

Kathy Espy Honored with YWCA Lifetime Achievement Award



Kathy Espy, Director of Diversity and Community Initiatives, was one of three to receive a Lifetime Achievement Award at the 2011 Women of Achievement luncheon on April 6. This new honor was presented to three outstanding community leaders as part of the YWCA's 125th anniversary celebration. Espy was previously recognized in 1998 as a YWCA Woman of Achievement, considered by many to be the most prestigious award for women in central Ohio.

A total of 215 women have been honored as YWCA Women of Achievement since the award was established 26 years ago. The honorees are regarded as a select group of Columbus women who have made extraordinary contributions to their families, workplaces, and communities. MCCN President/Dean **Dr. Ann Schiele** was honored as a YWCA Woman of Achievement in 2000.

With its mission to eliminate racism and empower women, the YWCA is the oldest and largest multicultural women's organization in the world, with more than 25 million members in 106 countries, including 2.6 million members and participants in 300 local associations in the United States. The YWCA provides safe places for women and girls, builds strong women leaders, and advocates for women's rights and civil rights in Congress.

"One of the organizations I enjoy working with and for the most is the YWCA, because it has so many broad and far-reaching programs and you can really see the results of your work," said Espy, who remembers starting out with the YWCA when she was a 12-year-old living on the south side of Columbus.

YWCA Columbus serves over 40,000 women, men and

"YWCA Columbus is proud to present Kathy Espy with the Lifetime Achievement Award for her bold vision of bringing diversity to every table where she is invited and for the lasting impact her gentle wisdom and unwavering support of women has had on Columbus."

125 years **ywca** eliminating racism empowering women
columbus ohio
women
vision. action. impact.

April 11, 2011

dates to remember

April 11

Talent Show

April 15

Last day to drop any term 2 course

April 16

CNS Seminar

April 18

Junior class meeting
Spring Wellness Festival
Fall Semester 2011 schedule posted to CARMELink

April 20

STTI Spring Scholarship Evening

April 22

Good Friday (holiday)

April 25

Fall Semester 2011 online registration begins
SNAM meeting

April 29

Spring Semester ends

May 2-6

Final exam week

May 2-5

Free finals week breakfasts

May 5

Graduation Celebration Luncheon & Rehearsal

May 6

Pinning & Recognition Ceremony

May 7

Commencement 2011

May 9

Summer Session begins

continued on page 2...

Kathy Espy Honored with YWCA Lifetime Achievement Award *cont'd*

children annually, who are located in four cities in Central Ohio, through programs of anti-racism, emergency shelter, low income housing, child care and youth services, and wellness programs.

This commitment fits with Espy's passion for equity and fair treatment and her life motto to "be kind and value every person." Espy's personal heroes are the "countless unknown women who work and raise their children, and persevere, many times alone with little resources and little support."

Espy also cites her mentors and role models — Glenna Watson and Karen Schwarzwald. Watson was the first African American female to lead the Central Ohio Transit Authority and one of the first African American women to manage a transit property, with a professional career characterized by achievement, innovation and service to others. Schwarzwald serves as Regional Executive Director, YWCA Great Lakes Alliance Region, and previously served as Chief Executive Officer of the YWCA Columbus for 17 years.

When asked who inspired her commitment to service, Espy responds, "My four daughters — to leave them the best and most compassionate world possible."

Outreach and Accomplishments

- + Integral to the growth and impact of YWCA Columbus as a volunteer, trustee, board chair, and fundraiser
- + Creator of unique MCCN programs, including the Learning Trail, to mentor students and help them feel supported and encouraged
- + One of the first African American trustees for BalletMet and instrumental in bringing to Columbus a new production — Les Ballet Africains — creating the path for more diverse performances
- + Supporter of organizations that celebrate women's achievements
- + Member of The Links, Incorporated — an international organization committed to leadership, friendship, and service
- + President, chair of the national nominating committee, and chair of the high school mentorship program — Project Lead

Graduates: Cap and Gown Ordering

Each graduate attending Commencement on May 7 is responsible for ordering and paying for his/her own cap/gown. **The ordering deadline was March 31, 2011.**

Contact Records and Registration if you have questions (614-234-3870).

Registration for Fall Semester 2011

The Fall 2011 class schedule and registration instructions will be posted to CARMELink on **April 18**. Students also will be notified via email regarding registration windows and instructions.

Registration windows for Fall Semester 2011 will start to open the week of **April 25**.

MCCN-FMC Plans Medical Mission to Dominican Republic



Cheryl Mace (faculty), **Cora Arledge**, **Jeremiah Ignaszewski** (junior volunteers), and **Missy Mohler** (faculty)

Ten volunteers, including MCCN-FMC faculty, students, and family members, will head to Luperon, Dominican Republic, for a medical mission, June 8-15. The mission will focus on education and immunization. Students will experience the cultural, environmental, and healthcare system of an impoverished area.

"We will teach a selected group of female 'healers' from the villages how to give immunizations, as well as basic first aid for wound care. Once the instruction is complete, we will accompany the healers to the surrounding villages to set up vaccination clinics," says MCCN-FMC instructor **Missy Mohler, MS, RN**. These remote Dominican villages have yet to receive any immunizations.

"We are so excited about how many lives we can save through the vaccinations!" Mohler says. "We will also spend a day in what the village calls its 'hospital,' which is actually just a building with limited ability to deliver care. When the medical mission group went there last year, they did not even have a working B/P cuff."

