



Record number of Students Celebrate Completion of the Second Degree Accelerated Program in 13 Months



Photos courtesy of Bruce Heflin Photography.

Congratulations to our SDAP IV graduates!

The **Second Degree Accelerated Program (SDAP)** celebrated the fourth SDAP Completion Ceremony on January 28, 2011, with the 69 members of the 2010-2011 class receiving nursing pins and diplomas.

“For 13 months or 56 weeks or 390 days; comprising 59 clinical days, 22 skills lab days you were together with your classmates and nursing instructors,” said SDAP Coordinator, **Barbi Potts, M Ed, BSN, RN, CCRN**, in her comments at the ceremony. “We lived, ate, breathed, slept and dreamt SDAP. We became united, resembling a family, helping, supporting, guiding, and redirecting one another to accomplish the common goal, crossing the finish line.”

At the ceremony, the Lamp Award was given to **Molly Gotschall**; the Inspiration Award to Tracy King; and the Clinical Excellence award to **Emily Rush**. The SDAP Alumni Caring Leadership Awards were presented by the previous classes of SDAP alumni to **Justin Kelly** and **Ann Beauchamp**.

SDAP IV graduates, **Ryan Templeton** and **Molly Gotschall** offered the “Overall Reflection and Thank You.” **Jessica Wymer** presented “The Road Not Traveled” by Robert Frost. **Gail Himmelstein** and **Lori Lindsay** performed the inspirational readings.

continued on page 2...

February 7, 2011

dates to remember

February 7

Red Cross Blood Drive

February 11

Last day to drop any Term 1 course

February 25

Term 1 courses end

March 1-6

Spring break

March 26

ONSA Leadership Conference at MCCN

March 28

SNAM meeting

April 20

STTI Spring Scholarship Evening

April 22

Good Friday (holiday)

April 25

SNAM meeting

May 2-6

Final exams

May 7

Commencement 2011

Record number of Students Celebrate Completion of the Second Degree Accelerated Program is 13 Months *cont'd*

Elizabeth Tucker provided the "Presentation of Student Nomination Awards." **Grace Taylor, Emily Rush,** and **Christina Vajen** recognized faculty, and **Ann Winkler-Beauchamp** recognized hospital staff.

The ceremony included the *Nurse's Prayer*; and reflections on service and caring, learning and leadership, and support and friendship. The happy new grads celebrated with family and friends at a reception following the event.

Our newest alumni will take their Mount Carmel nursing skills across the nation. SDAP IV graduates will be practicing in nine states: California, Colorado, Georgia, Illinois, Kentucky, Michigan, Ohio, Rhode Island, and Washington.



