are listed on the food label is important. Ingredients must be listed in order of relative amounts. So, the lower on the ingredient list, the less added to the product. The same often goes for recipes. If sugar is in the top four ingredients, think twice.
3. Some sugary foods are obvious, such as sugar-coated cereals, baked goods and sweetened soft-drinks. On the other hand, a lot of sugar can be found in many healthier looking foods, including instant flavored oatmeal, low-fat salad dressing and flavored yogurt. Be careful with condiments as well; ketchup can be loaded with sugar.
4. Fat-free doesn't mean sugar-free. When fat is taken out of a product it is usually replaced with sugars, which can tack on more calories. Lower-fat products are often a good choice.
5. Natural sugars, such as fructose found in fruits, are good for us. These do not need to be avoided. Try to limit added sugars present in many processed foods and high-calorie treats, and be surprised at the difference it makes!

Everything eaten is broken down into sugar in our bodies to use for energy. We need carbohydrates, or sugar, as part of a well balanced diet for energy; however, the problem is that we're eating it in excess.

Making smarter decisions about foods that contain added sugar will help us get healthier and back on track for 2010. Choose drinks such as sparkling water instead of regular soda, buy fruit that contains natural sugars for breakfast, instead of donuts or pastries, and finally — always read those nutritional labels!

Looking for Community Service HOURS?

For a list of some suggested agencies that have been approved for community service, go to "Resources" under WebCT and click on the "Community Services" icon.

IMPORTANT: When calling to inquire about volunteer opportunities, be sure to emphasize that your volunteer experience must be working directly with the vulnerable and at-risk populations the agency serves.

Volunteer Agency Profile: The Epilepsy Foundation Central Ohio

This private, non-profit social service organization provides services to people living with Epilepsy/Seizure Disorder, their families and caregivers, as well as providing public education. The mission is to enhance the quality of life for those affected by epilepsy and to increase the understanding of epilepsy in Central Ohio.

The Foundation serves 12 counties in the Central Ohio region from an office in Columbus at 17 S. High Street (the corner of Broad and High Street), Suite 1000. Over 100,000 people this year were touched by the Foundation's services, education/training programs, and public information services.

One in 10 Americans will experience a seizure some time in their lives, and never know when a seizure could strike. People with epilepsy still face a stigma in our society associated with the disorder. One third of people with epilepsy are children.

Volunteer Opportunity—Camp Counselors: Camp Firebird is a camp for elementary and middle school students who have epilepsy. One week each summer, the kids are able to participate in activities most kids take for granted, such as swimming, canoeing, horseback riding, and going to the movies. The camp, consisting of cabins and indoor bath facilities, is held in Ashley, Ohio, July 5 - 10. There is a RN present the entire week. Training in seizure first aid, CPR, and counselor orientation is provided.

Contact Information: 614-358-0874 or www.epilepsy-ohio.org

WBNS-10TV Anchor JERRY REVISH Speaks at MCCN

This year's annual Dr. Martin Luther King, Jr. Birthday Celebration at the College featured a presentation by WBNS-10TV anchor, Jerry Revish. Revish spoke at noon on January 11 to a capacity crowd.



Speaker Jerry Revish

Pictured at the event are (l-r) **Douglas H. Stein**, President/Executive Director, Mount Carmel Foundation; **Dr. Ann Schiele**, **Kathy Espy**, Jerry Revish, Anchor, WBNS-10TV.



LIBRARY

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

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

SGA Will Host VARIETY Show on February 1

Don't miss the entertainment! Plan to attend at noon in the gym. Admission is free. The sign up sheet is at the front desk for anyone interested in submitting an act or talent. There will be four main prizes awarded, and all participants will get a small gift card.

Also on February 1 - SGA Bake Sale

Indulge your sweet tooth at the SGA bake sale, in the morning before class and at noon. Bake sale proceeds will be used to fund SGA-sponsored activities for students.

REVISED Smoking Policy

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

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

ATTENTION STUDENTS!

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



BE PREPARED for Winter Weather! SIGN UP TODAY!

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

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

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

By signing up for the MCCN Communications Alert System you can be alerted and informed in times of crisis, disaster and weather situations.

Faculty, students and staff may self-register for the new system by using an on-site MCCN computer.

- Via *Insight*, enter internet address <http://mccnalert.mchs.com> and simply follow the prompts.
- Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.
- The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.
- You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.

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

Student PARTY at the Wex*

*the Wexner Center on the OSU campus

Fri, February 19
6 - 10 p.m.

It's all Free!

Join students from colleges and universities across Central Ohio for a fun night of sports themed art and food. Explore the world of sports as seen by the contemporary artists in the Wexner Center's *Hard Targets* exhibition. Take a tour of the show, make your own pennants, "draw" with sports equipment, play video games and enjoy pizza, refreshments and desserts throughout the evening.