The mission will be an adventure that includes sleeping in hammocks in an open air shelter, with no electricity or running water. The mission company hires local village women to cook authentic Dominican meals for the group. The group will also tour the Christopher Columbus museum on the ocean and visit a 50-tier waterfall.

"We feel very blessed to have this opportunity and hope that it becomes a tradition for MCCN-FMC students," Mohler concluded. "After the trip, we will share our experience with both the main campus and the FMC campus."

The participants are holding several fundraisers to financially assist the students who are going. Anyone interested in donating toward the trip, please notify **Missy Mohler** at mmohler@mccn.edu.



Sophomore volunteers: **Sara Windland**, **Cheryl Mace** (faculty), **Shannon Francis**, **Missy Mohler** (faculty), **Maria Reynolds**, and **Rita Morrison**.

MCCN Master's Candidates Form New Professional Association

A group of Adult Health CNS

(Clinical Nurse Specialist) graduate students began work in January on a project to start an affiliate chapter of the National Association of Clinical Nurse Specialists—the Central Ohio Clinical Nurse Specialists Association (COCNSA). Later this spring, the National Association will send notification if affiliation is granted.

COCNSA Mission Statement

COCNSA, established 2011, seeks to promote and enhance the clinical nurse specialists' vital contributions to the central Ohio healthcare community. In conjunction with the NACNS, COCNSA will promote and advocate for the development and continued advancement of the CNS practice.

Central Ohio Clinical Nurse Specialists Association (COCNSA) consists of advanced practice nurses holding CNS degrees or pending CNS degrees. The association provides a platform to link local CNSs together as well as to CNSs nationally, increase the visibility of the CNSs within the central Ohio region and provides for enhanced communication regarding concerns of CNSs locally.

The association will meet three times yearly here at MCCN.

Currently there is a CNS related chapter in northern Ohio, so this is a very big step for CNS in this part of the state. Check out the group's website at www.cocnsa.com.

This same group of students planned, in their practicum course under the direction of assistant professor **Kathy Sommers, MBA, EdD, RN**, a day-long CNS seminar — “Transitioning to Advanced Nursing Practice” — to be held here at the College on Saturday, April 16.

“I am proud to see wonderful products and creativity from our students. Thanks to everyone who has helped them achieve their goals,” said **Angela Phillips-Lowe EdD, RN**, Associate Dean of the Graduate Program.

COCNSA Board

President.....**Pam Hutton, MS, RN, CNS**
 President- Elect.....**Sunny Rai, RN, BSN** (MS, CNS pending 5-11)
 Vice-President**Bridget Gorman, RN, BSN** (MS, CNS pending 5-11)
 Secretary.....**Kellie Greene, RN, BSN** (MS, CNS pending 5-11)
 Treasurer.....**Tina Adkins, RN, BSN** (MS, CNS pending 5-11)
 Historian**Morgan White, RN, BSN** (MS, CNS pending 5-11)

Membership Roster

Tina Adkins, RN, BSN (MS, CNS pending 7-11)
Bridget Gorman, RN, BSN (MS, CNS pending 5-11)
Kellie Greene, RN, BSN (MS, CNS pending 5-11)
Deborah Hayden, RN, BSN (MS, CNS pending 5-11)
Pam Hutton, MS, RN, CCNS
Theresa Pace, MS, RN, CNS
Sunny Rai, RN, BSN (MS, CNS pending 5-11)
Michelle Rubertino, MS, RN, ACNS-BC
Linda Rutan, MS, RN, CNS
Jamie Sinclair, MS, RN, CNS
Morgan White, RN, BSN (MS, CNS pending 5-11)

**Transitioning to
Advanced Nursing Practice**

Are you transitioning into the world of Advanced Nursing Practice?
 Are you an Advanced Practice Nurse and have questions about opportunities and other aspects of your role?
 Do you know how to negotiate for that perfect job?

Saturday, April 16, 2011
 Mount Carmel College of Nursing Lounge
 127 South Davis Avenue
 Columbus, Ohio 43222

MOUNT CARMEL
College of Nursing

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.

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.

Attention Students



FREE Finals Week Breakfasts

**May 2, 3, 4 and 5,
8-11 a.m., in the Rec Room**

Sponsored in support of MCCN students by your Mount Carmel Alumni Association

Rho Omicron Elects Board Members

The Rho Omicron Chapter of Sigma Theta Tau Nursing Honor Society welcomes new board members who will join members continuing in their offices. Board members are elected to carry on the mission of Sigma Theta Tau to support the learning, knowledge and professional development of nurses committed to making a difference in health worldwide.

2011-2012 Rho Omicron Board

Rachel Choudhury	President
Joey Beck	Vice President/President Elect
Bonnie Moses	Treasurer
Ann Waterman	Secretary
Dianne Dierckman	Leadership Succession Chair
Stephanie Kettendorf	Leadership Succession Committee Member
Hannah Stelling Gankosky	Publicity Chair
Kathy Walters	Governance Committee Chair
Denice Taylor	Governance Committee Member

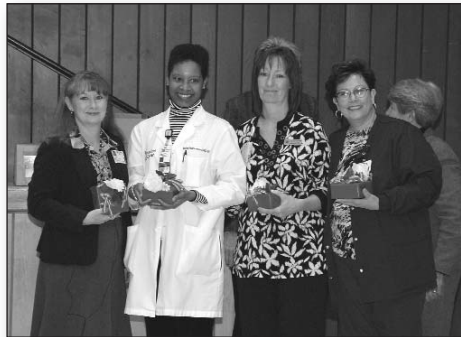
The Rho Omicron board guides the Rho Omicron Chapter through its ongoing growth, development, and contribution to the profession of nursing.