SDAP IV Class of 2011

- Olajumoke Adetunji
 - Kevin Ahman
 - Bethlehem K. Alemayehu
 - Gregory John Allred
 - Jason J. Bausman
 - Ann Christine Beauchamp
 - Sarah McDaniel Becher
 - Rachel Suzanne Bechtol
 - Levi A. Bodey
 - Ashley Christine Brazal
 - Rochelle Burton
 - Lindsay Michele Carter
 - Corinne Renee Collier
 - *Katherine Louise Daprile
 - *Stacy Marie Dervin
 - Kelly Michelle Douple
 - Elaine Duley
 - Tara Michelle Elton
 - James Bernard Fisher
 - *Maria Christine Rose Fondriest
 - *Christina Monique Gallawa
 - Carrie A. Gibson-Annis
 - *Molly Beth Gotschall
 - Julie A. Harris
 - Karen Jean Havens
 - *Andria Lyn Haynes
 - Jennifer C. Heizer Gaines
 - Anita Marie Hernandez-Johnson
 - *Gail Marie Himmelstein
 - Farrell E. Jolly
 - Nicole Leigh Keene
 - Justin Thomas Kelly
 - Tracy L. King
 - Yekaterina M. Kobrina
 - April L. Kravevich
 - Whitney Rebecca Kyle
 - Kendall Broers Lallathin
 - Christina Marie Li
 - Lori A. Lindsey
 - William B. Marsh
 - Jessica Lee McBride
 - Shelley J. McGuire
 - Amy Kathleen Morrow
 - Lindsay Anne Melvin
 - Hannah Pauline Wanjiru Mugambi
 - Lauren Elizabeth Patton
 - Victoria Delian Poirier
 - *Karen Posey
 - *Meredith Anne Qualley
 - Nivedita S. Rao
 - Sophia Lauren Repik
 - *Angela M. Rogers
 - Emily Anne Rush
 - *Eileen Rutledge
 - Robin Lynette Schmitt
 - Mark Bishop Schubert
 - *Joy Kristine Sickles
 - *Nora Christine Slenk
 - Lesly Ann Starling
 - *Erin Elizabeth Steiner
 - *Grace Elizabeth Taylor
 - *Ryan Kay Templeton
 - *Jesse Tetirick
 - *Jenalee Rene Thibault
 - Elizabeth Bambina Tucker
 - *Christina Lee Vajen
 - Jessica Ann Wymer
 - *Andrea Katherine Young
 - Jennylle Zanzi
- * Denotes Sigma Theta Tau Honor Society

The SDAP Alumni Caring Leadership Award



Barbara Barta, PhD, RN, Assistant Dean, Undergraduate Program, (left) presents the Caring Leadership Award to **Ann Beauchamp**.



Barbara Barta, PhD, RN, Assistant Dean, Undergraduate Program, (left) presents the Caring Leadership Award to **Justin Kelly**.

Given by the Previous SDAP Classes

The SDAP Alumni Award is a “pay it back/ pay it forward” program initiated by SDAP graduates to recognize their alma mater for providing a life changing educational experience by directly supporting students currently enrolled in the program.

“The award gives back to the College in thanks for providing this innovative life-changing program and pays forward by providing support in recognition of the financial and personal sacrifices the SDAP students make to join the nursing profession,” said **David Small '08**.

The idea was generated five days before the 2008 class graduated. The SDAP I class felt grateful for the program. They wanted to give back to it and honor the SDAP faculty.

The SDAP I class contributes \$20/person for five years and invited future SDAP classes to consider the same donation, so the legacy can grow with each class.

The basis for the award is caring leadership. “There are many awards based on scholarship. We wanted our award to be based on a commitment and ability to perform in a manner consistent with the caring and compassionate components of our nursing education at MCCN,” said Small.

There are no requirements for use of the grant; it is intended to offset the tremendous debt many of the SDAP students typically have after completing the program.

The SDAP IV Student Nomination Awards

By **Elizabeth Tucker**

The SDAP IV student graduation committee wanted to reward our classmates for their hard work and dedication as students to the profession of nursing. We came up with the idea to nominate each other for the following recognition awards. Each track nominated an individual for each award.

The Jean Watson Award was presented to **Ann Beauchamp, Emily Rush** and **Jessica McBride**, who embraced the caring factor in the clinical setting, seeking to connect with patients by using both physical and spiritual ways of healing.

The Funniest Classmate Award winners, **Mark Schubert** and **Robin Schmitt**, always did their best to make others laugh, and it was very much appreciated! There are many people deserving of this award, because we definitely had a class full of personalities!

The Team Player Award recipients, **Ryan Templeton** and **Grace Taylor**, were always helping others in both the classroom and clinical setting — people to count on for support and encouragement wherever and whenever needed.

The Pollyanna Award recipients, **Andria Haynes** and **Molly Gotschall**, were always positive and encouraging throughout the program. We knew we could count on these two to have an optimistic outlook whenever we needed to see that light at the end of the tunnel!

The Guidance Award was presented to our “mothers” of the program. **Tracy King** and **Rochelle Burton** are nurturing, caring, and we all knew we could go to them for guidance and support.

