

carmel the Rapper

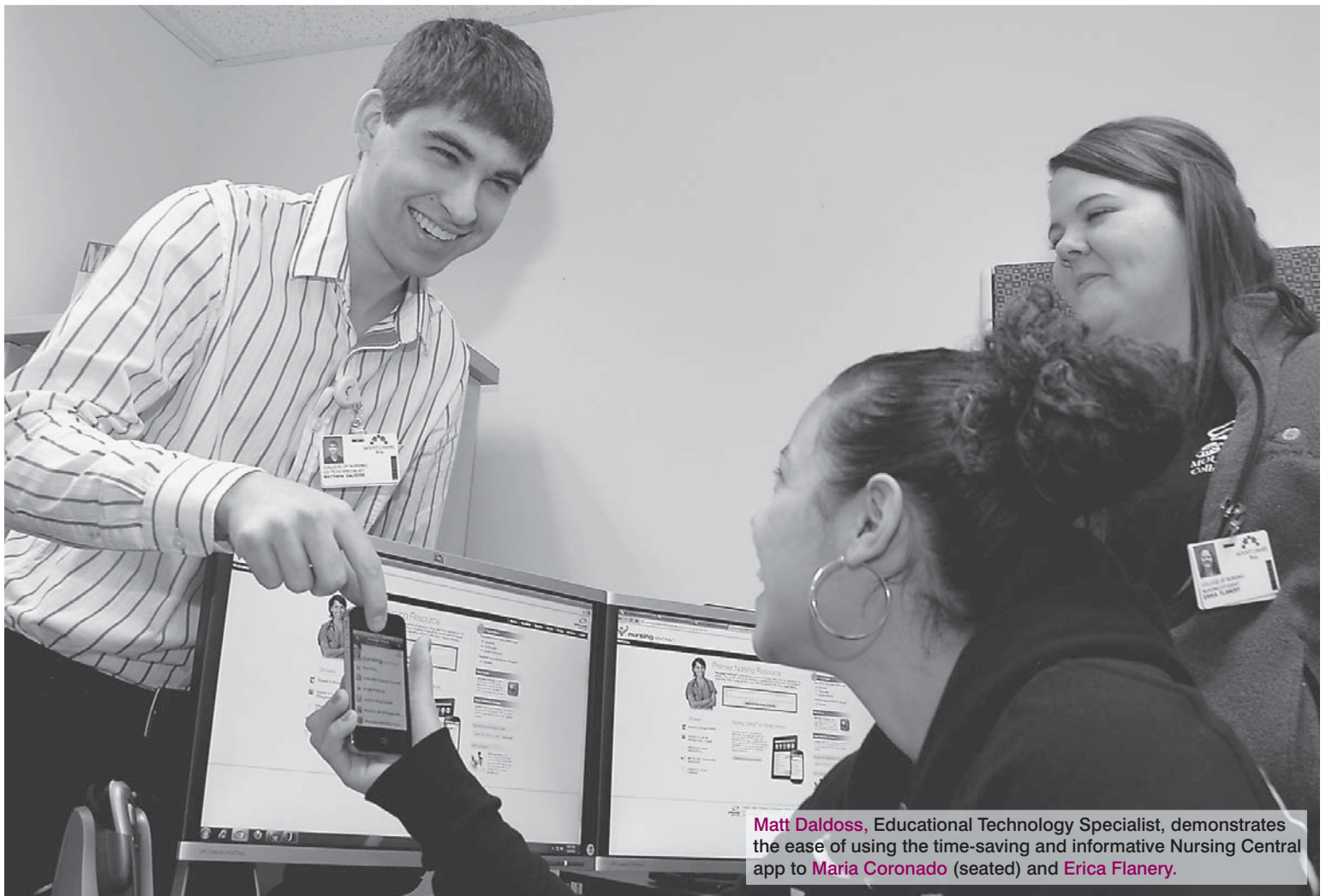
JANUARY 17 2012

MCCN news & information



MOUNT CARMEL
College of Nursing

Connect Today with Nursing Central



Matt Daldoss, Educational Technology Specialist, demonstrates the ease of using the time-saving and informative Nursing Central app to **Maria Coronado** (seated) and **Erica Flanery**.

Nursing Reference has never been easier or more convenient

With just one touch, using your hand held and/or laptop and desktop devices, you can now access timely nursing and medical information. Called Nursing Central, this product allows you to reference important information at point of care, to provide patient education, or while studying.