Rho Omicron expressed appreciation to the new board members, as well as board members whose terms are completed — **Sherry Hull, Patti McKee, Carla Dowling, and Juanakee Pearson-Ceol** — for their commitment, dedication, and support of the mission and the vision of the Nursing Honor Society.

Rho Omicron Luncheon



Kathy Walters manning the sign up table, as Vickie Warschauer signs in



Outgoing officers (l-r) **Sherry Hull, Juanakee Pearson-Ceol, Carla Dowling, and Patti McKee**



Featured speaker, Dr. Janice Lanier, RN, JD, presents "Protecting your License, Protecting Your Practice"



Sherry Hull addresses the group

Attention: All Juniors!

Junior Class Meeting

Monday, April 18, 2011

12 noon -1:30 p.m.

College Lounge on the first floor

Lunch will be provided by the Spring Festival in the gym

The course coordinators for the senior level classes will speak about your classes and answer any questions.

Please enter the date in your planners now so that you can plan to meet for that day.

Any questions, please email bbeyer@mccn.edu.

Mount Carmel's Got Talent!

1ST PRIZE

\$100 gift card

2ND PRIZE

\$75 gift card

3RD PRIZE

\$50 gift card



When: TODAY, April 11, 2011, 7 p.m.

Where: Gym

Who: MCCN Students

What: Singing, Dancing, Musicians, Comedy Routines, etc.

Spring Wellness Festival

Just for the Health of It!

Monday, April 18

11:30 a.m. — 2 p.m.

College Gym

- Free Lunch
- Free Henna Tattoos
- Power Puff Tournament
- Ping Pong Tournament
- Badminton Tournament
- Chances to win exciting prizes
- And much more!

Updated Dietary Guidelines for Americans

by **Shalana Daley**, *Dietetic Intern*

The *Dietary Guidelines for Americans* are the federal government's evidence-based nutrition recommendations that focus on promoting healthy lifestyles for Americans with the objective of reducing the risk of chronic diseases and the prevalence of overweight and obesity.¹ By law, the *Dietary Guidelines for Americans* are reviewed every five years and updated when necessary.¹

The United States Department of Agriculture and the United States Department of Health and Human Services jointly create each edition. Just recently they released the seventh edition of the Guidelines (*The Dietary Guidelines 2010*) based on the recommendations of the 2010 Dietary Guidelines Advisory committee.²

Due to the growing prevalence of overweight and obesity (one third of children and two-thirds of adults²), the latest guidelines emphasize reducing caloric intake and increasing physical activity. *The Dietary Guidelines 2010* is a 112-page document with six detailed chapters. The following are a few highlights of the Key Recommendations, which encompass two major concepts:

1) Maintain calorie balance over time to achieve and sustain a healthy weight.²

2) Focus on consuming nutrient-rich foods and beverages.²

Key Recommendations²

- + Balance calories to manage weight:** Control total calorie intake to manage body weight. This means that people who are overweight or obese need to consume fewer calories from foods and beverages. Increase physical activity and reduce time spent in sedentary behaviors.
- + Foods and food components to reduce:** Reduce sodium intake to less than 2,300mg. The intake is further reduced to 1,500mg for those who are over 51 years of age, and those of any age who are African Americans, have hypertension, diabetes, or chronic kidney disease.
 - Consume less than 300mg per day of cholesterol.
 - Consume less than 10 percent of daily calories from saturated fats and replace them with polyunsaturated and monounsaturated fats.
 - Keep trans fatty acids consumption as low as possible.
 - Reduce intake of solid fats and added sugars.
 - Limit the consumption of foods that contain refined grains, especially those that contain solid fats, added sugar and sodium.
- + Foods and nutrients to increase:** Increase fruit and vegetable consumption. Eat a variety, especially dark-green, red, and orange vegetables, and beans and peas.
 - Consume at least half of grains as whole grains.
 - Increase intake of low-fat and fat-free milk and milk products.
 - Choose a variety of protein foods such as seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.
 - Increase the amount and variety of seafood consumed by choosing it in place of some meat and poultry.
 - Use oils to replace solid fats when possible.
 - Choose foods that provide more potassium, dietary fiber, and vitamin D, which include fruits, vegetables, whole grains, milk and milk products.

To view the complete *Dietary Guidelines 2010*, please visit www.dietaryguidelines.gov.

References:

1. "USDA Press Release" United States Department of Agriculture. Center for Nutrition Policy and Promotion. Jan 31, 2011. <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PressRelease.pdf>.
2. United States Department of Agriculture, United States Department of Health and Human Services. "Dietary Guidelines for Americans 2010" 7th Edition Washington DC. US Government Printing Office. December 2010.

Spring Semester Final Grades

Students can view final course grades via CARMELink after the end of Spring 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).

Top Awards to MCCN Publications

MCCN recently received top awards from the Higher Education Marketing Report 26th Annual Educational Advertising Awards for our Camp Mount Carmel program and for our view books/recruitment package.

- + Mount Carmel College of Nursing GOLD Total Recruitment/ College Recruitment: Nursing**
- + Mount Carmel College of Nursing GOLD Total PR / Adventures in Healthcare**

Congratulations to the Office of College Relations and all those who contributed to the content and design of these award-winning publications!