Florence Nightingale Award winners, **Farrell Jolly** and **Stacy Dervin**, portrayed the qualities of compassion and commitment to patient care that Florence Nightingale espoused for nurses.

Caring Leadership Award

Freshman Receives GEM Award



GEM Award recipient **Matt LaFollette**

Freshman Matt LaFollette recently received a GEM Award for participating as a volunteer in a Mount Carmel West Code Adam drill.

“I was really happy that I was able to participate in a safety drill that will make the hospital better,” said LaFollette. “It feels great that someone took the time to thank me.”

La Follette hopes one day to earn a master’s in nursing and become a nurse practitioner. He chose nursing after his dying grandfather received dedicated care from the hospital healthcare team. “The nurses made him and my family comfortable in a horrible situation. I want to become a nurse so that I can give that kindness back to others.”

Congratulations to **Matt LaFollette** on receiving a GEM award!



Attention Students! Scholarship Information

Change in Application Process

Please note this change in the scholarship application process. All information about scholarships will now be sent to you through CARMELink. In the past, students received informational flyers in student mailboxes. The information about scholarships will begin soon, so please monitor CARMELink to access the information and submit your applications on time.

CARMELink will carry the link for students to print the informational flyer and the actual scholarship application to complete. The actual scholarship application will need to be submitted as a hard copy. No applications will be accepted online. Each scholarship will have its own link with complete instructions regarding which students are eligible and all pertinent information for submission. Any questions – contact **Kathy Espy** – 234-5276 or kespy@mchs.com.

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.

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.

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.

Affiliated Course Schedules

Any student taking Fall, Winter or Spring Quarter classes 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) after registering for CSCC or OSU classes.

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes. This is necessary in order to insure accuracy of MCCN student records. In addition, delinquent students may find themselves at less than full-time hours for enrollment or financial aid calculation.

Congratulations to...

Darrell Spurlock, Jr., PhD, RN, whose abstract, "Love-Hate: Work stress, hardiness, and burnout among nursing faculty in the United States," was accepted as part of the poster discussion format for the 2011 MNRS (Midwest Nursing Research Society) Annual Research Conference being held in Columbus, March 24-27, 2011.



Sigma Theta Tau International

Honor Society of Nursing

Central Ohio Consortium

Call for Posters 2011 Spring Scholarship Evening

Event Date: Wednesday, April 20, 2011
Abstract Submission Deadline: March 20, 2011



The Central Ohio Consortium of Sigma Theta Tau International will host a Spring Scholarship Evening on April 20, 2011, 5 — 8 p.m. at Mount Carmel College of Nursing. This event will celebrate global health nursing. During this celebration of nursing scholarship, Lisa Braun will share her experience as a Medical Assistance Team member and Principal Investigator in Afghanistan working toward the achievement of Afghanistan national Millennium Goals.

Nursing faculty, students, and nurses from the community are invited to present posters of this event. Membership in Sigma Theta Tau International is **not required** for participation.

Expectation of poster presenters:

- Presenters will register to attend the Spring Scholarship Evening. Registration fees: \$20 for students and \$35 for non-students. Mount Carmel College of Nursing students are admitted **FREE** with completed registration.
- Presenters will arrive at 4:30 p.m. to set up poster display on provided easels.
- Presenters will accompany their posters during the poster reception, 5 - 6 p.m.
- All posters should be capable of standing independently on provided easels.
- Any audio-visual equipment or extension cords needed with a poster presentation must be supplied by the participant.
- An abstract or handout describing the poster should be available for poster viewers.
- All poster presenters must send a poster abstract to address below by **March 10, 2011**.