In response to student requests, MCCN purchased this product for the students and faculty last year, making the College competitive with nursing programs throughout the country.

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Dates to Remember

January 23	SNAM Meeting
February 1	Deadline for Advanced Placement application
February 10	Last day to drop any Term 1 course
February 24	Term 1 classes end
February 27	Term 1 junior/senior nursing clinical final examinations
February 27 – March 2	Spring Break (students and faculty)
March 5	Term 2 begins
March 12-14	CCNE Accreditation visit
March 26	SNAM Meeting OU, OSU, and CSCC spring quarters begin
April 2	Spring Festival
April 6	Good Friday (holiday)
April 23	SNAM Meeting
April 27	Term 2 and spring semester classes end
April 30 – May 3	Final exam week
May 4	Pinning & Recognition Ceremony
May 5	Commencement

Students at Ohio University Lancaster

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

The deadline for submitting Winter Quarter schedules was Friday, January 6.

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

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

MCCN Students...

Connect Today With Nursing Central *cont'd*

What does Nursing Central Offer?

Quick Reference Capability: Students can look up drug implications, dosages, side effects, drug interactions and critical patient information. There are seven sections from which to reference, ranging from Diseases and Disorders and 5-Minute Clinical Consult to Taber's Cyclopedic Medical Dictionary.

How do I access Nursing Central?

It's easy! Just login to CARMELink and:

- Click on Student Tab
- Select Student Forms
- Complete the electronic request form under Nursing Central Apps — agreement and request
- You'll soon receive an e-mail with serial number and instructions for download and instruction

Don't wait — connect today with Nursing Central, a comprehensive suite of medical and nursing reference software, and get the information you need, when you need it! Questions? Contact the staff at Helpline@mccn.edu.

“Evidence shows that nurses who utilize handheld computers, including smart phones, to access the most current reference material at the point of care provide safer care and have fewer medication errors[i]. We want our students to have the opportunity to develop proficiency using this reference software while in our programs.”

Tara Spalla, MSN, MA, RN, Assistant Dean for Online Learning

[i] Greenfield, S. (2007). Medication error reduction and the use of PDA technology. *Journal of Nursing Education*, 46(3): 127-131.

Nursing Central's Seven Available Titles

- (1) Diseases and Disorders
- (2) Davis' Comprehensive Handbook of Lab and Diagnostic Tests with Nursing Implications
- (3) 5-minute Clinical Consult
- (4) Taber's Cyclopedic Medical Dictionary
- (5) Unbound MEDLINE journals
- (6) Davis' Drug Guide
- (7) Bright Futures (pediatric reference)

Attention Seniors!

Vanderbilt University Medical Center Nurse Residency Program (NRP)

Application Deadline: January 27, 2012

Application instructions, visit www.vanderbiltnursing.com and link to the career center for the NRP.

Questions, contact tracey.fargo@vanderbilt.edu, 615-322-5116.

CODE BLUE! FMC Junior Instrumental in Life-Saving Effort During Clinical Rotation



Joshua Leasure, Mount Carmel College of Nursing (MCCN) junior at Fairfield Medical Center (FMC) didn't have the average day in clinicals at FMC this past November 23.

Leasure's patient was diagnosed with new onset atrial fibrillation and was receiving an IV heparin infusion. Leasure partnered up with the patient's nurse to work on a leaking IV when the patient suddenly went unresponsive and started having respiratory distress. Then the patient went into full cardiac arrest.

Leasure stayed in the room with the code blue team. He offered to rotate with a nurse and two respiratory therapists in performing cardiac compressions. The patient regained a pulse and Leasure jumped right in to take a manual BP and communicated professionally with both the code blue team and the physicians. He stayed by his patient's side until the transfer to ICU took place.

"This experience definitely gave me more confidence and showed me ways to best help patients. I feel much better prepared now for future similar situations," said Leasure, who hopes to ultimately pursue a career in emergency care or MedFlight.

"It's only because of the great instructors at MCCN-FMC that I was able to help on November 23. Our instructors give us what we need to know and encourage us to be confident in our knowledge and skills," Leasure said. "I learned from the best."

"I watched Josh with amazement and pride. He was awesome and handled the code with such ease and professionalism. The floor manager, clinical coordinators, and nurses were all talking about him afterward."

Joshua even gave tips to the two respiratory therapists regarding cardiac compressions that would save their energy while delivering effective CPR. Everyone involved was impressed with his performance, quick thinking, and ability to remain calm during this serious situation."

