

carmel the Rapper

DECEMBER 5 2011

MCCN news & information



MOUNT CARMEL
College of Nursing

Mount Carmel Health Sciences Library Going **TROPICAL** for the Holidays!



Library staff goes tropical (standing, l-r): **Tony Nguyen, Stevo Roksandic, and Ken Wright,** (sitting): **Bob Dunlap and Noreen Mulcahy**

Several Ways to Celebrate the Season with Your Library!

'Let's Go Tropical' at your library and enjoy savory delights, such as a chocolate fountain with cantaloupe, honeydew, pineapple, fresh grapes; pineapple upside-down cake; fruit punch with pineapple and maraschino cherry ice rings and MORE!

Join the library staff and learn about the latest library news and services!

Enter the Raffle (1 ticket for \$1 or 6 for \$5). **Win an iPad 2**, gift cards, holiday crafted gifts, MCCN clothing merchandise, etc.

All proceeds collected from the raffle sale will be donated to support your library initiatives to provide better services and the most productive study environment for you.

Stop by the MCCN Campus Ministry Christmas tree located on the third floor. Take one of the ornaments containing a **Franklinton Avondale Elementary School** child's Christmas wishes and buy the child one of the gifts listed (spending on the gift is limited to \$20). Tape the paper ornament to the present and bring the present to the MCW Library Circulation Desk by December 13. Money donations are also accepted, and gifts will then be purchased.

YOUR LIBRARY IS HOSTING 2ND ANNUAL HOLIDAY OPEN HOUSE **Jingle Bells & Books**

Sponsored by Mount Carmel Foundation

Learn about the latest library news and services!



Find us on Facebook

ENTER RAFFLE! Win an iPad 2!

Dates to Remember

December 9	Term 2 and semester classes end
December 12	Term 2 nursing clinical final exams
December 12-15	Free Finals Breakfasts
December 12-16	Final exams
December 19	Holiday break begins
January 3	MCCN Spring Semester begins
	OU, OSU & CSCC Winter Quarters begin
January 16	Martin Luther King, Jr. (Holiday)
February 1	Deadline for Advanced Placement application
February 24	Term 1 ends
February 27	Term 1 junior/senior nursing clinical final examinations
February 27 - March 4	Spring Break (students and faculty)

Fall Semester GRADES

Students can view final course grades on CARMELink after the end of Fall Semester (please allow a few days for processing). Printed grade reports are not mailed to students but are available by request from the Records and Registration Office (Marian Hall Room 201).

FREE Finals Week Breakfasts

Sponsored by our Mount Carmel Alumni Association

**December 12, 13, 14, and 15
8 - 11 a.m.
The Rec Room, Marian Hall**

Library Celebrates the Holidays with a Special Book Tree

By **Stevo Rokсандic, MBA, MLIS**
Director, Mount Carmel Health Sciences Library

Dear students, faculty and all employees of MCCN!

Your library staff would like to thank you for your collaboration and support in 2011. Thank you for using our services, sharing your ideas with us and helping us to make MCHSL become a gateway to information and services that enhance and support your learning and educational needs.

If you are looking for some entertainment during the holidays stop by the MCW library and check out our Christmas collection DVD display and rent some classic Christmas movies ...

Your library staff wishes you a happy holiday season and all the best in 2012!



The Library Holiday Tree

Food for Fines

Your library, the Mount Carmel Health Sciences Library (MCHSL), just launched our semiannual 'Food for Fines.' During this time we gladly accept your food donations to clear your library fines. All collected items will be donated to Mount Carmel College of Nursing Student Pantry.

Thank you for helping us keep our MCCN Student Pantry stocked during the holiday season and the cold winter days to come!



November 15 - December 31, 2011
Find more information on MCHSL Facebook page!

Giving the Gift of Nursing Education Means Caring for our Community

From **Jan Burkey**, MCCN Director of Development

“No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.”

— Alfred North Whitehead

No one is more aware of the challenging impact the economic recession has had on family budgets than our students who dream of becoming professional nurses.

The recession brings a decrease in federal and state funding for higher education. Families who have saved for their children’s college education have seen investments evaporate overnight. Students and their families who qualify for loan financing are finding that lenders are reticent. These are uncertain times.

The Challenge

One certainty that remains is that our communities – and our nation – need nurses. It is critical that the nurses of tomorrow are prepared today. Nurses carry the weight of frontline care: face to face with patients and their families; carrying out life-sustaining treatments; recognizing life-changing situations and, with compassion and caring, helping patients and their loved ones cope.

Nurses are the foundation of every healthcare system, providing critical care at a critical time in an ever-changing healthcare environment. Mount Carmel nurses are at the core of healthcare in this community, with 75 percent of our graduates employed in central Ohio.