Please direct any questions to Dr. Elizabeth Barker at: barker.203@osu.edu

APPLICATION INFORMATION

Send or email a poster abstract to Elizabeth Barker by March 20, 2011:

Mail address: The Ohio State University
College of Nursing
1585 Neil Avenue
396 Newton hall
Columbus, OH 43210
ATTN: Dr. Elizabeth Barker
Email address: barker.203@osu.edu

Poster abstracts must include:

Presenter name(s) with a designated contact person
Telephone and email contact information of contact person
Poster title
Abstract describing the poster's topic (not to exceed 150 words)

Epsilon
The Ohio State University

Kappa Lambda
Otterbein College

Rho Omicron
Mount Carmel College of Nursing

Theta Theta
Capital University

By **Kayla Munk**

President, Student Nurses' Association of Mount Carmel
President, Ohio Nursing Students' Association

NSNA/Nursing Spectrum/ Nurse Week Essay Contest

Deadline: March 11, 2011

Entrants are asked to answer the following question:

"If you could propose any change to healthcare, what would you change and how would the change impact the nursing profession?"

Awards/Prizes for Grand Prize Winner:

- + \$500 Gift Check
- + Complimentary registration to the 59th Annual NSNA Convention, Salt Palace Convention Center, Salt Lake City, UT, April 6-10, 2011.
- + The winning essay will be published online at www.nurse.com and www.nsna.org

Additional Prizes:

- + First Place: \$125
- + Second Place: \$100

For more information and for an application, email **Kayla Munk** at kmunk@mccn.edu

Upcoming Events

February 7: American Red Cross Blood Drive in the Gym 9 a.m. – 3 p.m. (If interested in volunteering, contact **Dawn Hughes** at dhughes@mchs.com)

March 26: ONSA Leadership Conference at Mount Carmel College of Nursing

March 28: SNAM Meeting

April 6 -10: National Student Nurses' Association Annual Convention in Salt Lake City, Utah

April 25: SNAM Meeting

Mount Carmel College of Nursing to host the 4th Annual Ohio Nursing Students' Association Leadership Conference!

On March 26, 2011, Mount Carmel College of Nursing will host the 2011 Ohio Nursing Students' Association Leadership Conference. This day-long event is sponsored by The U.S. Navy and the Ohio Nurses' Association.

The Ohio Nursing Students' Association (ONSA) is the only organization in our state representing the interests of Ohio nursing students. With more than 1,500 members, ONSA is currently one of the largest chapters of the National Student Nurses' Association. The ONSA has so much to offer to students, and the annual conference is a great opportunity to get involved with various aspects of the ONSA, to meet other nursing students from across the state, and listen to various leadership speakers.

There is much in store at this year's leadership conference, such as learning ways increase membership in your school's student nurses' association, and a treasurer's workshop. There will also be an opportunity to meet with the Board of Directors to gain insight on projects your student nurses'

association may be working on, such as breakthrough to nursing, community health, and legislative projects.

All Ohio nursing students are invited to attend the conference, even if they are not members of the ONSA. For more information and schedule of events, visit the ONSA website at www.choosenursingoh.com. Registration is \$17 online on the ONSA website, and \$20 at the door.

Interested in learning how blood is processed?

The Student Nurses' Association of Mount Carmel (SNAM) has teamed up with the American Red Cross to offer tours of their facility to MCCN students. The tours will give students a better understanding of the component manufacturing process in which the whole blood is divided into red blood cells, platelets, and plasma from a single unit. This helps three different patients—very efficient!

On Monday, March 7, at 1 p.m., the American Red Cross will offer tours for MCCN students of their facility at 995 E. Broad Street. If interested in taking a tour, please contact **Stephanie Binkley**, SNAM Membership Director, at sbinkley@mccn.edu.

MONEY matters

Notes from Alyncia

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, Federal Stafford and Plus loans were processed. Private loans are 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 began processing on 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.