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 re 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

News from Your Library

By **Stevo Roksandic, MBA, MLIS**

Director, Mount Carmel Health Sciences Library

Consumer Health Library at MCW Offers Free Health Information to the Community

Mount Carmel Health Sciences Library (MCHSL) proudly inaugurated a beautiful, brand new Consumer Health Library (CHL) on Thursday, March 24. The CHL is a free, comprehensive medical library open to all members of our community as a "source of truth" in the volumes of health information currently available, particularly on the Internet. The CHL's resources emphasize understanding and treatment of disease as well as prevention, health, and wellness.

The CHL offers:

- + Professional staff to assist you.
- + Consumer health books plus an extensive consumer health DVD collection.
- + Consumer health journals, health magazines and newsletters.
- + Access to bilingual (English/Spanish, and other languages), professionally selected and recommended Consumer Health Links and information covering different health topics.
- + Information on local and national professional health agencies, organizations and support groups.

Located at 777 Davis Ave., Building 2, Suite 201B on the Mount Carmel West campus, the CHL professional staff will provide in-person and virtual services Monday through Friday 8:30 a.m. - 4:30 p.m.

New DVDs — All Oscar Nominees available

Did you check the new DVDs offered at your library? We have all Oscar-nominated movies and many other new titles, including "Social Network," "Black Swan," "127 Hours," "The Fighter," "Tron: Legacy," and "Tangled." "The King's Speech," "Rabbit Hole," and "True Grit" will be added to our collection this week. Stop by your library and pick up great movie for your entertainment!

You Like Your Library at Facebook — Thank you! Free and Fun times to appreciate you

If you are reading this *Rapper* issue on Monday, April 11, you are probably enjoying a sweet 'Deli' lunch provided by your library. Are you? If not, 'Like' your library at Facebook and find out what is going on ... 'PBJ Deli' is happening NOW! Joining 200 other MCCN students and Facebook users and 'like'-ing your library will create many more opportunities than just networking: we are talking about FREE and FUN times and food ... 'Like' us – your library likes and cares about YOU!



Recent Open House celebrates the inauguration of the CHL



MCCN President/Dean **Ann Schiele, PhD, RN**, and **Stevo Roksandic, MBA, MLIS**, Director, Mount Carmel Health Sciences Library, celebrate the opening of the CHL.



Tara Spalla, MSN, RN, Assistant Dean, Online learning, and **Aaron Oates**, Library Assistant



Children's section in the new CHL



Instructor **Mary Yoder, BSN, RN**, looks over the selection of healthcare information.

Mount Carmel Health and TIS Columbus sponsors the 2nd Annual

EARTH Day Event

to encourage recycling, reusing & reducing the use of our valuable resources on Tuesday, April 19th for all Mount Carmel Associates.

<p>This one day event will include:</p> <ul style="list-style-type: none"> • Paper shredding for all associates. Here is a chance to get rid of your old records from home and have them shredded onsite for the day FREE! -Royal Document Destruction (http://rddshred.com) • PC recycling—Ever wonder what TIS does with the PCs? We will have information on how our PCs are recycled, and our vendor will be offering free recycling for your home computers and peripherals for one day. Bring them to one of 5 locations at designated times. -Techjr2 (www.techjr2.com) • Television recycling—Have an old tube television to get rid of? Now you can, but limitations do apply. ONLY 1 per person; up to 27" tube; up to 42" Plasma or LCD. NO consoles or projection TVs. (Techjr2) • Battery recycling from work and home. Bring in only the following old, non-reusable batteries: A, AA, AAA, AAAA, B, C and D. (Techjr2) • Recycling of old cell phones. • Recycling of old eyeglasses. 	<p>TIMES & LOCATIONS <i>Only the listed items will be accepted at the sites and times listed below.</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">MCCW</td> <td style="width: 30%;">8–10 a.m.</td> <td style="width: 40%;">South end of the Graham Ford Lot</td> </tr> <tr> <td>MCSA</td> <td>11:00 a.m.–1:00 p.m.</td> <td>Back Parking Area, Behind MOB 3</td> </tr> <tr> <td>MCLNA</td> <td>2–4 p.m.</td> <td>South Outer Parking Lot (in the back)</td> </tr> <tr> <td>CSC</td> <td>9:30 a.m.–11:30 a.m.</td> <td>West end of the West Parking Lot</td> </tr> <tr> <td>MCE & CSB</td> <td>Noon–4 p.m.</td> <td>Westside of the CSB Parking Lot</td> </tr> </table>	MCCW	8–10 a.m.	South end of the Graham Ford Lot	MCSA	11:00 a.m.–1:00 p.m.	Back Parking Area, Behind MOB 3	MCLNA	2–4 p.m.	South Outer Parking Lot (in the back)	CSC	9:30 a.m.–11:30 a.m.	West end of the West Parking Lot	MCE & CSB	Noon–4 p.m.	Westside of the CSB Parking Lot
MCCW	8–10 a.m.	South end of the Graham Ford Lot														
MCSA	11:00 a.m.–1:00 p.m.	Back Parking Area, Behind MOB 3														
MCLNA	2–4 p.m.	South Outer Parking Lot (in the back)														
CSC	9:30 a.m.–11:30 a.m.	West end of the West Parking Lot														
MCE & CSB	Noon–4 p.m.	Westside of the CSB Parking Lot														
<p>Other activities will include:</p> <ul style="list-style-type: none"> • Education on the small steps you can do to help save the planet's valuable resources (for home and work). • Education for recycling within our local communities. • Giveaways while they last! 	<p>LYWL Tip: <i>Shredding documents is one way to protect yourself from Identity Theft. Visit future LYWL events to learn about protecting yourself from this serious, stressful crime!</i></p>															

MOUNT CARMEL

The 50-Days-to-Graduation Dinner Tradition Continues

Initiated by the class of 2009 and the Student Government Association (SGA), the 50-day dinner celebrates the graduating class' accomplishments and anticipation of May Commencement. Approximately 40 seniors attended this year's 50-day dinner held recently at the College. The Mount Carmel Alumni Association supported the event by underwriting a portion of the cost and providing speakers for the event.