The U.S. Health Resources and Services Administration estimates that by 2020, the nation will face a shortage of at least one million registered nurses, due to the inadequate number of new nurses entering the job market. As our population continues to age, the need for nurses will only intensify.

The challenge then is how to help future generations of nurses achieve the education they need to realize their dream.

Beyond the Challenge

According to the American Association of Colleges of Nursing, there is no shortage of young persons seeking to realize their dream of becoming professional nurses. However, nursing schools turn away qualified applicants because of faculty shortages. Other barriers include a shortage of clinical sites, classrooms, clinical preceptors and budget constraints.

MCCN Positioned to Meet the Challenges

As one of the largest Bachelor of Science in nursing programs in the state, also conferring master-level degrees in nursing education, nursing administration, family nurse practitioner, and adult health, MCCN is positioned to meet the dual challenges of providing scholarships to students while growing and supporting our faculty.

Since 1903, MCCN has educated those who dream of entering the nursing profession. Mount Carmel’s solid foundation in nursing education is complemented by outstanding faculty, individual student support, on-site clinical opportunities, easy-to-schedule classes, and a state-of-the-art education resource center. Exceptional student retention and graduation rates and a diverse student body make MCCN a sought after destination.

In recent years our program has expanded. Each year since 1998, the College has increased the number admitted and, in just ten years, grew from 100 to 215 new students annually.

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Are You Taking a Course Elsewhere?

Any student taking a class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her Quarter course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01). **The deadline for Fall was Friday, August 19; the deadline for Winter is January 6.**

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

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

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

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

Students at Ohio University Lancaster

Students enrolled as freshmen in the MCCN-FMC program and taking classes at Ohio University Lancaster (OU-L) are also required to submit a copy of their Quarter course schedules to the MCCN Records and Registration Office (Marian Hall, Room 2C01.) **The deadline for Fall was Friday, September 9; the deadline for Winter is January 6.**

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

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

Nearly 100 Attend Healthcare Nursing Conference

Regarding Post-War Care of Returning Veterans and their Families Hosted by MCCN

“Wonderful job of covering holistic care ranging from the physical person in blast injuries to the vet with PTSD (post-traumatic stress disorder)...” wrote a conference attendee.

Attendees at the one-day conference for Central Ohio primary care nurses and healthcare providers to address the unique needs of returning war-zone veterans and their families included nurses, social workers, and students.

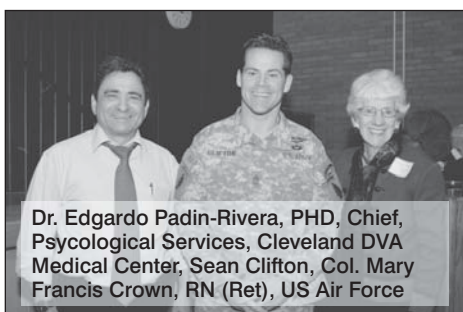
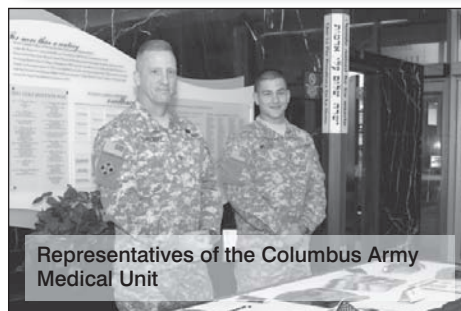
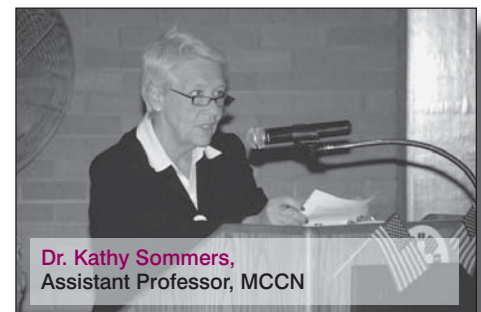
Several of the participants were veterans, including a special guest, Mary Francis Crown, who joined the Air Force in 1957. She served, along with 16 other nurses in 1966, to set up hospitals in Cam Ranh Bay during the Vietnam conflict. In addition, she spearheaded the efforts to receive 66 Iranian hostages in Wiesbaden, Germany, during the Clinton administration. She retired a full colonel and currently volunteers at VA hospitals.

The conference opened with *A Soldier's Story* by Sean Clifton, Master Sergeant (MSG), U.S. Army Special Forces, currently Special Forces Intelligence Sergeant; Operational Support for FBI Joint Terrorism Task Force (JTTF). During his last deployment to Afghanistan in May 2009, Clifton was critically wounded while conducting a raid on a Taliban compound. He spent three months at Walter Reed Army Medical Center undergoing multiple surgeries.