Alyncia Bowen, PhD, MSA

Director of Financial Aid

abowen@mchs.com

Spring 2011 Term Final Exam Schedule

MONDAY, FEBRUARY 28	TIME	ROOM	FACULTY
NURS 307 OB	8 – 10 a.m.	CLE 206	Cooley
NURS 308 Psych-Mental Health	8 – 10 a.m.	CLE 210	Bills
NURS 405 Acute	10:30 a.m. – 12:30 p.m.	CLE 114	Nibert
NURS 406 Gerontology	10:30 a.m. – 12:30 p.m.	CLE 210	Maurer Baack
NURS 407 Pediatrics	10:30 a.m. – 12:30 p.m.	CLE 206	O’Handley
NURS 408 Transitions	10:30 a.m. – 12:30 p.m.	CLE 208	Waterman

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

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.



Joe Derr

Senior Spotlight on Joe Derr

During spring semester, The Carmel Rapper will include a feature entitled "Senior Spotlight," highlighting members of the class of 2011.

Rapper: Why did you decide to become a nurse?

Derr: After growing up watching my brother battle cancer at a young age, I knew I wanted to work in the healthcare field — to help people during their time of need. I became a nurse to impact lives in anyway that I can, whether giving a medication or trying to put a smile on a patient's face. I just want to be there for people.

Rapper: Why did you choose MCCN?

Derr: I transferred from Ohio State to MCCN. I really liked the clinical experiences that Mount Carmel had to offer.

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

Derr: Student Government, Soccer, Coffee Shop Loitering

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

Derr: Working at the Children's Hospital Rehab unit and volunteering for 'A Kid Again' foundation.

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

Derr: I plan to work in the Children's Hospital ER/Trauma unit. I've also signed up with the Red Cross to travel to Haiti for disaster relief. I hope to return to school next year to begin a master's program and specialize in pediatrics and trauma.

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

Derr: Lean on the people surrounding you. I've met the most entertaining, funny, and best friends during my college experience here, and I can't imagine going through nursing school... especially OB...without them.

Senior Spotlight on Amanda Mitchell

Rapper: Why did you decide to become a nurse?

Mitchell: My mom was an '81 grad from Mount Carmel School of Nursing, so I suppose that's where my inspiration came from. In kindergarten, I said I wanted to be a nurse. I couldn't get enough of the sciences in high school, and when I visited Camp Mount Carmel Adventures in Healthcare, I had no doubt that nursing was the career for me.

Rapper: Why did you choose MCCN?

Mitchell: When I started looking at colleges, Mount Carmel was at the top of the list — mostly because of Camp Mount Carmel, my Open House experience, and my mom's affiliation with the school. I liked the small atmosphere and the availability of instructors. The clinical focus at Mount Carmel was very evident. I was accepted at MCCN my first year out of high school, although circumstances took me to an OSU branch campus for a year. I applied as soon as I could for MCCN, and entered in the fall of 2007.

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

Mitchell: Campus Ministry, Student Ambassadors, Work-Study Program, the Residence Halls, and Operation Christmas Child with Campus Ministry. There has always been something going on somewhere, and I've tried to be as involved as I can.



Amanda Mitchell

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.

continued on page 9...

Senior Spotlight *cont'd*

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

Mitchell: I work part-time at The Ohio State University Medical Center as a Patient Care Associate. I also spend a lot of time with my boyfriend, friends, and family, and love to find new things to do around Columbus.

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

Mitchell: I am currently applying for Graduate Nurse Internships, and crossing my fingers. The ideal plan would be to find a nursing position or internship in a critical care setting, especially in an Emergency Department. I'm somewhat of an adrenaline junkie. My dream job would have to be a MedFlight nurse. At some point, I can see myself going back to school, but I think my eyes need a break for a little while from all of this reading!

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

Mitchell: Whatever level you are in, my best advice would be to keep trying your best. It's only for a little while longer, so keep working hard because it will pay off in the end. Your patients will thank you, and you will be proud of yourself, knowing that you achieved your goals to the best of your ability. Good luck, my friends!

Senior Spotlight on **Kelsey Tinkler**



Kelsey Tinkler

Rapper: Why did you decide to become a nurse?