Beth Medaugh, MCCN/FMC Instructor

Advanced Placement Program (APP)

Deadline for application to the Summer 2012 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 SCIE 230 and SCIE 231) are eligible to apply for APP.

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

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

- Log in to CARMELink.
- On the Home tab, find the Advanced Placement Program Information section.
- Click on the appropriate links for the criteria and application.
- Download and print the application.
- All applications are due by February 1, 2012.

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

Degree Audits

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

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

Are You Taking a Course Elsewhere? Deadline For Submitting Has Passed!

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 submitting Winter Quarter schedules was Friday, 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 CURRENTLY TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.

Mount Carmel College of Nursing Social Media Policy

At Mount Carmel College of Nursing (MCCN) we understand that social media, such as *Facebook, Twitter, YouTube, Blogs* and *LinkedIn*, are powerful and important communication channels that can significantly impact our community and our organization's reputation and brand loyalty.

To assist in managing and posting information on such sites, the College developed a policy and guidelines to clarify how best to enhance and protect professional and personal reputations when participating in social media. This policy applies to all faculty, staff, students and alumni in association with MCCN social media accounts.

Social Media Protocol at Mount Carmel College of Nursing

- The purpose of using social media channels at MCCN is to support the mission, vision, programs and services of MCCN and to effectively communicate news, issues and events to the community and among key stakeholders.
- All College sponsored social media sites will be administered and monitored by the MCCN College Relations Department to ensure brand positioning. All information for posting should be sent directly to this department.
- The College has the right to remove comments and content from its social media sites if they compromise privacy, contain inappropriate language, are inaccurate, or impact organizational integrity.
- The general social media guidelines and policies of Trinity Health, the MCCN parent organization, must be taken into consideration, where applicable, when using social media channels.

Mount Carmel College of Nursing Social Media Strategy

Social media initiatives at Mount Carmel College of Nursing are designed to connect key stakeholders, establish relationships and a sense of community, and help maintain brand loyalty.

The strategy behind MCCN social media is to create a social community for Mount Carmel College of Nursing students, faculty, alumni, prospective students and other key stakeholders to encourage dialogue and aid in brand loyalty. Participation will be encouraged through various marketing and communications initiatives, including articles in the campus paper, emails to students and faculty, posting on CARMELink, placing social media icons on the College website homepage and utilizing icons when appropriate for advertising.

Our social media campaign began with the launch of two *Facebook* sites (Alumni and College) in 2010 and a *YouTube* channel in early 2011. A College *Twitter* account has been secured and will be launched at a later date.

Mount Carmel College of Nursing Comment Policy

We encourage your comments on Mount Carmel College of Nursing's various social media sites and hope you will join the discussions. We can't respond to every comment, particularly those that deal with individual medical cases and issues. We reserve the right to remove posts that:

- Post advertisements or solicitations of a business
- Post chain letters or pyramid schemes

Mount Carmel College of Nursing: Social Media Policy cont'd

- Impersonate another person
- Allow any other person or entity to use your identification for posting or viewing comments
- Post the same note more than once or "spam"
- Infringe on the rights of any third party, including intellectual property, privacy or publicity rights
- Are unlawful, obscene, defamatory, threatening, harassing, abusive, slanderous, hateful, or embarrassing to any other person or entity as determined at its sole discretion by MCCN
- Are abusive, illegal or disruptive, or that otherwise fail to conform to these terms and conditions

By posting any comments, posts or other material on MCCN-sponsored social media, you give Mount Carmel College of Nursing the irrevocable right to reproduce, distribute, publish, display, edit, modify, create derivative works from, and otherwise use your submission for any purpose in any form and on any media.

Finally, you agree that you will indemnify Mount Carmel College of Nursing against any damages, losses, liabilities, judgments, costs or expenses (including reasonable attorneys' fees and costs) arising out of a claim by a third party relating to any material you have posted.

