

carmel the Rapper

JANUARY 30 2012

MCCN news & information



MOUNT CARMEL
College of Nursing

Pinning Propels Sophomores to **Next Step** in Nursing Education



At the January 8, 2012 Sophomore Pinning Ceremony at First Church of God, MCCN's 142 sophomores took a giant leap in their journey to the nursing profession as the ceremony marked the transition from academic studies to clinical experience.

Symbolism of Sophomore Pinning

In the past, this ceremony was the first official donning of the Mount Carmel uniform and student nurse cap. Although students no longer receive and wear caps, the modern ceremony maintains the same spirit, celebrating the ministry of caring and service that these aspiring nurses now undertake.

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Dates to Remember

February 1	Deadline for Advanced Placement application
February 10	Last day to drop any Term 1 course
February 20	Board of Trustees/ Students Luncheon
February 24	Term 1 ends
February 27	Term 1 junior/senior nursing clinical final examinations
February 27 – March 2	Spring Break (students and faculty)
February 29	Nurses Day at the Statehouse
March 5	Term 2 begins
March 12-14	CCNE Accreditation visit
March 19	Rho Omicron General Membership Luncheon
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

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.

Pinning Propels Sophomores to Next Step in Nursing Education *cont'd*

Today's students receive an engraved pin, reminiscent of the lamp carried by the founder of modern nursing, Florence Nightingale, as she cared for wounded Crimean War soldiers 150 years ago. Upon graduation in 2014, they will receive a MCCN graduate pin, which highlights the College crest and will replace the lamp pin.

Several sophomores performed key roles in the ceremony: **Devon Baldwin, Kymber Bocoock, and Shelby Langenkamp** read Scriptures; the singing of the Alma Mater was led by **Maura Logan** and **Christine Turville**; and **Stephanie Rienschield** and **Michelle Williams** recited the closing prayer.

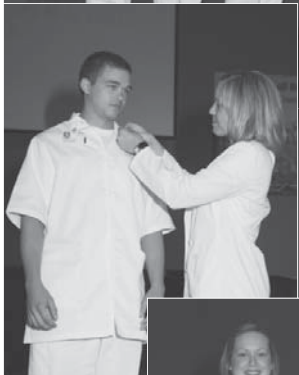
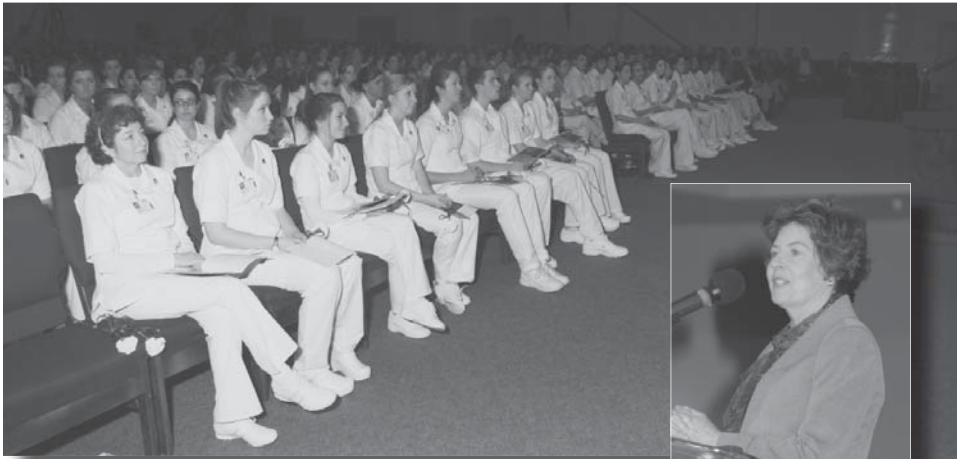
Mount Carmel College of Nursing congratulates the class of 2014 on taking this next step to realize the dream of a career in nursing!

Special thanks to Instructor **Beverly Dodds, RN**, and Student Ambassadors: **Lauren Dortmund, Jenna Johnston, and Kayla Munk**.

