

# carmel the Rapper

APRIL 23 2012

MCCN news & information



MOUNT CARMEL  
College of Nursing

## Marking a Milestone

# MCCN-FMC First Graduating Class



photo courtesy of Cheryl Mace

The first graduates of the MCCN-FMC program (back row, l-r) **Alysha Curry, Katie Large, Jeremiah Ignaszewski, Brittany Wasmus, Ashley DeGoey, Emily Forgrave, Melissa Hardgrove, and Allie Barnhart**; (front row, l-r) **Cora Arledge, Diana Lape, Mackenzie Crum, Ashley Belasco, and Anita Mitchell** (not pictured: **Brittany Watterson and Stephanie Ledbetter**).

**The 15 members** of the MCCN-FMC (Mount Carmel College of Nursing at Fairfield Medical Center) class of 2012 have a lot to be excited about. Their upcoming graduation on May 5 is a significant event for them and for the College — they are the first to graduate from MCCN's satellite location, where they received the same excellence in nursing education as the students at the Mount Carmel West campus.

The 15 are used to being first, as they were the first MCCN-FMC freshmen, first sophomores, first juniors, and first seniors. They leave behind 85 MCCN-FMC students still pursuing their dream of nursing education.

Here's what a few MCCN-FMC grads had to say about this momentous occasion.

### How does it feel to be among the first MCCN-FMC graduates?

**Cora A. Arledge:** *With such a small class we are now like family and I have grown to love each one. Since I am older, I feel like they are all my kids in the nursing profession. I look forward to hearing about each of their successes.*

**Allie Barnhart:** *As for being among the first graduates from this campus, I feel pretty accomplished. I know that we have done a lot to improve the campus. While being first has disadvantages, I have met some amazing people.*

**Diana Lape:** *It feels great to be one of the first graduates and to know that I was a part of something so special.*

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## Dates to Remember

<b>April 23</b>	SNAM meeting
	Fall semester registration begins
<b>April 27</b>	Term 2 and spring semester classes end
<b>April 30 – May 3</b>	Final exam week
	Free finals breakfasts
<b>May 3</b>	Graduation celebration luncheon and rehearsal
<b>May 4</b>	Pinning & recognition ceremony
<b>May 5</b>	<b>Commencement</b>
<b>May 7</b>	Summer session begins
<b>May 7-9</b>	ATI comprehensive review for graduation

## Tips for Future Members of the Nursing Profession

As warmer weather prompts welcome wardrobe changes, be aware that appropriate attire is still expected in the College and on the Mount Carmel campus. Keep clothing choices professional and avoid wearing short-shorts, bare bellies, low-cut tops, skimpy skirts, etc.

Confused on what's appropriate attire for a future healthcare professional? Consult the student handbook for details.

Who knows? MCCN shares a campus with potential healthcare employers. You might just run into one of those potential employers here on campus. Your clothing choices will leave a first (and lasting) impression that may be either instrumental or detrimental to future employment.

## FREE Finals week Breakfasts for Students, Staff, and Faculty

Monday, April 30, through Thursday, May 3, in the Rec Room 8 - 11 a.m.

This event is sponsored by our Mount Carmel Alumni Association.

## MCCN-FMC First Graduating Class *cont'd*

### Highlights for you from the past 4 years at MCCN-FMC?

**Arledge:** *The highlight of my nursing education was the time spent at the FMC ICU. The nurses were well educated and I was able to be educated on a variety of devices, such as the use of an IABP (intra-aortic balloon pump).*

**Barnhart:** *Oh the highlights — dinners after our last clinicals, crying with each other, laughing with and at one another, pulling together to get through a tough class — so many when you spend time with the same group of people five days a week. We have so many memories and new traditions that it would take all of us to recall them all!*

**Lape:** *I have met so many wonderful instructors, friends and nurses. I have acquired so much knowledge and have had some great clinical experiences.*

### What will you miss most when you leave MCCN-FMC?

**Arledge:** *I will miss my fellow students. We have grown very close and at times wanted to kill each other. Most of the time, however, we lifted each other up, encouraged each other, tutored and cheered for each success.*

**Barnhart:** *I will miss Cheryl (Mace) and the girls plus Jeremy (can't forget our one boy!). Four years, almost five days a week, 4-12 hours a day — it begins to add up. We have become a family.*