Alumna **Sarah Eichhorn '10** and Mount Carmel Alumni Association president **Kimberly Dillon '04** presented tips on the NCLEX, the job search, interviewing, resumes and cover letters. Dillon also encouraged seniors to join and become active in the alumni association. Senior **Danielle Browning** was the lucky winner of the door prize of a Massage Envy gift card (much needed during these stress-filled last days counting down to graduation!).



Seniors enjoying the 50-day dinner are (first row) **Kristin Schoene, Patrick Smith, Karley Poling, and Erin McKernan;** (second row) **Maureen Theisler, Ashley Williams, and Kristin Brown.**



SGA junior class reps who organized the dinner — **Stephanie Harris, Brittany Richards,** and committee chair **Dani Smith** — talk with 2010 alumna **Sarah Eichhorn.**



Greg Breeze, Hailey Bechtel, and Lisa Geis



SGA/Senior Class President **Joe Derr**



Sarah Eichhorn '10



SGA reps who helped set up, serve, and clean up — **Brett Tiega, Kayla Munk, Symphony Voelkel, Molly Wake,** and **Brooke Waddell** — with Mount Carmel Alumni Association President **Kimberly Dillon '04.**

Attention Students!

The 2011 Work Study Program at Nationwide Children's Hospital for RN nursing students

- + 13-week program that provides temporary full-time employment
- + 21 hours of pediatric specific classes with varying topics to augment knowledge base and stimulate an interest in pediatrics
- + An assigned, unit-specific RN mentor, who will assist and collaborate with participants throughout the Work Study Program
- + Nurse educators, who coordinate clinical and classroom experiences
- + Opportunity for future career development

In order to meet the employment needs of all nursing students, there will be two separate Work Study groups:

- + **Group 1 Orientation:** May 16 – 25
Program Ends: August 13
- + **Group 2 Orientation:** June 20 – June 29
Program Ends: September 17

To be eligible:

Applicants must be actively enrolled in an approved College/School of Nursing and provide evidence of successful completion of a fundamentals of nursing course with some clinical experience. Clinical references and a copy of your most recent transcript will be required when you are contacted for an interview.

Positions are limited

If you are interested in a position, please visit our website at www.NationwideChildrens.org, click on *careers, find a job*. Type in keyword *Work Study* and click on *Search Jobs*. Applications will be accepted starting February 14 and continue until positions are filled. Please indicate anticipated graduation date on your application. Preference will be given to BSN students entering their junior year.

Questions regarding the program should be directed to the Nurse Educators at ClinicalNurseEducators@NationwideChildrens.org

Contact Sharon Kimchi at (614) 355-4145 with questions regarding the application process.

SNAM News

By **Kayla Munk**

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

Upcoming Events

April 25: SNAM Meeting

May 1, 2011: March of Dimes, 9 a.m. at The Sports Barn on Chiller Lane

October 7-8: ONSA Annual Convention at the University of Toledo

The Ohio Nursing Students' Association (ONSA) Leadership Conference

The ONSA Leadership Conference was held at Mount Carmel College of Nursing on March 26, 2011. Students from several nursing schools in Ohio were in attendance: The University of Toledo, Owens Community College, The University of Akron, Wright State University, Ashland University, Dwight Schar College of Nursing, Case Western Reserve University, Malone University, Chamberlain College of Nursing, and Mount Carmel College of Nursing.

Students in attendance learned about leadership styles and ways to improve their student nurse association chapter. Conference attendees collected canned goods to help support the ONSA and SNAM's community health project, the Backpack Program. All canned goods were donated to the Mid-Ohio Food Bank and will help support the Backpack Programs in Columbus and surrounding areas.

Special thanks to Mount Carmel College of Nursing for allowing us to host the event!

Students: Mark your calendar for ONSA's next event, the ONSA Annual Convention, October 7-8 at the University of Toledo Health Sciences Campus.



ONSA Board of Directors

Congratulations

SNAM members were recognized at the National Student Nurses Association (NSNA) Annual Convention in Salt Lake City as recipients of national scholarships!



Clockwise: **Stephanie Reinschild**, McKesson Scholarship of \$2,000; **Annie Hahn**, Littmann Stethoscopes of \$1,000; and **Kayla Munk**, Helene Fuld Health Trust Scholarship of \$3,000

SNAM will participate in the May 1 March of Dimes

Date: May 1, 2011

Location: The Sports Barn, 3599 Chiller Lane, Columbus, Ohio 43219

Registration: 9 a.m.

Start Time: 10 a.m.

If interested in participating, please contact **Kayla Munk**, kmunk@mccn.edu

SNAM T-shirt Sale

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

2011-2012 SNAM Officer Team Announced!



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**

The Braid was Cut!



The Student Nurses' Association of Mount Carmel (SNAM) was recently honored to cut SNAM Advisor **Dawn Hughes' braid**.