DR. JOANNE STEVENSON: *Author, Educator, Researcher, Nurse*

Joanne S. Stevenson, PhD, RN, FAAN, Professor in the MCCN master's program, died last week following a battle with cancer. Dr. Stevenson had been on the faculty here since June 2003. "We have been so blessed to have her with us and will really miss her," said **Ann Schiele, PhD, RN**, President/Dean.

"Joanne's passing is a great loss to the College, to the profession of nursing, and to the healthcare industry. Her brilliant mind, her passion for research, and her dedication to preparing the future generations of nurse leaders contributed so much to the excellence of nursing care and education. Her work and insights will continue to be influential for years to come," added Dr. Schiele.

Dr. Stevenson, a nationally recognized nurse leader and trail-blazing nurse researcher, was the recipient of numerous awards and honors for her advancement of research in nursing.

Dr. Stevenson published six books, almost 100 nursing articles, and received four American Journal of Nursing Book of the Year Awards. She was listed in *Who's Who of the World*, and selected to the most elite nursing organizations in the United States. She was a Fulbright Senior Scholar (1995-1996) to Florianopolis, Brazil.

Dr. Stevenson earned her degrees at The Ohio State University (OSU). She held numerous leadership positions at the OSU College of Nursing and retired as professor emeritus from OSU in 1995. Dr. Stevenson then served Rutgers University in New Jersey as Professor and Associate Dean for Academic Affairs and Research and Director of their Graduate Programs from 1997-2002. She retired from there with the status of Professor Emeritus in 2002.

"I recruited Joanne to MCCN in June 2003 to guide the development of our master's program," said Dr. Schiele. "She continued, until her death, as a part time professor in the graduate program, teaching, and guiding faculty in scholarly work. She was the principal writer of the College's first significant grant—over \$300,000 for the start up of the graduate program."

Dr. Stevenson made several other contributions to MCCN during her tenure here, including Graduate Council, Faculty Assembly, Director of Research Facilitation, and Coordinator of the AACN Accreditation Self Study and Report.

Nationally, internationally, and locally, she served on several editorial and advisory boards, led task forces, and served as a consultant to numerous organizations and institutions.

Dr. Stevenson's research and clinical interests included healthy aging and gerontology/geriatrics, with a focus on health promotion and optimal functioning in middle age and older adulthood for women. Specifics included exercise and strength training and prevention/case finding/recovery from drug and alcohol abuse/dependency among middle-aged and older women.

Her research findings in these areas have the potential to improve the nursing care of individuals and healthcare for a whole generation of women.

Contributions in Dr. Stevenson's memory may be made to a Mount Carmel College of Nursing scholarship fund established in her honor. Please forward your donation to **Robin Shockley**, Coordinator, Administrative and Support Services at MCCN.



Mount Carmel College of Nursing Bids Farewell to Dr. Joanne Stevenson MEMORIAL SERVICE OF CELEBRATION IN MEMORY OF DR. JOANNE S. STEVENSON

Monday, February 15, at 2 p.m.
MSB Auditorium

We invite Dr. Stevenson's colleagues at MCCN and OSU, and anyone interested in honoring Dr. Stevenson to join us.

Students Enjoy a Free SPAGHETTI DINNER

Mark your calendars for the next free student dinner on Wednesday, February 10, from 7 to 8:30 p.m. Sloppy Joes will be the main menu item.



Emily Berry, Whitney Davidson, and Amelia Stacker take some time to sing a few tunes before they begin preparing the meal.



Stephanie Binkley, John Hickey, Kathryn Simon, and Kayla Munk with a few tools of the trade.



Some of the students enjoying their meals.

Trinity Health Response to Crisis in HAITI*

In response to the magnitude of damage caused by the earthquake, Trinity Health donated \$100,000 to relief efforts being coordinated by Catholic Relief Services, Catholic Medical Mission Board, and Project Haiti. All three organizations have long served the people of Haiti, and today have relief workers providing direct support and aid to earthquake survivors.

Trinity Health associates have a history of responding swiftly and generously in times of need. You rallied to aid victims of the Iowa Flood in 2008, Hurricane Katrina in 2005 and the Tsunami in Southeast Asia earlier that year. Cumulatively, associate donations have exceeded \$500,000.

Those interested in providing support for the people and rebuilding of Haiti are invited to visit the websites of these trusted organizations:

- **Catholic Medical Mission Board** (<http://www.cmmb.org/>) — Founded in 1928, this organization works collaboratively to provide quality health care programs and services, without discrimination, to people in need around the world.
- **Catholic Relief Services** (<http://www.catholicrelief.org/>) — CRS provides relief in emergency situations and helps people in developing countries through community based, sustainable initiatives.
- **Project Haiti** (<http://www.saintalphonsus.org/>) — Project Haiti was created in 1995 by the Saint Alphonsus Foundation in Boise to support St. Damien's Children's Hospital in Port-au-Prince, and a 550-bed orphanage. The hospital was severely damaged in the earthquake and will need to rebuild.

* condensed from a message from Joseph R. Swedish, President and CEO, Trinity Health