Sophomore Pinning Participants Class of 2014

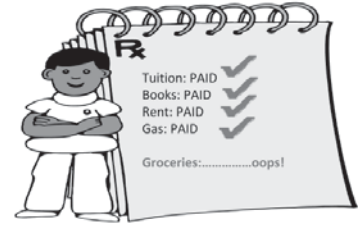
Paige Augustine	Alexandrea Fistek	Bailey Legler	Abby Seyfried
Devon Baldwin	Claire Fitzgerald	Samantha Lehmann	Aniso Shire
Megan Ball	Gabrielle Gatliff	Maura Logan	Justin Shoemaker
Sadie Bantner	Alana Gatton	Holly Long	Amy Shook
Veronica Beatty	Marissa Gerdes	Margot Lutz	Isaac Smith
Francesca Behrmann	Erica Gifford	Molly Maag	Megan Snyder
Youbo Bekuto	Samuel Gillespie	Chelsea Maas	Leanna St. Armand
Kylee Bergman	Caitlin Gilmore	Ardiel Marshall	Rose Stebelton
Michelle Bird	Erica Glass	Mackenh Martin	Sarah Steele
Casey Blosser	Chandra Grace	Amberley Masa	Rebecca Stiffler
Kymber Bocoock	Mackenzie Gram	Ryan Meeker	Pamela Stricklin
Kayleigh Bott	Britney Graves	Jennifer Mickley	Elissa Tarpey
Morgan Bradshaw	Paige Hadley	Maria Miller	Alexandra Taylor
Chasity Bright	Anne Marie Hahn	Katherine Morris	Brett Teiga
Emily Brown	Kimberly Hall	Zachary Novotni	Ashli Temple
Lyndsey Caldwell	Sarah Hanson	Kathryn Nye	Abbey Thompson
Amy Cheung	Leah Harvey	Hannah Odum	Alexis Thompson
Teresa Christopher	Kristin Hayes	Jessica Parham	Jamie Timmons
Kimberly Clark	Heather Heistand	Thomas Parrill	Cody Toney
Courtney Coleman	Brittany Hendershot	Katlyn Pfeiffer	Amy Trask
Kathleen Coleman	Ashlee Henderson	Meagan Phelps	Christine Turville
Kelsy Cosgrave	Katherine Holland	Kaitlin Potts	Beth Wagner
Cortney Coy	Jessica Householder	Sarah Purpus	Julia White
Nicole Crites	Cody Houseman	Jordan Rapp	Miranda Wilkins
Lauren Darlington	Meghan Hutchinson	Shelley Reedy	Maggie Williams
Dalal Darwish	Andrew Irizarry	Elizabeth Richards	Michelle Williams
Melissa Davis	Katherine Jacobs	Stephanie Rienschield	Tyler Wilson
Renee Dicke	Tiffany Johnson	Margaret Ritzenhaler	Courtney Zani
Brian Draher	LeeAnn Junk	Hailey Ropp	Callie Zeisler
Abigail Duncan	Susan Kelly	Troy Rudman	Marcy Zentz
Kayla Dunlap	Sabrina Kessler	Sarah Runyan	Marie Zimmerman
Matthew Edgington	Kara Knecht	Kayla Rupp	
Bethany Ellis	Theresa Kohne	Rachael Ruppensburg	
Fatemah Fares	Anton Kostin	Paige Sanborn	
Heather Fausnaugh	Patricia Kraynak	Amy Sanderell	
McKenzie Faust	Shelby Langenkamp	Jessica Sanford	
Brianna Firsich	Anah Latham	Olivia Sapia	

Sophomore Pinning 2012



Photos courtesy of Bruce Heflin Photography.

Food Pantry Reminder



- 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.



Work study student **Olivia Ringwalt** added the items donated through the library's *Food for Fines* program.



Food purchased with the Mount Carmel Alumni Association donation to the student food pantry

Photos courtesy of Colleen Cipriani

Nurses Day at the Statehouse — February 29, 2012

Join hundreds of nurses from across the state for Nurses Day at the Statehouse. Contact pmcknight@mccn.edu to attend as part of the MCCN group.

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.

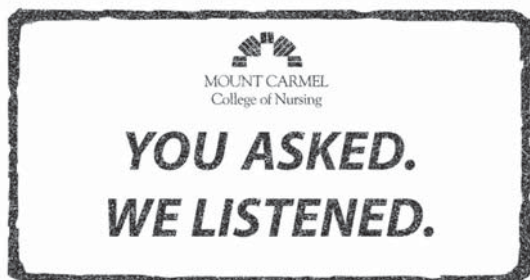
Details and application materials are available on CARMELink. To locate the information about the MCCN Advanced Placement Program:

- 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.

Summer Session 2012

The summer course schedule will be finalized in early March. A limited number of summer courses will be offered. *Note: summer enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and not open to the general student population.*

Students will be notified via email and CARMELink of the start date and instructions for summer registration.