Tinkler: I love the holistic care of nursing. We help individuals with their struggles and hopefully find success in their recovery.

Rapper: Why did you choose MCCN?

Tinkler: I chose MCCN because of the small class sizes and references from nurses who have already graduated from the program. I heard about the vast number of clinical hours to gain skills, and credible teachers who teach the theory behind nursing.

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

Tinkler: I have been a part of SGA for the past four years. I am currently the Secretary of Public Relations.

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

Tinkler: Outside of school, I work at Mount Carmel East on a cardiac step down unit as a PCA. I love to hang out with my family, even if it's just cooking dinner one night.

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

Tinkler: To find a job on a cardiac ICU. Long term, I would like to get my critical care registered nurse (CCRN) certification and my masters as a Clinical Specialist (CSN).

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

Tinkler: This is a tough program, but you will learn to be an excellent nurse if you take all the learning opportunities given to you. Always jump in when you see something interesting in clinical. If an instructor or nurse says they have something to do, go with them. Ask if you can do it! That's the only way you will learn and be confident in yourself as a nurse. And don't forget to have some fun!

Chaplain's **CORNER**

by **Laura L. Spurlock, MTS**
College Chaplain



Linda Spurlock, MTS

Hello Students!

As you may have heard, there have been several changes in Campus Ministry here at MCCN. This semester, **Pete McClernon** passed the torch of Campus Ministry on to me. I

would like to introduce myself and some of the new campus ministry programs that we hope to start as soon as possible.

I am a recent seminary graduate. I graduated with my Master of Theological Studies from the Methodist Theological School in Ohio last May (so it hasn't been too long since I was a student, too). I earned my BA from Wittenberg University in 2005, where I majored in German and also studied French and Japanese.

Currently, I'm very active in the local faith community and am very committed to social justice here in Columbus and around the globe. I am also very committed to the spiritual care of MCCN students, which is why the Campus Ministry team and I would like to start the following programs here on campus in addition to our ministries to the community:

- + Every other week, we will have a meal and open conversation about God, religion, spirituality, or anything else you can think of in the student lounge. We will prepare a quick lunch together and talk freely and openly. **This is an interfaith activity — all students, faculty, and staff of all religions and faiths, and students with no particular religion or faith tradition at all — are welcome.** No topics are off limits, so bring your thoughts and questions!
- + Every other week, we will also hold a short prayer service of about 20 minutes, where students can come to **pray, meditate, and relax** in the midst of a busy school week. These will also take place in the student lounge and will fall on the weeks in between our open conversation lunches. **This is also an interfaith activity and everyone is welcome!**
- + Stay tuned to your email for dates and times!
- + Please feel free to email me with any thoughts or suggestions at lspurlock@mccn.edu.

I look forward to working with you in the future!



IT'S ABUSE

The Student Government Association (SGA)

recently sponsored an initiative at MCCN to generate awareness about "It's Abuse," a peer-to-peer relationship abuse awareness campaign that strives to break the silence about abuse on college campuses.



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 Degoey***
- 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

Library News

by **Stevio Roksandic, MBA, MLIS**
Director, Mount Carmel Health Sciences Library

Mount Carmel Health Sciences Library (MCHSL) is pleased to announce full access to Mosby's Imaging Suite, a web-based reference, learning, and communication system designed for the specialized needs of imaging departments.

Mosby's Imaging Suite can be accessed through the MCHSL website at www.mccn.edu/library under **Allied Health**.

The library will administer access to this database and serve as the reference resource for any questions associated with accessing this database. If there is a need to schedule a demo session or on site learning/demo session provided by the vendor to utilize Mosby's Imaging Suite to full extend and benefits of MCHS users, feel free to contact me anytime.

We look forward to supporting MCHS Radiology Department Leaders and Educators to utilize this database to the full extent of our capability as was demonstrated, discussed and started to develop during the trial period (i.e., customization of the site to meet MCHS Radiology Departments needs and expectations by making MCHS Radiology Policies and Protocols accessible through database platform, to use the database as a MCHS Radiology Associates communication platform and to utilize the opportunity of CME).