Dr. Edgardo Padin-Rivera, PhD, Chief, Psychological Services, Cleveland DVA Medical Center, addressed the challenges faced by war-zone veterans transitioning to civilian life and emphasized the difference between normal behaviors associated with transition to civilian life and post-traumatic stress disorder, which is a psychiatric diagnosis. He commented that the most important thing all of us can do to assist in this transition is to let veterans know that their efforts are appreciated.

Major Ann Laturno, RN, BSN, MHS, AMSN, U.S. Army, currently stationed in Charleston, South Carolina, shared war-zone experiences in treating victims of blast injuries in hostile environments in Iraq.

Resources from the Veterans Administration were also discussed. MCCN hosted this conference to honor and assist our veterans.



Students Volunteer at Event for the Seventh Year

From **Deborah Yoakum, R. EEG T./Epilepsy Technologist** Clinical Neurophysiology Dept., Mount Carmel Health System 2011 CIF Health Fair Coordinator

In response to the request to participate in the Columbus International Festival's Health Fair "Celebration of Wellness and Healthful Living" held recently at Veterans Memorial, MCCN students reached out to our community for the seventh year in a row.

The Health Fair was added as a component of the Columbus International Festival in response to the City of Columbus' "Commit to be Fit" challenge, the State of Ohio's "Healthy Living for Healthy Ohioans" program, the "Healthier U.S. Initiative to help Americans live longer, better, and healthier lives," and the UNA-USA's "Global Health Initiative."

Our nation continues to experience an economic downturn encompassing every state, and Ohio is no exception. Our community's mounting concerns of uncertainty regarding the future for their healthcare needs, with or without health insurance, were minimized by the services the students and Mount Carmel Health offered.

This support — health screening resources and educational materials — provided avenues of hope, ensuring possibilities in restoring a future of living healthier lives the recipients might have otherwise missed. Approximately 100 free flu shots were given by the students under the supervision of Instructor **Vickie Warschauer, MS, RN**; Assistant Professor **Kim Greene, MSN, FNP-C**; and **Cortney Seymour, BSN, RN**.

Besides achieving some required community service hours the students enjoyed the wide variety of cultural diversity, ethnic foods and worldly entertainment and look forward to returning next year.

A special mention of thanks to **Janet McNaughton, MA, RN**, Mount Carmel West's Stroke Coordinator and representative for the American Heart/Stroke Association along with **Terri Anders, RN**; **Linda Mathews**, Cancer Services Coordinator, and the many other volunteers from Mount Carmel's Cancer Services for making a difference in people's lives. It makes one proud to say "I work for Mount Carmel" and "You'd be amazed at what we do."



Mount Carmel Associates who volunteered:

Terri Anders, BSN, RN, and **Angie Edwards, RN**, from MCE

Lisa Radabaugh, RN, from MCW; and **Lisa Geddis, RN**, from MCSA

Kathy Grassman, Director Radiation Oncology

Denise Binion, LSW
Laurie Kapps-Keller, RN
Ellen Shinosky, RN
Margaret Goulet, MS, RN, APNG
Linda Young, CTR
Elanya Sreese, CTR

MCCN Student Volunteers:

Janelle Smith
Morgan Zumberger
Amy Vanarsdalen
Christina Oldham

Community Service

Social Responsibility is one of the "Core Values" contained in the mission of Mount Carmel College of Nursing. In accordance with the College's *Mission and Catholic Identity*, the Community Service requirement for nursing students includes the application of one's skills and time to meet identified community needs of vulnerable and at-risk populations.

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

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

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

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

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

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

Degree Audits

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

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

MCCN Online Bookstore Now Open for Spring Semester 2012

Order your books early in order to be ready for the first day of class! Link to the bookstore via CARMELink, www.mccn.edu (Current Students / Student Bookstore), or at <http://bookstore.mbsdirect.net/mccn.htm>.

ATI Comprehensive Review for NCLEX Preparation

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

The onsite review is offered in May the week following graduation for May and July graduates. The onsite format consists of a three-day comprehensive in-class review.

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

Fitness and Nutrition (FAN) Club: A Community Partnership

From **Toni Chops, MS, RN**



Helping area children live healthier lives are (l-r) **Toni Chops, Doug Wolf (from Nationwide Children's Hospital), Zeb Homan, and Melissa Neiderhiser**

Director of Development, facilitates the grant processes associated with the activities related to the program and has been instrumental in securing funding sources for the project.