Thanks to your feedback from the MCCN Technology Survey, two Mac stations are now available in the CLE 2nd floor computer lab.

Social Media and Your Nursing Career: Tips for Future Nursing Professionals*

**This article highlights tips for practical and professional application of the College's Social Media Policy statement that appeared in the 1-17-12 issue of The Rapper.*

By **Rachel Snively**, OU Scripps College of Communication student and former MCCN College Relations intern

Social media is a dominant force for today's generation, and it is almost unusual to find individuals not using at least one social networking site. While it can be a fun, and sometimes distracting, tool for students and young nurses to use, there are many dangers. While most young adults know the importance of not giving away personal information to strangers, many still remain ignorant of the damage social media can do to your budding career.

We interviewed **Therese Snively, PhD, RN**, Associate Professor and Online Academic Advisor, about the importance of utilizing social media in a professional and secure way.

Rapper: What is the importance of maintaining a professional image online?

Dr. Snively: Nursing is currently the most trusted profession in the nation, so it is important for a nurse/student to maintain that image online. Students need to remember that once something is online, it is there forever. Patients and colleagues can access this information about the nurse.

If a nurse exhibits poor judgment when making posts/comments on the internet, the end result could be a breach in patient privacy/confidentiality, causing distrust between the patient and nurse. In addition, employers and schools regularly access social networking sites and make judgments about a nurse/student's professional conduct and suitability.

As nurses, we abide by the American Nurses Association (ANA) Code of Ethics. Breaches in the code of ethics could result in actions being taken against your license. If a nurse mentions a patient (even without the name), this is a HIPAA violation and can result in federal penalties.

Rapper: How can social media affect your future career?

Dr. Snively: Nurses should view all interactions/postings on social media as suitable for viewing by any employer, educational institution, or patient. If a nurse posts a derogatory comment about her place of employment, the employer may find out, resulting in disciplinary action. If a nurse posts information about a patient, the nurse can and will lose his/her job. Nurses must apply professional ethics to both their professional and personal lives, and social media has the potential to erode those ethical considerations.

Rapper: What are common dangers of social media that students are generally not aware of?

Dr. Snively: There are several dangers of careless social media use that students need to be aware of. Casually posting comments about your day at work regarding a patient could be a HIPAA violation and result in federal charges. Lack of professional attitude could result in the termination of employment or expulsion from school. In addition, posting inappropriate things could cause patients to lose trust in their nurse, or could have the potential to damage your career and working relationships.



Therese Snively, PhD, RN

Rapper: What are some things students should avoid on social media?

Dr. Snively: There are several things students can do to avoid potentially career-altering mistakes. First of all, never ever post anything that has to do with a patient, patient information, or pictures containing a patient. Also, avoid posting negative or derogatory comments about hospital staff, faculty or other students.

In addition, avoid ‘friending’ or following patients on social networking sites. Most importantly, students should avoid posting pictures of themselves either intoxicated or in lewd positions, even if they are of legal age. It is unprofessional and can hurt your chances of employment. Basically, if it is something you would not want your grandmother to see, don’t post it.

Rapper: What are some advantages of social media?

Dr. Snively: Social networking is not a bad thing. When used correctly, it has many advantages. For example, social media can facilitate the rapid exchange of knowledge or dissemination of information. It can nurture relationships and mentoring among professionals, as well as provide forums for an exchange of professional information. Most importantly, social media can provide invaluable networking when used properly.

Rapper: What is your advice to students regarding social media?

Dr. Snively: Have both professional and personal accounts. Never post anything (pictures or comments) that you would not want to share with the world. Because privacy settings are never really private, you need to be careful.

Sometimes faculty will set up a course *Facebook* page for course announcements and communication, but as a general rule, faculty members will not ‘friend’ students. If you choose to use your personal account for this reason, be aware that if you post something against the College’s policies, a faculty member is obligated to report it if they see it.

The only social networking site where I will ‘friend’ a student is *LinkedIn*, which is a professional networking site. There is nothing wrong with social media, but students need to be smart about how they use it.

Mount Carmel College of Nursing’s current Social Media policy can be found in the student handbook or in last week’s edition of *The Rapper*.

The Graduate Program at Mount Carmel College of Nursing

Realize the Dream at Higher Level — Enhance your knowledge. Advance your career in the dynamic field of nursing.