General guidelines for the safe use of social media tools:

- **Protect confidential and proprietary information:** Do not post confidential or proprietary information about patients, faculty, staff, alumni or other students. Key College stakeholders must still follow the applicable federal requirements such as FERPA and HIPA in cyberspace. Adhere to all applicable College privacy and confidentiality policies. Individuals who share confidential information do so at the risk of disciplinary action or dismissal.
- **Personal privacy:** Avoid publishing personal contact details where they can be accessed and used widely by people you did not intend to see them. It is better to contact an individual outside the collaborative space if you want to take something off-line.
- **Respect copyright and fair use:** Always consider copyright and intellectual property rights when utilizing social media sites.
- **Don't use the MCCN logos for endorsements:** Do not use the Mount Carmel College of Nursing logo or any other College images or iconography on personal social media sites. Be cognizant of pictures of students in their uniform where the MCCN logo can be seen.
- **Identify yourself:** When discussing MCCN or its business, always identify clearly who you are, what your role at MCCN is, and publish in the first person. Use a disclaimer when appropriate.
- **Disclaimer:** If you are publishing information about MCCN or your role in MCCN, you should use a disclaimer along the following lines: "The views expressed on this site are my own and don't reflect the views of my employer."
- **Personal responsibility:** You are personally responsible for content you publish using social media tools. Remember that what you publish will be public for many years. There is no complete delete online.

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MOUNT CARMEL
College of Nursing

Public Notice of CCNE Accreditation Visit

Mount Carmel College of Nursing is seeking continued accreditation for its baccalaureate and graduate nursing programs through the Commission on Collegiate Nursing Education (CCNE). A team of CCNE site visitors will be on campus March 12-14, 2012, meeting with the College's key stakeholders including students, faculty, administrators, alumni, and clinical agencies.

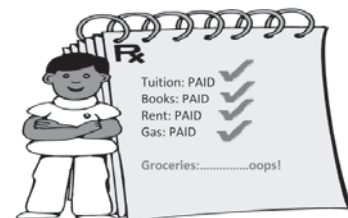
As a member of the College's constituency and community of interest, we invite you to submit comments to CCNE at the address provided below. We hope that you will take advantage of this opportunity to comment on the nursing program's achievements related to accreditation standards.

Information related to the standards for accreditation can be located at <http://www.aacn.nche.edu/Accreditation>. Written and signed third-party comments will be accepted by CCNE until February 11, 2012. Comments should be directed to:

Cristina Walcott, Administrative Assistant
Commission on Collegiate
Nursing Education
1 Dupont Circle NW, Suite 530
Washington, DC 20036

Food Pantry Reminder

A big thank you to the Alumni Association for the \$250 donation made this month to help stock the pantry — association president, **Kimberly Dillon '04**, ensures that stocking the food pantry at the College is a top priority for the association.



- If money didn't stretch as far as it should have this month don't worry, it happens to all of us.
- The food pantry has what you need until the next check comes in. Just come down and get what you need. No questions asked.
- Located in the basement of Marian Hall.

Community Service

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

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

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

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

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

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

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

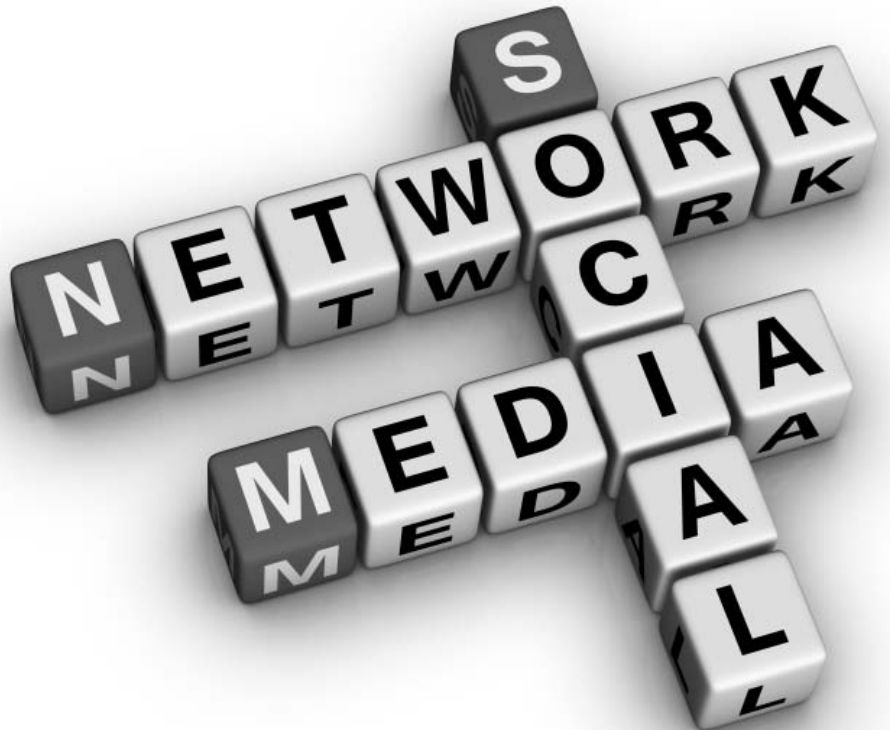
**Save the Date!
Don't Miss Out on the Fun!**