Melissa Neiderhiser, BA, the Program Coordinator, explains that the curriculum includes seven units of study incorporating the different continents in relation to food groups and physical activities that relate to each continent. At the end of each unit, a small celebration occurs in which parents and the adults in the children's lives are invited to eat a nutritious meal and gain an understanding of the topics that the children are learning.

Zeb Homan, a freshman student at MCCN, works as a Program Assistant. He explains that the "program contributes to the overall health of the children by teaching them necessary healthy choices for snacks that they can use throughout their childhood. The fitness allows them to burn off energy, which they may not be able to do at home." The children benefit from having a support person such as Zeb to hear their issues and concerns on a variety of topics, not just nutrition. He serves as a role model for the children.

Outcomes will be measured at designated intervals. Adjustments in the curriculum will be made as necessary. This project is just one example of the College working in partnership with other organizations, creating an environment for children that supports healthy nutrition and fitness behaviors through the efficient and effective coordination of community resources.

The FAN Club is an after school fitness training and social cognition-based nutrition program for high risk and obese children. **Toni Chops, MS, RN**, Faculty Advisor for the program, explains that The FAN Club is a community partnership among Mount Carmel College of Nursing, Nationwide Children's Hospital, and Columbus Public Schools.

Mount Carmel College of Nursing coordinates the program at Avondale Elementary School with a grant from Cardinal Health. **Jan Burkey**, MCCN

A Message to MCCN Students from The Downtowners Inc.

Downtowners Campus Ministry Winter Retreat 2012
Friday, January 13, 7:30 p.m. — Sunday, January 15, noon
Templed Hills Camp in Bellville, Ohio

As the fall season takes us into winter and the new year of 2012, get into the best of spirits and retreat to the beautiful Templed Hills in Bellville, Ohio, just over an hour north of Columbus.

Comfortable sleeping rooms, heated barn, kitchen and fireplace
Your Cost = \$20 (remaining cost provided by a grant to the Downtowners Campus Ministry)

For reservations or more information, contact: The Downtowners Campus Ministry, Dr. Ellen O'Shaughnessy, at 614-224-1155 or eoshp@mac.com; www.downtownersministry.org.

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

Managing Editor: **Robin Hutchinson Bell** Editor: **Elaine Kehoe**

Photographer: **Chris Steel** Layout: **Carol Stokes**

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell at 614-234-1372 or rhutchinsonbell@mccn.edu.

Rho Omicron Sponsors Outreach to Hospice Patients

15 volunteers recently decorated several beautiful holiday trees to brighten the season for hospice patients.



Bonnie Moses



Jaclyn Hampton, Stephanie Binkley, and Denice Taylor



Stephanie Binkley, Jaclyn Hampton, and Hannah Gankosky



Vickie Warschauer



Kathy Walters and Hannah Gankosky



Colleen Cipriani

Books & Buckeyes Sale Held Recently to Raise Funds for SNAM Projects



Students Cody Toney, Katie Bake, and instructor Teresa Skybo (photo on right).

Sigma Theta Tau International Honor Society of Nursing

Rho Omicron Chapter Scholarships

The STTI Rho Omicron chapter is offering scholarships to undergrad and master's students currently enrolled at MCCN, who are active Rho Omicron members with a cumulative **GPA of 3.5 or higher**. More information and applications will be available at www.mccn.edu. Deadline for applications is February 6, 2012. Scholarship recipients will be announced at the General Membership Luncheon Meeting on **March 19, 2012**.

Rho Omicron Chapter Scholarly Project

Rho Omicron Grants for Scholarly Projects are available to active members of the Rho Omicron Chapter. The MCCN website will have applications that can be downloaded. Please be certain to complete all sections of the application. In addition to the application, please submit a maximum five-page double-spaced narrative proposal for the work to be accomplished in the project.

The proposal must include the specific aims to be accomplished; background information that includes justification for the project and the significance to nursing practice, education, or administration; and a description of how the project will be accomplished.

The timeline is 12-months maximum. The budget maximum is \$500.00. Please submit an itemized budget, as well as a professional resume or bio-sketch – not to exceed three pages. The deadline date for applications is **February 6, 2012**.

Submit completed application packet to:

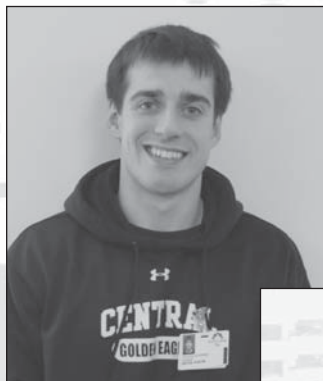
Mount Carmel College of Nursing
Rho Omicron Chapter
127 South Davis Avenue
Columbus, OH 43222

These Rho Omicron scholarships are available to undergraduate and graduate students currently enrolled at Mount Carmel College of Nursing. **The award will be for \$500 that can be used for academic-related expenses.** One undergrad and one master's scholarship will be awarded. The date of announcement of grantee(s) is **March 19, 2012**.