The event raised \$150 to be donated to the American Cancer Society. Hughes will donate her braid to Pantene Beautiful Lengths to make wigs for cancer patients. After the auction for the right to cut the braid, **Brooke Waddell** and **Brittany Unthank** were honored to perform the cutting of the braid.

Community Service Opportunity

Lower Lights Ministries* Project AIM

Help Break the Cycle of Poverty — Be a Youth Mentor

Youth mentoring is part of our family mentoring program, which works with families seeking to break the cycle of poverty and achieve self-sufficiency. Volunteer youth mentors are needed for children, ages 6-13, whose families are involved in Project AIM. This additional component strengthens not just the youth, but the family as a whole.

Why Mentoring?

Young people who are mentored have:

- + Increased confidence
- + Increased focus on school work
- + Greater likelihood of high school completion
- + Greater success in family and peer relationships
- + Less likelihood of using drugs

Why Franklinton?

Franklinton has a high level of poverty:

- + 31.4% of Franklinton's incomes are below poverty level
- + 33.7% of the population is employed (nationally this percent is 46.8%)
- + Just 46.5 % of the population are high school graduates

For youth, higher poverty levels are linked to:

- + Higher incidents of teenage pregnancy
- + Higher incidents of drug and alcohol abuse
- + Higher rates of crime and student mobility

Higher rates of student mobility are linked to:

- + More serious discipline problems
- + More student absences
- + Lower 4th grade reading proficiency scores

Youth Mentor Volunteers

As a youth mentor, you spend one-on-one time with an elementary or middle school youth. Meetings between you and the child happen here at Lower Lights Ministries, Thursday nights, 6:30-7:30 p.m.

Some weeks, you'll work through an activity guide with the youth, focusing on values, decision-making, and goal-setting. Other times, you may play games or read with the child – spending time getting to know him or her. Several times a year, everyone will go to a fun activity off-site and once or twice we'll do a community service activity.

You are not on your own. Each mentor/child match has a Match Supervisor who checks in monthly and who also keeps in touch with the youth and the youth's parent/guardian. We also provide training before you are matched with a mentee and ongoing training during the year.

Although this is a weekly year-round program, we recognize that MCCN students might not be available over the summer. In that case, we ask the mentor to commit to the school year. Volunteer mentors can apply now and be matched with a child in September or early October.

Volunteers who want to get started now, but know they will be gone over the summer, are needed to help with child care for pre-schoolers, who won't have individual mentors. Volunteer options for child care range from one week to many.

For more information and an application, please contact:

Christy Kranich
614-228-3855
ckranich@lowerlights.org
www.lowerlights.org

**Lower Lights Ministries partners with MCCN in the new Nursing Center for Family Health located on the Mount Carmel West campus.*



Campus Ministry

by **Laura L. Spurlock, MTS**

Coordinator of Campus Ministry



As we approach the middle of this season of the Lent, many of us have reflected in our own ways on the notions of struggle and sacrifice. This might mean making our own sacrifices by giving up those things we find enjoyable, such as chocolate or our favorite television shows. As we spend this season prayerfully reflecting on the meaning of sacrifice and the life, death, and resurrection of Jesus, I'd also like to mention others in our own community and around the world who are experiencing struggle and sacrifice at this time.

We have recently lost a member of our own community, MCCN junior **Aubrey Long**. The passing of such a young person brings feelings of deep sadness and grief, as well as questions and fears surrounding our own mortality. As we cope with the loss of Aubrey, I ask you to hold her family, friends, and fellow classmates in your prayers. A prayer service was held at the College recently in Aubrey's memory. I am available for spiritual care and pastoral counseling for everyone in the MCCN community.

I would also like to mention the victims of the recent natural disasters in Japan. As we place ourselves in a prayerful mindset, let us remember those families and individuals who are facing the harsh realities of sacrifice and struggle as they work to rebuild their communities and lives. Let us also remember the many people in the Columbus community who are struggling with unemployment, homelessness, and sickness. Lent is a time of a deep personal reflection and prayer, and as we journey on the road to Easter, the hope of Christ's resurrection, and the joyfulness of spring time, let us remember those who have struggled through this long, hard winter and who have lived the experience of sacrifice.

NOTE: The campus ministry food drive is collecting non-perishable donations until April 15 to help families in the Columbus area.