**SPRING
FESTIVAL**

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

Mount Carmel College of Nursing: Social Media Policy cont'd

- **Liability:** Always remember that the same laws, professional expectations, and guidelines for interacting in person also apply online. Individuals are liable for anything they post to social media sites. This policy is not inclusive of all situations related to social media.
- **Keep calm:** Don't pick fights by escalating heated discussions. Be conciliatory, respectful, and quote facts to lower the temperature and correct misrepresentations. Never contribute to a discussion if you are angry; leave it, calm down, and return to it at a later date when you can contribute in a calm and rational manner.
- **Personal judgment:** If you feel even slightly uneasy about something you are about to publish, the chances are you shouldn't do it. Before posting anything, think about the consequences in the event that it becomes widely known (for example, printed in a newspaper or posted on a billboard) and how that would impact everyone involved. Search engines can retrieve posts years after they were created or deleted, and communications can be forwarded or copied. There is no complete delete online.
- **Respect:** Don't use ethnic slurs, personal insults, obscenity, or engage in any conduct that would be unacceptable in a MCCN workplace. Always consider others' privacy and avoid discussing topics that may be inflammatory, e.g., politics and religion.
- **Etiquette:** Before your first contribution on any social media site, it is a good idea to observe the activity on the site for a while to get a feel for the style of contributions, the nature of the content and any 'unwritten' rules that other contributors might follow, before launching in yourself.
- **Terms of service:** Obey the Terms of Service of any social media platform employed.



Community Service Club Delivers Donated Clothing to Avondale Elementary

From Paige Myers



Members of the the Community Service Club (l-r, back row): Paige Myers, Marissa Gerdes, and Tina Marie Cerra; (front row): Jenna Grunden, Maura Logan, and Mandy Osa-Attah.

On Monday, January 9, the Community Service Club delivered much-needed clothing items to Avondale Elementary. During the month of December, Community Service Club members collected socks, underwear, pants, shirts coats, hats, and gloves.

We would like to thank Clinical Patient Information from the hospital for their help this year. They collected a box of items for the children. Also, thanks to everyone for all their donations and help in putting this event together.

At the last meeting, the club members discussed setting goals for themselves. These goals included volunteer projects each month and larger projects with the College. The members would like to reach out to the people of our community who do not always receive the help they need.

During the next few months the club will volunteer at the Holy Family Soup Kitchen. In February, Francis Carr from Holy Family will visit the group to share about the soup kitchen and its history. Anyone interested in volunteering at the soup kitchen, please email **Maura Logan** at mlogan@mccn.edu.

*Student Nurses Caring for our Patients and our Community
The Community Service Club*



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 are 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 has 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**.

Free Money for School Expenses

Scholarship Opportunities for Students:

Interested in obtaining free money for your education? Think scholarships. For information about scholarships log on to https://carmelink.mccn.edu/ICS/Home/Scholarship_Information.jnz.

Check the link often, as scholarships are added as information about applications, criteria, and deadlines is received by the College.

For individual questions about scholarships, contact **Kathy Espy**, Director, Diversity and Community Initiatives, at kespy@mccn.edu, 614-234-5276, office 3C15.

Consider the Potential Reward: "Don't say you don't have time to apply for scholarships," says Espy. "Even if you spend five hours on the application, that's earning \$600 an hour if you are awarded a \$3,000 scholarship."

Application Criteria: The application criteria may or may not be linked to need and/or GPA. "Some scholarships reward community service, some are for leadership potential. Most scholarships are for juniors and seniors, some for sophomores. All students can begin now to investigate the criteria and the opportunities available," advises Espy. "Most require a minimum 3.0 GPA, although some require a 2.6 or 2.8 GPA."

Check the application deadline dates carefully. If instructor recommendations are required, please remember that your instructor may need some time to prepare your recommendation.

Neatness Counts: The appearance of the application affects how the applicant is viewed by the scholarship donors. A typed application is preferred. If the application is handwritten, a pen must be used.

Take Your Time: A good essay makes a huge difference. Consult your advisor for assistance if needed. Community service, leadership, and involvement in activities at the College and in your community impress scholarship committees. A job also looks good on a scholarship application, because it demonstrates initiative and good time management skills.