MCCN Anticipates Holiday Break

In the midst of the season of many holidays, our roving student reporter, freshman Katie Snider, took to the halls of MCCN asking faculty, staff, and students about favorite holiday memories and how they will spend the 2011 holidays and semester break.

Whatever holiday you celebrate this time of year may you and yours be blessed.



"I plan on spending the holidays with family and close friends here in Columbus."

Anton Kostin,
sophomore



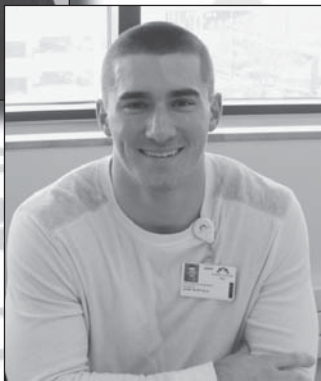
"Spending time with family and friends, midnight Mass on Christmas Eve, and cooking special recipes for family."

Tara Spalla,
Assistant Dean



"Home to Cleveland and skiing in New York."

John Shipitalo,
freshman/transfer

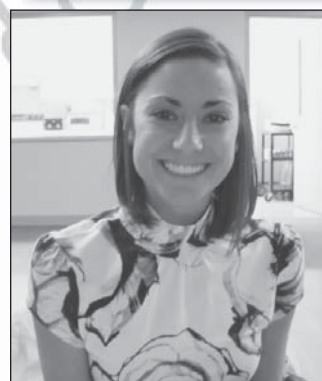


"My favorite holiday memory: spending a month in Liverpool, England for Christmas and New Year. Met my mom's side of the family, walked down 'Penny Lane,' experienced a traditional English Christmas and New Year."

Theresa Garaux, Business Office

"I am going on my first cruise ever with my family over winter break. I am very excited and can't wait!"

Kara Knecht,
sophomore



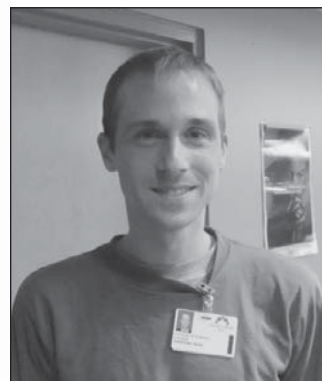
"Spending time with the family and watching the kids open presents and eating, laughing and enjoying the time we all have together."

Tammy Charles,
Business Office



"I am going to relax, spend time with family, not think about school and possibly travel."

Jonathan Ware,
junior



"I will spend my holiday break spending time with the family and catching up on sleep!"

Chelsi Cummings,
senior



"I am going to Chicago for an Islamic Convention over Christmas weekend."

Amina Abdullahi, freshman

"My favorite favorite holiday is Ramadan, especially when the 'fasting' part is over and I can eat."

Aniso Shire,
sophomore, FMC



"I love going to Georgia for the Christmas holiday to spending time with family and friends."

Tiffany Craig,
sophomore, FMC



"Nursing my husband who is having surgery and hosting family on Christmas break."

Sarah Roethele,
senior



MCCN FMC sophomores and juniors, ready for the holiday festivities to begin!

SNAM* News

*Student Nurses Association
at Mount Carmel

SNAM Calendar of Events

January 23	SNAM Meeting	12 noon
March 26	SNAM Meeting	12 noon
April 23	SNAM Meeting	12 noon

Community Service Club Volunteered at the Mid-Ohio Food Bank

From **Paige Myers**



Members of the new MCCN Community Service Club who recently volunteered as a group at the Mid-Ohio Food Bank. Photo courtesy of Paige Myers.

need. Volunteers sorted, washed and packaged bread, canned goods, and boxed items. These items will then be sent out to food pantries to help those in need.

Anyone interested can volunteer on their own or with a group, by simply going to www.midohiofoodbank.org and registering for a date. Volunteers who attended the event enjoyed working with each other to help those less fortunate.

Community Service Club Collection: Clothing for Avondale Elementary Students

Items needed in child sizes 4-10:

- Socks
- Sweat pants w/elastic bands
- Belts
- Gloves
- Underwear
- Sweatshirts
- Scarves
- Gently Used Coats

Every donation is appreciated, and needed for the upcoming winter months! Look for boxes throughout the main parts of the college.