Spring 2011 Final Exam Schedule

Main Campus Traditional Pre-Licensure Program

MONDAY, MAY 2		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 210	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 114-116	Beyer
NURS 307	Mother-Infant	10:30 a.m. - 12:30 p.m.	CLE 208	Cooley
NURS 308	Psyc-Mental Health	10:30 a.m. - 12:30 p.m.	CLE 210	Bills
PSYC 225	Human Growth & Development	10:30 a.m. - 12:30 p.m.	CLE 206	Hickey
HUMN 320	Ethics - all sections	1:30 p.m. - 3:30 p.m.	CLE 310	Hiltbrunner
HLTH 416	Health Policy	3 p.m. - 5 p.m.	CLE 114	Bowen
TUESDAY, MAY 3		TIME	ROOM	FACULTY
HLTH 210	Health Promotion	9 a.m. - 11 a.m.	CLE 116	Maurer Baack
SCIE 430	Integrated Science	9 a.m. - 11 a.m.	CLE 206	Garbellini
NURS 205	Foundations/Health Practices	9 a.m. - 11 a.m.	MSB Auditorium	Piquero
NURS 421	Community Health Nursing	10 a.m. - 12 noon	CLE 114	Chops
HUMN 201	Critical Thinking	12 noon - 2 p.m.	CLE 116	Hiltbrunner
NURS 361	Nursing Research - Section M01	3 p.m. - 5 p.m.	CLE 116	Sommers
NURS 361	Nursing Research - Section M02	3 p.m. - 5 p.m.	CLE 206-208-210	Skybo
NURS 361	Nursing Research - Section M03	3 p.m. - 5 p.m.	CLE 114	Reed
WEDNESDAY, MAY 4		TIME	ROOM	FACULTY
SCIE 124	A&P II - all sections	10 a.m. - 12 noon	CLE 206-208-210	Loscko
NURS 206	Pharmacology - all sections	2 p.m. - 4 p.m.	MSB Auditorium	Matta
SCIE 220	Nutrition	2 p.m. - 4 p.m.	CLE 116	Dreifke
THURSDAY, MAY 5		TIME	ROOM	FACULTY
SCIE 231	Patho II - all sections	8 a.m. - 10 a.m.	CLE 206-208-210	Stinner
SCIE 125	Microbiology - all sections	9 a.m. - 11 a.m.	MSB Auditorium	Voorhees
HUMN 110	Individual & Religion	10 a.m. - 12 noon	MH-A	Spurlock
HUMN 202	Expressions of Spiritualities	10 a.m. - 12 noon	MH-A	Spurlock
HLTH 320	Statistics	5 p.m. - 7 p.m.	CLE 208	Reed

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, MAY 2		TIME	ROOM	FACULTY
SCIE 231	Patho II	9 a.m. - 11 a.m.	Gamma	Stinner
TUESDAY, MAY 3		TIME	ROOM	FACULTY
NURS 307	Mother-Infant	10 a.m. - 12 noon	Gamma	Cooley
NURS 206	Pharmacology	1 p.m. - 3 p.m.	Gamma	Matta
HUMN 320	Ethical & Moral Issues	3 p.m. - 5 p.m.	Gamma	Hiltbrunner
WEDNESDAY, MAY 4		TIME	ROOM	FACULTY
NURS 205	Foundations/Health Practices	9 a.m. - 11 a.m.	Gamma	Mohler

NOTE: All final grades will be accessible by students (without record holds) on CARMELink. MCCN does not mail grade reports.

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.



2011 Spring Scholarship Evening

Event Date:

Wednesday, April 20, 2011

Location:

Mount Carmel College of Nursing

Time:

5-8 p.m.

Hosted by:

The Central Ohio Consortium of Sigma Theta Tau International

The 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.

Registration fees:

\$20 for students

\$35 for non-students

Mount Carmel College of Nursing students are admitted **FREE** with completed registration.

June 4, 2011

NAMIWalks Seeking Walkers and Sponsors

NAMIWalks — Changing Minds...One Step at a Time is a nationwide event to raise public awareness about mental illness. It is the largest anti-stigma effort in central Ohio and America. The Franklin County event hosts over 50 teams from communities all over Ohio and features a program of local personalities and celebrities as well as live music to kick off the event. The Walk features food, information, and prominent recognition of media, business, and healthcare sponsors.

About NAMI

NAMI (the National Alliance on Mental Illness) is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI has over 1,100 affiliates in communities across the country who engage in advocacy, research, support, and education.

Mission and Goals

NAMI Franklin County champions justice, dignity, and respect for all people affected by mental illness. Through education, support and advocacy, we strive to eliminate the pervasive stigma of mental illness, effect positive changes in the mental health system, and increase public and professional understanding of mental illness.

NAMI Services

NAMI Franklin County provides referral, advocacy, support, and free education programs to members of our community with mental illness and their loved ones. NAMI Franklin County welcomes all community members to participate in its education meeting series, *Mental Illness: Let's Talk About It!* These no-cost seminars and discussion groups host a variety of guest speakers and examine topics related to mental illness.

Sponsorship Opportunities Contact

Gabe Howard, NAMI-FC
614-501-NAMI (6264)
gabe@namifc.org

Participant Information

Because one goal of the Walk is to spotlight the work of NAMI Franklin County, we welcome all walkers without charging for registration. All participants are encouraged to collect donations from family members, friends, co-workers, and business associates. All walkers raising \$100 or more will receive a NAMIWalks event t-shirt.

Walk Teams and Participation

Companies, organizations, and families are encouraged to organize teams of walkers.

To register a team online, visit www.namifc.org. Teambuilding and fundraising materials will be provided to team captains at a special Kick-off Lunch event that will be held approximately eight weeks before the Walk.

MONEY matters

Summer Work Study Applications: If you are attending classes this summer and have completed your 2011-2012 FAFSA, please submit your work study application to **LaTosha Brown** by Monday, May 2, 2011.

Fall Work Study Applications: In order to be considered for the work study program beginning Fall 2011, please complete your application by Monday, August 8, 2011.

Book Grant Applications: If you interested in applying for a book grant, please submit all applications two weeks before the beginning of the semester. Summer applications are due by April 29, 2011; Fall by July 29, 2011; Spring by December 12, 2011.

Summer APP Students: Please prepare for your junior year by completing your FAFSA by the below noted deadline. Your aid will be split into three semesters, Summer, Fall, and Spring.

Summer financial aid disbursements: This note excludes SDAP students. The summer is a transition time. The Department of Education updates interest rates for the upcoming academic year in the summer, typically after July 1, 2011. In order to ensure that you will receive the lower interest rates, please note that your first disbursement of the 2011-2012 academic year including the summer term, will not take place until after July 1, 2011. This will not impact any student packaged in 2010-2011 for the summer semester, only those receiving new disbursements beginning in the summer 2011-2012.