Each scholarship is reviewed independently. Address the question that is presented in this particular application. "Cutting and Pasting" a reply may result in your application not being considered. Reply to the question in a scholarly, professional manner. Make your application stand out above the others.

MCCN students receive grants and scholarships each academic year. Next year, one of the recipients could be you!

Watch for a review of some individual scholarships in the next issue of *The Rapper*.

Student Health *News*

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

To all MCCN students—

I had joint replacement surgery in December and will be out of my office until sometime in January. The Family Nurse Practitioners in the Nursing Center will see students who have an urgent medical problem during my absence. If you have a true medical emergency, please call 911 or go to the Emergency Department or nearest Urgent Care facility.

The pager number for **Suzette Viola, RN, MS, CNP**, of the Nursing Center staff is posted on my door. She can be contacted during normal business hours, Monday through Thursday. She will call you back, talk to you regarding your medical needs, and will determine if you need to be seen in the Nursing Center that day.

On Fridays, you will need to call the Nursing Center front desk if you think you need to be seen on an urgent basis.

For copies of your health records you will need to see either **Robin Shockley** or **Julie Haley** in the College office.

Thank you for your understanding.

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



The Nursing Center for Family Health

Providing Convenient, On Campus Health and Wellness Care

Located at 777 West State Street, Suite 201

Services:

- All primary care support services
- Same day ill visits/urgent care needs
- Full women's health
- Immunizations (coming soon)
- School, work and preventive physicals
- Pharmacy and radiology services supported by Mount Carmel West
- Simple suturing
- On-site phlebotomy
- Psychiatric and counseling services

Mount Carmel College Nursing students can continue to be seen and treated for FREE by **Kathy Walters RN, MS, CNP**, MCCN office 309 (when she returns). Referrals can be made to nursing center as needed.

Call 614-234-5953 today to make an appointment. We see ALL patients regardless of their ability to pay (can bill most insurances or have sliding fees for those without insurance).

The Nursing Center is a cooperative effort with Lower Lights Christian Health Center (LLCHC) and the Mount Carmel College of Nursing.

The Nursing Center Staff:

Suzette Viola, RN, MS, CNP Family and Adult Health
Sharon Black, RN, MSN, CNP Family and Adult Health
Adrienne Polite, DO Family Medicine

SNAM* News

*Student Nurses Association
at Mount Carmel

Next meeting: January 23, 12 noon in the lounge
March meeting: March 26, 12 noon in the lounge
April meeting: April 23, 12 noon in the lounge

Nurses Day at the Statehouse: Leap into Health Policy

Join hundreds of nurses from across the state this leap day for Nurses Day at the Statehouse!

February 29, 2012

Contact pmcknight@mccn.edu to attend as part of the MCCN group of 20 (at no charge, since the College purchased the two tables for its participants) or register online at www.nursesdayatthestatehouse.wordpress.com

Student with lunch: \$32

Student without lunch: \$25

National Student Nurses Association Annual Convention Spanning the Distance: 60 Years of the Evolving Nurse

April 11-15 in Pittsburgh, Pennsylvania

Exceptional speakers, exciting topics and extraordinary networking opportunities await you in Pittsburgh this coming April. National, state, and school leaders will come together to further develop their leadership prowess in governing the affairs of NSNA. The past will meet the future as NSNA alumni mingle with current NSNA leaders-- a great opportunity to meet mentors and connect with colleagues. For more information and tentative schedule, visit www.nсна.org/meetings/annualconvention.

With the Marilyn Bagwell Leadership Development Grant that the Student Nurses Association of Mount Carmel (SNAM) received last April at the NSNA Convention, we are pleased to be able to assist a number of MCCN students in attending the convention this year! If you are interested in attending this event, please be in attendance at our next meeting held January 23 at noon.

Valentine's Day Cookie Sale

February 1 - February 15—be on the lookout for order forms!

Interested in Becoming a 2012-2013 SNAM officer?

We will begin taking nominations for 2012 officer positions at the January 23 meeting. Elections will take place in March.

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

February 29, 2012: Nurses Day at the Statehouse

An annual event sponsored by the Ohio Nurses Association, Nurses Day at the Statehouse offers opportunities to hear about policy issues from legislators, as well as from nurses working in many practice areas. Participants will also speak with legislators from their respective districts (or their aides) and have lunch with legislators from our area of the state.