Often, most of the donations received are coats, hats, gloves and scarves, but in addition, the school needs socks, underwear, sweatpants and shirts, and belts. The clothing items are size sensitive, and may need to be purchased at a local store. Students might find affordable prices for these items at Goodwill, Walmart, or Target.

The collection will last until December 16. Monetary donations are accepted. Checks should be made out to Mount Carmel College of Nursing and given to Director of Student Life, **Colleen Cipriani**.

SNAM Officers 2011-12

President:
Kayla Munk

Vice President:
Brooke Waddell

Secretary:
Stephanie Binkley

Treasurer:
Renee Dicke

Membership Director:
Stephanie Reinschild

BTN Director:
Cody Toney

Community Health Director:
Katie Baker

On Friday, October 28, a group of student members of the Community Service Club gathered at the Mid-Ohio Food Bank in Grove City. Students attended a training session, and then quickly got to work sorting and inspecting items brought in.

Nearly 20 percent of the food the Mid-Ohio Food Bank receives must be sorted and packaged before it's delivered to people in

Library Hours

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

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

Student Ambassador Applications Available Now

Applications are available at the Front Desk, Charlie's Java Jolt, and the Admissions Office.

Deadline to submit applications is December 9.

Interviews will take place in January 2012.

Student Activities

COSI

Four student (Center of Science and Industry) COSI Columbus memberships and two family COSI memberships are purchased annually for MCCN students. Individual students and students with families (up to 4 children and significant other) can be admitted to COSI for free! COSI memberships may be signed out on a daily basis. Memberships must be returned the next business day to ensure availability for other students. Memberships signed out on Fridays are to be returned the following Monday. Enjoy!

Ohio Dominican University's Bishop A. Griffin Center

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

Important Dates to Remember

December 16 – The last day to apply for a book grant. Applications are available in the Financial Aid office. Please remember, aid is provided based on financial need.

January 10 – This is the first day that you will be able to complete your 2012-2013 FAFSA. In order to apply for MCCN scholarships you will need to complete a FAFSA.

Congratulations to the December Graduates and the January SDAP Graduates!

This is an exciting time for you. As the recipient of Federal Student Aid (i.e. Subsidized and Unsubsidized Loans), you are required to complete an Exit Counseling. **Theresa Garaux** is emailing this information to you. Please do not hesitate to respond. Failure to comply will result in your account being placed on hold.

A brochure on Exit Counseling is being mailed to your individual homes. You may also stop in to the office to pick up one. This brochure details how to consolidate your loans and how to determine your overall financial obligation. Important phone numbers and contact information are also included for your use.

Identity Theft

Did you know that students are one of the main victims of identity theft?

This is because they are less likely to follow up on their financial status by requesting a credit report. Each year you are able to secure a credit report for free.

Maintaining a solid credit rating will be essential as you progress through life.

Have a great holiday!

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu



Mutual Respect Committee

by **Brooke Waddell, MS, RNC, NNP-BC**, co-chair

On November 21, 2011, the Mutual Respect Committee elected **Kathy Walters**, Student Health Nurse and **Brooke Waddell**, SGA and Senior Class President, as its new co-chairs.

Mount Carmel's Mutual Respect Committee discusses issues of integrity, respect, and compassion within our college community. Our purpose is to facilitate the implementation of the Code of Conduct in order to fulfill the College's Mission and Core Values.

Our committee's goal is to increase the student, faculty, professional and support staff awareness of one's responsibility to demonstrate the behaviors consistent with the code of conduct. Another goal is to foster opportunities for students, faculty, professional and support staff to participate in workshops regarding respectful behavior and to provide the opportunity to demonstrate a commitment to the attributes of caring, compassion, empathy, altruism, responsibility, and tolerance.

"Civility means a great deal more than just being nice to one another. It is complex and encompasses learning how to connect successfully and live well with others, developing thoughtfulness, and fostering effective self-expression and communication. Civility includes courtesy, politeness, mutual respect, fairness, good manners, as well as a matter of good health. Taking an active interest in the well-being of our community and concern for the health of our society are also involved in civility." ~ P. M. Forni

Reminders for HEALTHY Holiday Eating

By **Mary Jane Earnest**, Dietetic Intern

The holiday season brings wonderful celebrations with family, friends, and food; however, it may not always be the most health-conscious time of the year. According to the National Institutes of Health, Americans gain about a pound over the course of the holiday season. Although this amount does not seem like much, it accumulates year after year, thereby largely contributing to the obesity epidemic in the United States.

Keep in mind that it is easier to prevent weight gain than it is to lose weight. Make this holiday season enjoyable and guilt-free by making just a few simple, yet wise decisions.

First, try eating meals from a smaller plate. Fill half of the plate with vegetables and fruit, one quarter with lean meat, and the last quarter with a starchy item such as rice or mashed potatoes.