May Graduates: *Congratulations on reaching this momentous milestone!* In order to finalize your undergraduate academic experience, you will need to complete the Exit Counseling for Federal Student Aid. This may be accomplished by going to StudentLoans.gov, click on Exit Counseling and complete. Please reference NSLDS.ed.gov to determine the amount of Stafford Loans you have secured while enrolled. Please contact **LaTosha** at 234-1842 if you have questions

***** Please note:** If you have not received Federal Loans from MCCN please email a statement to this effect to MCCNFinancialAid@mchs.com

FAFSA Renewal and Deadlines: It is time to begin preparing for the 2011-2012 academic year. If you are planning on taking classes Summer 2011, 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 opportunity for your FAFSA to be selected for verification. You and your parent/spouse must submit a 2010 tax return to the IRS in order to utilize this option.

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

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

Asking questions and getting the right answer

This edition's statement/question: **What is the maximum amount I can take out in private loans?**

Each student can secure up to the cost of attendance. The cost of attendance includes tuition and fees, housing, books, meals, supplies, transportation and miscellaneous expenses. Your cost of attendance is located on your individual award letters. To determine how much additional money you can receive, subtract your financial aid from the cost of attendance. The difference is the amount of private loan money that you can secure.

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

Alyncia Bowen, PhD, MSA

Director of Financial Aid
abowen@mchs.com

Graduation

Countdown

Please note this 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**.
- + Make sure you are on track to complete all degree requirements by requesting a degree audit. Pre-licensure students contact Records and Registration; RN-BSN and Master's students contact **Kip Sexton**, Program Coordinator.
- + Resolve any holds on your student record (business office balance, library materials, financial aid exit counseling) that will prevent you from receiving your diploma and obtaining a transcript.
- + Pick up tickets to Commencement starting **March 24**.
 - 6 tickets are allotted for each student
 - Pick up tickets in Room 201, Marian Hall (8:30 a.m.– 4:30 p.m., Monday through Friday)
 - No tickets are required for the Pinning/Recognition Ceremony
- + If you are a member of Sigma Theta Tau (Rho Omicron Chapter) and did not attend the membership luncheon on March 28, contact **Sherry Hull** (Marian Hall, Rm 302, shull@mccn.edu) regarding purchase of an honor cord for \$10.
- + Order your cap/gown and optional announcements. Order online at www.jostens.com. **The order deadline was March 31**.
 - Try on your cap/gown when it arrives; remove wrinkles according to instructions; hang it up until Commencement.
 - Contact Records and Registration if you have questions (614-234-3870).
- + 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.
- + Complete the Exit Survey process
 - Complete the online Exit Survey (found on CARMELink under the "Surveys" tab)
 - Access is available **only** via a MCCN computer on campus
 - Schedule and attend your Exit Interview (bring a printed copy of your Exit Survey with you)
- + Attend the Graduation Celebration Luncheon on **May 5**.
 - 12 noon - 1:30 p.m. at Berwick Manor Party House, 3250 Refugee Rd.
 - Ticket is required for admittance
- + Attend Pinning/Recognition/Commencement Rehearsal on **May 5**
 - 1:30-3:30 p.m. at First Church of God, 3480 Refugee Rd.
- + Prepare for graduation events:
 - Pinning & Recognition Ceremony is **Friday, May 6, at 7 p.m.** (Appropriate dress is a clean white uniform with the student patch removed; long hair must be off the collar – no headbands; minimum jewelry.)
 - Commencement is **Saturday, May 7**, at 1 p.m. (Appropriate dress under the gown is professional business attire – no flip-flops or sneakers and no "decorated" caps.)
 - Both events will be held at the First Church of God, 3480 Refugee Road

Revised Courses Affect Sophomore and Senior Students Next Year

Beginning Fall Semester 2011, course requirements at Mount Carmel College of Nursing will be revised for sophomore and senior levels. In the sophomore year, *Health Promotion and Disease Prevention* (HLTH 210) will be eliminated as a separate course. The information that is currently taught in this course will be divided between two current courses: *Foundations of Health Assessment in Caring Health Practices* (NURS 204) and *Caring Health Perspectives in Community Nursing* (NURS 421). Credit hours for these two nursing courses will increase to accommodate the additional teaching-learning time. NURS 204 will increase from 4 to 5 semester credits beginning Fall Semester 2011; NURS 421 will increase from 3 to 4 semester credits.

NURS 204 will be scheduled for 4 lecture class hours and 3 lab hours per week. NURS 421 will be scheduled for 4 lecture hours per week. NURS 421 will be offered both Fall and Spring Semesters of each academic year.

On the senior level, Integrated Science (SCIE 430) will be replaced by a new nursing course: *Advanced Concepts in Nursing Dynamics* (NURS 422) is a new 3 semester credit course that will meet for 3 hours each week during the 16 week semester. NURS 422 will be offered both Fall and Spring Semesters of each academic year.

The revisions of the sophomore curriculum will not affect students who have been admitted to the Advanced Placement Program (APP) for the summer of 2011. Students participating in APP 2011 will follow the current program of study.

The course revisions will be noted and included on the Fall 2011 Schedule of Classes. If you have questions about registration, please contact **Karen Greene**, Registrar, or **Maggie Miller-Rea** or **Jan Turner** in the Records and Registration office

Students who will be seniors during the 2011-2012 academic year are advised to request a degree audit between now and October 2011.