More than 400 nurses and student nurses from all areas of Ohio will attend the event at the Ohio Statehouse. Mount Carmel College of Nursing purchased two tables for a total of 20 attendees. There is no charge for participants from MCCN who attend as part of the College's group.

"The College has participated in Nurses Day at the Statehouse for several years, and our students who attend always share positive comments about their experience at the event," said **Pat McKnight, MS, RD, LD, FADA**.

This year, the event is held on February 29, 8:30 a.m. - 3:30 p.m. This date occurs during MCCN's spring break week, better for not conflicting with class and clinical, but a problem for those planning to be out of town. Students who are in town and interested in attending, but working that week, can schedule that day to be off.

"Think about the opportunity to be a part of this exciting day and let me know at pmcknight@mccn.edu that you want to participate," McKnight said. "I will make the legislator appointments for students. And don't worry, you won't attend alone. The College has reserved 20 spaces, so plan to attend as part of our group."

Kathy Espy Honored for Service and Achievement

Congrats to MCCN Director of Diversity and Community Initiatives, **Kathy Espy**, who received a 2011 Jewel Award from the Alpha Rho Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. This award honors members of the community for excellence in service/community achievement. Espy was recognized at ceremonies held in Columbus on December 3. Justice Yvette McGee Brown (Ohio Supreme Court) was the keynote speaker at the event. This fraternity initiated the Martin Luther King memorial project in Washington, D.C.

SNAM

Money Matter\$

Welcome: Welcome back to class. Spring Semester has begun and many of you are off to a great start. If you had financial aid disbursements in the Fall, please know that your financial aid — grants, scholarships and loans — will be processed beginning Monday January 9. Please check CARMELink for the application of your financial aid to your account.

If you are new to the College this semester, please know that your financial aid will be processed at the same time.

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

IRS Tax Upload: This year you and your parents have the opportunity to upload your 2011 tax return to your 2012-2013 FAFSA. It is my understanding that by doing this you will reduce our opportunity for being selected for verification.

Verification: Currently 30-40% of all of our students are selected for verification. This is a randomized process that historically required you and/or your parents to submit a copy of your current year's tax return, W-2s, or other income data. This year, the verification will require a copy of your 2011 tax return transcript.

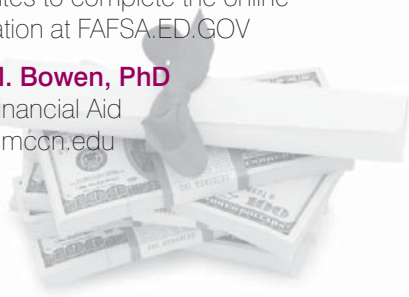
As in prior years, financial aid will be pending the completion of the verification process. Reduce your risk for selection and utilize the IRS tax upload process.

2012-2013 FAFSA: Plan early to complete your 2012-2013 FAFSA. In order to complete the FAFSA you will need the following:

- ✓ 2011 tax return for you the student, your parents if you are a dependent, or your spouse if you are married
- ✓ Your individual PIN number
- ✓ 15 minutes to complete the online application at FAFSA.ED.GOV

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu



Food & Nutrition Conference & Expo

By: **Andrea Burkley, Dietetic Intern**

The excitement was bursting at the seams at the recent 2011 Food & Nutrition Conference & Expo (FNCE) in San Diego, California, beginning during the opening ceremony when President Sylvia Escott-Stump announced the name change from the American Dietetic Association to the Academy of Nutrition and Dietetics.

As a dietetic intern, I was extremely honored to be accepted to attend the conference to present the research poster I worked on during my senior year at Ohio University. My research, entitled "Adult Food Security and Social Capital among Patients Using Free* and Fee-for-Service** Diabetes Clinics in Rural, Appalachian Ohio," was one of a handful of posters concerning hunger and lack of access to obtaining healthful foods.

- *Free participant group: no access to insurance
- **Fee-for-service participant group: had access to insurance

Food insecurity is the lack of access by people, at all times, to obtaining sufficient food for an active and healthy life¹. This is a major area of concern and is seen in the diabetic population, as they may not have the access to nutritionally adequate foods. Social capital, the perceived sense of social trust and community reciprocity, was additionally addressed within my study because low-income patients receiving care from free clinics experience a lack of social support^{2,3}.

Conclusions from the study revealed:

- Food security differed between the two participant groups.
- The fee-for-service group experienced less food insecurity.
- Social capital did not differ between the two participant groups.