Second, enjoy family conversation and eat slowly. Conversation does not cost any calories and it may buy enough time to allow the feeling of fullness to set in, reducing the overall consumption of food.

Lastly, eat a healthy snack before attending a party. This may prevent the consumption of unnecessary calories, saturated fat, and sodium. The holidays represent more than food, so keep the focus on spending time with loved ones and caring for others.

References

1. http://my.clevelandclinic.org/heart/prevention/nutrition/holidayeating12_01.aspx
2. <http://www.eatright.org/Public/content.aspx?id=6442460054&terms=healthy+holiday+eating+>
3. <http://www.nichd.nih.gov/news/releases/holidayweightgain.cfm>

Final Exam Schedules

Main Campus Traditional Pre-Licensure Program

MONDAY, DECEMBER 12		TIME	ROOM	FACULTY
NURS 405	Acute	8 a.m. – 10 a.m.	CLE 114	Nibert
NURS 406	Gerontology	8 a.m. – 10 a.m.	CLE 206	Maurer Baack
NURS 407	Pediatrics	8 a.m. – 10 a.m.	CLE 116	O'Handley
NURS 408	Transitions	9 a.m. – 11:30 a.m.	TBA	Waterman
NURS 309	Med Surg	10:30 a.m. – 12:30 p.m.	CLE 206-208	Beyer
NURS 307	Mother-infant	10:30 a.m. – 12:30 p.m.	CLE 210	Cooley
NURS 308	Mental Health	10:30 a.m. – 12:30 p.m.	CLE 114	Bills
PSYC 225	Human Growth Devlpmt – section M01	10:30 a.m. – 12:30 p.m.	CLE 116	Skybo
PSYC 225	Human Growth Devlpmt – section M02	10:30 a.m. – 12:30 p.m.	MH-B	Hickey
HUMN 320	Ethics – all sections	1:30 p.m. – 3:30 p.m.	CLE 310	Hiltbrunner
TUESDAY, DECEMBER 13		TIME	ROOM	FACULTY
HLTH 210	Health Promotion	9 a.m. – 11 a.m.	CLE 116	Huff
NURS 422	Advanced Dynamics	9 a.m. – 11 a.m.	CLE 206	D.Spurlock
NURS 204	Foundations/Assessment	9 a.m. – 11a.m.	MSB Auditorium	Al-Lamki
NURS 421	Community Health Nurs – section M01	10 a.m. – 12 noon	CLE 114	Ferrell
NURS 421	Community Health Nurs – section M02	10 a.m. – 12 noon	CLE 208	Chops
HUMN 201	Critical Thinking	12 noon – 2 p.m.	CLE 116	Hiltbrunner
PSYC 101	General Psych – all sections	1:30 p.m. – 3:30 p.m.	CLE 310	Hilty
NURS 361	Nursing Research	3 p.m. – 5 p.m.	CLE 116	Cooley
WEDNESDAY, DECEMBER 14		TIME	ROOM	FACULTY
SCIE 123	A&P I – all sections	10 a.m. – 12 noon	CLE 206-208-210	Loscko
SCIE 220	Nutrition – all sections	2 p.m. – 4 p.m.	CLE 206-208	Dreifke
HLTH 416	Health Policy – section M01	3 p.m. – 5 p.m.	CLE 114	Bowen
HLTH 416	Health Policy – section M02	3 p.m. – 5 p.m.	CLE 116	Dawley
HLTH 320	Statistics – all sections	5 p.m. – 7 p.m.	CLE 310	Reed
THURSDAY, DECEMBER 15		TIME	ROOM	FACULTY
SCIE 230	Patho I – all sections	8 a.m. – 10 a.m.	CLE 114-210-310	Stinner
SCIE 103	Organic Biochemistry – all sections	9 a.m. – 11a.m.	MH-B – MH-C	Shen
HUMN 202	Expressions of Spiritualities	10 a.m. – 12 noon	MH-A	L. Spurlock
HUMN 110	Individual & Religion	1p.m. – 3 p.m.	CLE 114	L. Spurlock

NOTES:

1. Faculty will schedule Seminar and RN-BSN final exams as needed.
2. All final grades will be accessible by students (those without record holds) on CARMELink. Please Note: MCCN does not mail grade reports.