Our Graduate Programs

- **NEW in 2012:** The Adult Gerontology Acute Nurse Practitioner (trauma focus) — offering both the Master of Science Degree and Post Graduate Certification
- Family Nurse Practitioner
- Nursing Administration
- Nursing Education
- Adult Health
- Graduate Certification Program

Join us for information sessions

- Monday, February 6: Mount Carmel East – Board Room, event begins at 12 noon
- Tuesday, February 7: Mount Carmel St Ann’s – Back Board Room, event begins at 12 noon
- Wednesday, February 8: Mount Carmel New Albany – Board Room, event begins at 12 noon
- Thursday, February 9: MCCN – classroom CLE 210, event begins at 6 p.m.

For more information visit www.mccn.edu/grad or contact **Angela Phillips-Lowe, EdD, RN**, at aphillipslowe@mccn.edu or 614-234-5717.



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

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<u>Managing Editor:</u> Robin Hutchinson Bell	<u>Editor:</u> Elaine Kehoe
<u>Photographer:</u> Chris Steel	<u>Layout:</u> Carol Stokes

Deadline for information is every other Monday at noon.

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

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.

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!

New System-Wide State-of-the-Art Mount Carmel Skills and Simulator Center Set to Open in August

A Collaborative Project Developed by MCCN and Mount Carmel Medical Education for all Mount Carmel Associates



Developed to achieve

the best patient care outcomes by offering enhanced instruction for healthcare professionals, the new Skills and Simulator Center will be located on the Mount Carmel West (MCW) campus and open to everyone in the Mount Carmel Health System, as well as to community healthcare professionals, such as EMTs.

The 1.1 million dollar project will feature four large bays, each with a control center, as well as stations for specialties, such as orthopedics, obstetrics, etc. Also included will be a skills lab for practicing sutures, chest tube insertion, etc. The College's currently owned simulators and Mount Carmel Medical Education's equipment will be consolidated and join new equipment at the new facility.

"The new Skills Center, with additional space and equipment, will provide our students with a significantly improved skills and simulation experience. The College now has just three small rooms available," said Dr. Schiele. "Our students will have the same access to all the equipment we have now, plus new, additional resources in a larger and improved learning environment."

The new Skills Center will occupy the renovated fourth floor of the Medical Office Building at 777 State Street, in the same building across from the MCW ER that houses the recently opened Nursing Center for Family Health on the second floor.

A committee of MCCN faculty and Mount Carmel physicians are working together in planning and executing the development of the 11,000-square-foot Center. The Mount Carmel Foundation is also a partner in the endeavor, donating and matching the net proceeds of the Foundation's annual gala, *Champagne & Diamonds 2012*. The gala will take place on February 11 and reservations are still available from the Foundation.

This Center will feature:

- High-fidelity human patient simulators. *These Simulators are life-like mannequins that breathe, blink, and bleed. They're computer-driven with precise internal mechanics, allowing students and clinicians to see, practice, and react to real-life situations without the risk of consequences*
- A multi-media classroom
- Laparoscopic surgical skills trainers
- A simulated home environment for teaching EMS, nursing, and home care professionals
- Three high-fidelity bays for ICU/ER, OB/pediatrics, and medical/surgical simulations

"The evidence shows that safety outcomes for patients are improved when healthcare professionals practice skills in a simulated, high-tech environment, such as the new Skills Center," said **Ann Schiele, PhD, RN**, MCCN President/Dean.

MCCN Clinical Students and Their Patients Meet Buckeye Football Legend



GO BUCKS! The NURS 406 clinical group recently met Archie Griffin, former OSU football standout, two-time Heisman Trophy winner, and now President/CEO of the Ohio State Alumni Association. Griffin was at Isabelle Ridgway Care Center as part of Ridgway's 100th anniversary celebration. Pictured are (l-r) Meredith Conine, Jill Lytton, Nicole Dewey, Aaron Powell, Archie Griffin, Thomas Plas, Abbey Morris, Christine Thorne, and Dr. Fernandez.

Photo courtesy of Kathryn Fernandez.

For some it was the thrill of a lifetime. Ohio State University football great Archie Griffin recently visited the Isabelle Ridgway Care Center (IRCC) residents and staff in conjunction with the facility's 100th anniversary. The 100-bed, not-for-profit, community owned and operated long term care center on the near eastside of Columbus has been a clinical site for MCCN NURS 406 Gerontology (lead instructor, Assistant Professor **Catherine M. Maurer Baack, MS, RN-BC, CNS**) students since fall 2011.