For more information about this resource, contact us at library@mchs.com.

Slow Cooking Made Simple!

By Dietetic Intern, **Jennifer Oldfather**

How many times do you come home from a long day at work and wish there was hot meal waiting for you? How often do you wish to come in from the cold to a warm house filled with rich aromas? It's easier than you think! My answer for you is a slow cooker.

If you're like me, a slow cooker is something you've seen before or your parents have used but have never tried yourself. For many of you, this is your first time living on your own and preparing your own meals. Others may be living alone and don't want to make a large meal for just one or two servings. Others may not have time to prepare a hearty meal when they get home. As you may be realizing, slow cookers work for everyone!

Slow cookers range from \$20-\$150, but are basically pretty similar. They all have a base which contains the heating element, a stoneware liner (where you put the food), and a lid. They all have a LOW and a HIGH setting; some also have a "keep warm" setting.

The major benefit of slow cookers is that you can put the food in the pot in the morning before you leave the house, then let it cook while you are gone. When you get home, you have a delicious, hot meal waiting. Another benefit is that inexpensive, tougher cuts of meat tend to work best in slow cookers. These cuts have the least amount of fat and therefore are the most suitable for moist-heat cooking.

Here are some other tips to get you started:

- + Use the correct size slow cooker for the recipe you are making. Small cookers are ideal for one to two people; a 3-4 quart cooker is appropriate for a family of four.
- + Food should reach 140 degrees as quickly as possible for food safety. If you are home, cook on HIGH for the first hour to help food reach this temperature quickly.
- + One hour on HIGH equals two hours on LOW.
- + Only fill 1/2 to 2/3 of the way full for proper cooking.
- + Most meats require 8 hours on LOW heat.
- + Don't lift the lid! Each time you do adds 20 minutes to the total cook time.
- + Cut up vegetables and meat into uniform chunks for even cooking.

Now you're all ready to get cooking! Check out the recipe below for a good start.

References

- Aztec black beans. Slowandsimple.com.
http://www.slowandsimple.com/Aztec_Black_Beans-r-411.html.
- Harlan, J. (2011). Tips on buying and using a slow cooker. About.com.
<http://cookingequipment.about.com/od/slowcooker1/a/Aboutslowcooker.htm>.

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.

Aztec Black Beans

You will need to soak the beans overnight before you are ready to cook them; the quick soak method can also be used.

INGREDIENTS

- 1 lb. dried black beans (or turtle beans)
- 16 oz. jar of salsa (your favorite kind)

DIRECTIONS

Rinse black beans, removing any stones or foreign objects. Cover with water, soak all night. Drain beans and place in crockpot with salsa. Add enough water to just cover beans. Cover and cook on low 8-10 hours. (Note: Depending on the size of your slow cooker, the ingredients may not all fit. Using the guideline for filling 1/2 to 2/3 full, add the beans and salsa in your desired ratio.)





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



Graduation Countdown

This is the first in a series 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.

- + Complete your Community Service Program requirement and submit documentation to **Mary Nibert**.
- + Attend the March graduation luncheon (date will be announced soon) where details about Commencement, Undergraduate Pinning, graduation photos, the NCLEX-RN application, and other items will be discussed. In addition, there will be a time for questions and answers.
- + 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.
- + Prepare for graduation events:
 - Undergraduate pinning will be Friday, May 6, at 7 p.m.
 - Commencement will be Saturday, May 7, at 1 p.m.
 - Both events will be held at the First Church of God, 3480 Refugee Road.
- + Update your degree audit to make sure you are on track to complete all graduation requirements. Pre-licensure students contact Records & Registration; RN-BSN and Master's students contact **Kip Sexton**, Program Coordinator.



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 rhutchinson-bell@mchs.com.