MCCN-Fairfield Medical Center Program

MONDAY, DECEMBER 12		TIME	ROOM	FACULTY
NURS 309	Medical-Surgical	9 a.m. – 11 a.m.	Gamma	A.Smith
NURS 406	Gerontology	12:30 p.m. – 2:30 p.m.	Gamma	Maurer Baack
TUESDAY, DECEMBER 13		TIME	ROOM	FACULTY
SCIE 230	Pathophysiology 1	9 a.m. – 11 a.m.	Gamma	Stinner
WEDNESDAY, DECEMBER 14		TIME	ROOM	FACULTY
PSYC 225	Human Growth & Development	9 a.m. – 11 a.m.	Gamma	Hickey
NURS 421	Community Nursing	12:30 p.m. – 2:30 p.m.	Gamma	D.Smith
THURSDAY, DECEMBER 15		TIME	ROOM	FACULTY
NURS 422	Advanced Dynamics	1 p.m. – 3 p.m.	Gamma	Mohler/Fuller
NURS 204	Foundations-Health Assessment	9 a.m. – 11a.m.	Gamma	Mohler

NOTE: Students without record holds can view final grades on CARMELink. MCCN does not mail final grade reports.

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

President

Brooke Waddell

Vice President

Jena Verbance

Treasurer

Ashli Temple

Secretary of Records

Stephanie Binkley

Secretary of Public Relations 1

Kayla Munk

Secretary of Public Relations 2

Annie Hahn

Senior Class Representatives

Ashley Degoey*

Stephanie Harris

Brittany Richards

Dani Smith

*Fairfield Medical Center SGA representative

Junior Class Representatives

Benjamin Moore

Symphony Voelkel

Molly Wake

Ashley Winebrenner

Sophomore Class Representatives

Devon Baldwin

Ebonee Caldwell

Stephanie Rienschild

Brett Teiga

Freshman Class Representatives

TBD

Advisor

Colleen Cipriani

Catholic Mass Schedule at Mount Carmel West Chapel

Sunday at 4 p.m.

Monday and Wednesday at noon

Giving the Gift of Nursing Education Means Caring for our Community *cont'd from page 3*

MCCN is adept at responding to the evolving demands of the nursing profession and excels in graduating workforce-ready professional nurses who combine compassion and caring with exceptional skills to meet the needs of patients and their families.

How to Help

The opportunity to graduate additional professional nurses while maintaining the high quality of the College will require a collaborative effort.

Student Scholarships - At a time when the nation faces a critical nursing shortage and the economy is uncertain, scholarships become even more essential and offer educational opportunities to qualified students from a wide variety of backgrounds who dream of caring for patients, conducting research, or teaching to open doors for those who will follow.

College Resources - The College continually faces the challenge of maintaining facilities and teaching aids. By providing supporting technologies to keep up with constantly expanding scientific and medical knowledge and by renovating existing infrastructure to enhance student learning, we can maintain and improve the quality education MCCN is known for.

Endowed Funds – Such lasting gifts provide tools to enrich the college experience over the long-term:

Endowed Chairs and Professorships secure the future by attracting outstanding faculty who, in turn, draw the best students. Endowed faculty positions reward and motivate highly productive professors who advance science, teach, and build partnerships throughout the community. Establishing permanent funds attracts vital talent and ensures that our classrooms are dynamic, innovative and compelling. Such endowments support the time-honored tradition of academic excellence at MCCN.

Development of New Programs is critical to preparing nurses of the future and are another opportunity for support.

Conclusion

Every year, MCCN enables a multitude of students to realize their dream to become professional nurses. Equipped with an education steeped in compassion and honed by time-honored academic rigors, Mount Carmel students – with scholarship assistance – will continue to be well prepared – thereby ensuring that the healthcare needs of our communities are met into the future.

Giving the gift of a nursing education makes a difference for aspiring nurses, future patients, and the health and well-being of communities! If you are interested in making a difference, there's still time to donate before the end of the year. A donation by December 31 means a tax deduction for 2011. For more information, contact **Jan Burkey** at jburkey@mccn.edu or 234-3837.

Nurse Residency Program

Vanderbilt is offering the 2012 Summer Cohort
In the following Tracks:

- **Adult Critical Care**
- **Adult Medicine**
- **Adult Surgery** (Inpatient post-operative care)
- **Adult Medicine or Adult Surgery** (equal choice)
- **Burn Program**
- **Pediatric**
- **Psychiatric**
- **Women's Health**

Helping you navigate your new nursing career.

Summer 2012 Cohort:
The position will be posted on-line 11/30/11 through 01/27/12. An initial on-line application will begin the review process. An application packet will be e-mailed after on-line application receipt; Packet deadline for return is 01/27/12. Interviews: Feb/March 2012. Program start date: 7/9/12.

For Questions Contact:
tracey.fargo@vanderbilt.edu 615-322-5116
nurse-residency@vanderbilt.edu
Application instructions visit: www.vanderbiltnursing.com
and link to the career center for the NRP.

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