At Isabelle Ridgway, students work with a variety of residents and activities while developing skills and understanding for geriatric syndromes. Students rely on skills of physical assessment, as well as using a variety of communication skills to develop holistic assessments of the residents. The students plan and implement a variety of activities for the residents during their placement, such as cookie baking, memory games, crafts to work with fine motor skills, exercise, and social events to improve the residents' engagement.

"The staff at Isabelle Ridgway is extremely supportive of this clinical and works with the students to increase their knowledge and skill in working with this older, diverse population. This experience underscores our MCCN mission and core values," said Assistant Professor **Katheryn Fernandez, PhD, RN**.

Griffin's visit to the facility was fun for residents and students. "One of the residents was to be Archie's first visit. The resident was so excited and asked student **Thomas Plas** to help him get 'spiffed up' to meet one of his heroes," Fernandez said. "What a delight, and so wonderful for the students to see giving back to the community (neighborhood) that Archie was raised in."

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**.

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.

ATTENTION —

All students, faculty, and staff!

You are invited to attend the

MCCN Board of Trustees and Students Luncheon

**Monday, February 20, 12 – 1:30 p.m.
MCCN Lounge**

Please RSVP to **Robin Shockley**,
rshockley@mccn.edu or 234-5213, by
February 13.

Come and meet informally with the College Board of Trustees. No agenda, just be our guest for lunch.

Student Health *News*

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



Students —

I am back and the Student Health Office will now be open five days a week! Please remember you need a referral from me to be seen in the Nursing Center for Family Health. Just stop by my office and I will give you a referral form to be seen.

We are now in the thick of flu season. In order to keep our campus as healthy as possible, simple common sense rules apply. Wash your hands often, and keep your hands away from your face/nose. Antiseptic hand sanitizer is available in all classrooms...use it! Antiseptic wipes should be available in each classroom for you to clean off your desk before class if you wish. If you find either of those items empty...please have your instructors notify me and I will notify Environmental Services or replace it myself.

Eat healthy, get adequate rest, exercise, and drink plenty of fluids! If you happen to get sick...please stay home! Many students feel the need to go to class and/or clinical...even if they are sick. This is the way illness spreads. Please be kind to others and stay home until you feel better!

I am happy to be back to work...thanks to all who sent well wishes and prayers my way. Keep healthy!

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

New System-Wide State-of-the-Art Mount Carmel Skills and Simulator Center Set to Open in August *cont'd*

- A debriefing space with video capability to review completed simulations
- A control unit to house servers and communication tools

The New Skills and Simulation Center will:

- Be a resource for our nursing students and medical professionals to see, practice, and react to real-life patient situations
- Allow members of our healthcare team to work and train together to develop new skills and processes, identify problems, and implement patient-focused team treatment
- Provide our caregivers the tools and onsite training to learn and grow
- Will position Mount Carmel as a place of learning and technological advancement
- Attract high-quality students and physicians
- Be a tremendous tool to improve outcomes and care

SNAM* News

*Student Nurses Association
at Mount Carmel

March meeting: March 26, 12 noon in the lounge

April meeting: April 23, 12 noon in the lounge

Valentine's Day Cookie Sale: February 1 - February 15 — be on the lookout for order forms!

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 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.

SNAM Officers 2011-12*

President:

Kayla Munk

Vice President:

Brooke Waddell

Secretary:

Stephanie Binkley

Treasurer:

Renee Dicke

Membership Director:

Stephanie Reinschield

BTN Director:

Cody Toney

Community Health Director:

Katie Baker

*Elections in March for the 2012-2013 SNAM officers

Community Service Club Serves Dinner at the YWCA Family Center

On January 23, **Colleen Cipriani, Kathy Espy**, and 12 students volunteered to serve dinner to 75 adults and 90 children at the Y's homeless center.



MCCN volunteers (front row l-r): **Paige Myers, Mandy Osaе-Attah, Alex Rhodes, Melissa Starkey, Jenna Grunden, Tina Marie Cerra, Macy Henault, and Tori Miller**; (back row l-r): **Emily Dune, Katherine Garmann, Rachel Garmann, Kathy Espy, and Colleen Cipriani**



Mandy Osaе-Attah, Macy Henault, YWCA staff member Leo, Marie Miller, and Tori Miller



Students point to **Kathy Espy's** name on the YWCA Founders' Plaque



Alex Rhodes, Emily Dune and Rachel Garmann ready to serve!

Tina Marie Cerra and Paige Myers work to get ready for the second round of residents to come through the dining room.