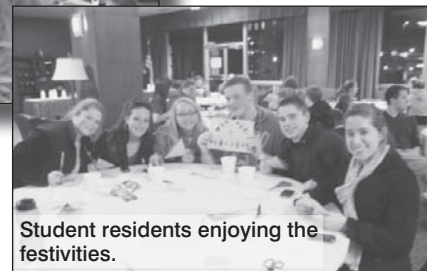
It was an amazing experience to attend and present my research poster at the conference. I hope my research will be one of many studies to continue uncovering information on food insecurity and ways to combat its incidence.

References:

- 1) Anderson, S.A. (1990). Core indications of nutritional state for difficult-to-sample populations. *The Journal of Nutrition*, 12 (11), 1559-1600.
- 2) Martin, K.S., Rogers B.L., Cook, J.T., Joseph, H.M. (2004). Social capital is associated with decreased risk of hunger. *Social Science & Medicine*, 58, 2645-2654.
- 3) Cadzow, R.B., Servoss, T.J. (2009). The association between perceived social support and health among patients at a free urban clinic. *Journal of the National Medical Association*, 101 (3), 243-250.

Residence Hall Christmas Party

In December, 35 resident students celebrated at the Residence Hall Christmas party by watching the Christmas movie ELF, making snowflakes, holding an ugly Christmas sweater contest, and enjoying Christmas cookies, hot chocolate and each other's company.



Free Finals Week Breakfasts

Sponsored by our Mount Carmel Alumni Association



Sophomore **Cody Toney**



Sophomores **Jennifer Micaley** and **MacKenzie Gram**



Sophomores **Kylee Bergman**, **Annie Hahn**, **Pamela Strickland**, and **Hanna Rehark**



Seniors **Kyle McMichael** and **Courtney Gary**

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.

Catholic Mass Schedule at Mount Carmel West Chapel

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

SIGN-UP TODAY!

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

Faculty, staff and students may self-register for the system by using an on-site MCCN computer. Launch Internet Explorer and enter URL <http://mccnalert.mccn.int> 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, please contact **Robin Hutchinson-Bell** in College Relations at 234-1372 or rhutchinsonbell@mccn.edu



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.

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

Meet the SGA Officers

President: **Brooke Waddell**

- Presides over all meetings of the student government association (SGA)
- Acts as an official representative of SGA
- Serves as a liaison between the College administration and the student body
- Oversees and delegates the actions and activities of the committees
- Performs other duties designated by the SGA and SGA advisors



Vice President: **Jena Verbance**

My name is **Jena Verbance** and I am the vice president of the Student Government Association here at MCCN. My officer position holds duties such as scheduling meetings, booking rooms, actively sharing information with fellow officers and representatives of SGA, as well as filling in for our president when necessary. I am grateful to hold a leadership position in this association and we hope to provide MCCN with tons of activities and assistance this school year!

Secretary of Public Relations #1: **Kayla Munk**

There are two Secretaries of Public Relations, and the #1 position is set aside for upperclassmen. My duties include serving as a vice-chair of SGA in the absence of the president and vice president. I coordinate recruitment, appointment, training, and liaison activities of student members of all committees. I am in charge of elections and voting procedures. I communicate with the undergraduate student body via CARMELink and *The Carmel Rapper*. I act as primary editor of SGA submissions to *The Carmel Rapper*. I formulate and distribute a welcoming letter from SGA to all new students in August. I am responsible, along with the SGA president, for orienting new representatives upon election and providing them with SGA materials. Lastly, I help out with any other SGA activities, and work closely with Secretary of Public Relations #2.



Secretary of Public Relations #2: **Annie Hahn**

My name is **Annie Hahn** and I am Secretary of Public Relations #2, I work closely with Kayla, PR #1. My duties in SGA mainly involve communication with the students at MCCN to provide information and take concerns to SGA. I am responsible for making flyers for SGA events. I also assist the library in putting on "Cram for Your Exam," which takes place every Sunday before exam week.

Treasurer: **Ashli Temple**

My name is **Ashli Temple**. As treasurer of our student government association, I keep all records of money spent and any income from fundraising events. At the beginning of each monthly SGA meeting, I provide an accurate report of our funds.



Secretary of Records: **Stephanie Binkley**

- To notify all members of SGA meetings, including faculty advisors
- To maintain all the SGA correspondence and meeting minutes; posting minutes online and keeping a printed copy in the SGA binder within seven days