Photos courtesy of Colleen Cipriani

New Year's Resolutions

By **Julie Haley, BA**, Administrative Secretary

The new year is a time for both reflecting on the past and discovering new ways to make the most of yourself. Many of us resolve to improve ourselves or to accomplish a goal during the coming year. We sent reporter, **Julie Haley**, to find out exactly how some in the College community plan to do that.



Amber Rouse
Junior

Stay on top of work, and do not procrastinate.

Lauren Darlington
Sophomore

Have perfect attendance in classes.

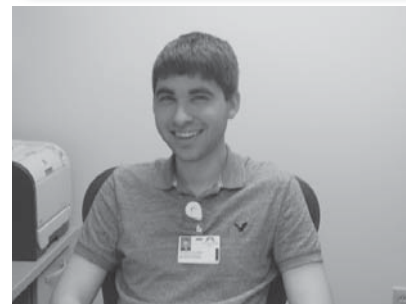


Andrew Cordek
Senior

Be more positive, especially when overwhelmed with school work.

Matt Daldoss
Education Technology Specialist

Take my fiancé on a nice honeymoon.

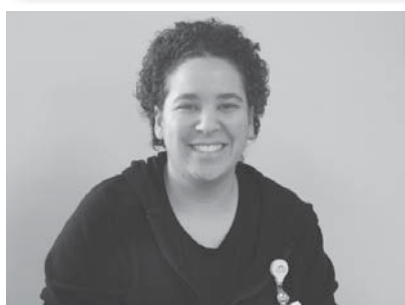


Denise Neyland
Receptionist

To prioritize and become more organized in all my endeavors.

Olivia Ringwalt
Freshman

Train to run a 5k this summer.



Melissa Jones
SDAP

Pass NCLEX exam on the first attempt.

Paul Brewer
Senior

Survive senior year!



Noreen Mulcahy
Health Sciences Librarian

Learn to play a Beatles song on the piano.

Featured Scholarship Opportunities

2012 Phoenix Scholarship

Application is due March 30, 2012. Student must have completed 30 semester credit hours to be eligible and must have a minimum 2.75 GPA. Applicant must also be a U.S. citizen and either:

- a permanent resident of the city of Columbus,
- a graduate of a Columbus City Schools high school,
- or have a child enrolled in Columbus City Schools.

Army ROTC Three Year Scholarship Opportunity

Interested in becoming an Army nurse through the ROTC? Benefits include:

- full tuition
- full educational fees
- book stipend every semester
- monthly tax-free stipend for living expenses

Stop by, call, or email if interested: 2121 Tuttle Park Place, Converse Hall, room 253, Columbus, Ohio 43210, 614-292-6075, armyrotc@osu.edu.

For more information, log on to https://carmelink.mccn.edu/ICS/Home/Scholarship_Information.jnz. More scholarship opportunities available soon. Check the above website often and future issues of The Carmel Rapper.



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 Rienschield

Brett Teiga

Freshman Class Representatives

TBD

Advisor

Colleen Cipriani

Keep Your New Year's Resolutions When it Comes to Eating Healthy This Year!

By **Emily Curry**, Dietetic Intern

Unfortunately, many people have already given up on their New Year's resolutions, but when it comes to eating healthy you should never give up! Eating healthier can help achieve the most common New Year's resolution — to lose weight. Many people do not know where to begin when it comes to eating healthy. Here are some tips to get started:

1. Make small goals for yourself. Don't get overwhelmed trying to eat perfectly healthy from day one, especially if you are used to eating very unhealthy.

Here are some small weekly goals:

- Eating one more fruit or vegetable than you normally do each day
- Cutting back on alcohol consumption to once a week
- Drinking one more cup of water than you normally do each day

Once you conquer your first goal add a new one the next week and so on...

2. Eat breakfast every day. Research has shown that people who eat breakfast, especially breakfast high in protein, stay fuller throughout the day and are more likely to resist temptation.
3. Read nutritional labels. Know exactly what constitutes a serving size. This will help with overeating.
4. Watch your portions, especially when eating out. Try eating only half of the meal and saving the rest for another day. Also, downsize portions when cooking at home.
5. Stop eating before you feel full. It takes the brain 20 minutes to realize that it's full.
6. Use the MyPlate planning method when it comes to planning out your meals. Using this method ensures that you are getting all of the necessary nutrients at every meal. MyPlate recommends that half your plate is fruit and vegetables, one quarter protein and one quarter starch.
7. Last but not least, be patient and realistic with your goals.

Sources:

<http://www.suntimes.com/lifestyles/food/9671122-423/forget-dieting-learn-how-to-eat-healthy-instead.html>

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.**