**Lape:** *I will miss most the people I have met who have made an impact on my life.*

### Impact of your MCCN-FMC experience on your life?

**Arledge:** *FMC offered a great variety of clinical experiences. I believe that I participated in every aspect of the hospital. Fairfield Medical Center is a forward thinking hospital, taking pride in the nurses and offering a community and family based environment.*

**Barnhart:** *Knowing I made it through the tough times when I thought about quitting school and waitressing the rest of my life. But I did make it and could not be happier for myself and my classmates! I have made some really amazing lifelong friends. Plus, I end up with a degree that will keep me employed for life!*

**Lape:** *I have missed time with my three boys and my husband. They have given me all their support over the last four years. It will be great to be normal again. I believe nursing has made me more patient and more aware of people around me. I am grateful to be able to help those in need and make a difference in their lives.*

### Any parting words?

**Barnhart:** *Congratulations Class of 2012, we did it!*

**Lape:** *I want to thank all those who took part in molding me into a nurse. I thank them for their guidance and patience. I can honestly call them friends and will miss them greatly.*

### What's Next for the MCCN-FMC Class of 2012?

**Cora Arledge** will work in the Mount Carmel West ER and eventually plans to earn a master's as an FNP or nurse educator. **Allie Barnhart** hopes to work at FMC and is interested in Mother-Infant Care and gerontology, and one day a master's. **Ashley Belasco** has an interview to work in the FMC ICU. **Mackenzie Crum** wants to work in the FMC med-surg unit. **Ashley DeGoey** and **Anita Mitchell** have been hired at Mount Carmel East in the SIMCU. **Jeremiah Ignaszewski** is working for six months through the Village Mountain Mission in Luperon, Dominican Republic. He learned about this missionary opportunity through the College's mission trips to the Dominican. **Diana Lape** is hoping for the FMC med-surg or ER.

## Congratulations to the MCCN-FMC Class of 2012

Cora Arledge  
Barbara Allison Barnhart  
Ashley Belasco  
Mackenzie Crum  
Alysha Curry  
Ashley DeGoey  
Emily Forgrave  
Melissa Hardgrove  
Jeremiah Ignaszewski  
Diana Lape  
Katelyn Large  
Stephanie Ledbetter  
Anita Mitchell  
Brittany Wasmus  
Brittany Watterson

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### A Message to the MCCN-FMC Class of 2012

From **Cheryl Mace, MSN, MALM, RN**  
Coordinator, MCCN/FMC

Who knew that graduation day, May 5, 2012, would arrive with such speed and conviction? It was only yesterday you were dragging into Freshman Seminar Class at Ohio University Lancaster. I was more than concerned about your abilities, but let me begin by telling you how much more intelligent and seasoned you are now versus your freshman year.

Each one of you has come a long way not only educationally, but also emotionally. Today, it is not a stretch to view you as young adults. You have completed a strenuous curriculum to fulfill your dream of becoming a bachelor's prepared nurse and you have an excellent Mount Carmel College of Nursing foundation to help build your nursing practice. Your futures are eternally bright.

Having lived through early morning clinical hours, countless nursing care plans, hours of endless study, difficult exams, and trips to Columbus for pediatrics and psychiatry, you're near the end point now. Able to claim both successes and failures, you have consistently managed to move forward to face new challenges. I am more than proud of you, I am "kvel'n", an old Yiddish word — I know you're not surprised to hear it coming from a good, Catholic girl like me are ya? — which means how one looks and feels when someone they care about is happy, content, and successful. That's how I feel about all of you and I am delighted with your success.

Thank you all for allowing me to be a part of your journey, I have been able to live vicariously through your educational and life experiences and have grown and developed right along with you. I will always remember the very first graduating class of Mount Carmel College of Nursing Fairfield Medical Center with love. Never stop learning and don't ever forget that you are a Mount Carmel nurse! *Godspeed.*

## Hair Theater Beauty School Event to Benefit Wig Fund

They say laughter is the best medicine, and that theory will be put to the test on Sunday, May 6, when Hair Theater presents *Beauty School*, a one-woman show with humor/ memoirist, Pat Wynn Brown.

*Beauty School* is a fun performance that entertains, inspires and motivates positive life change — all on the path to never-fading beauty. It's a health and beauty aid of laughter and fun, and everyone graduates — even the *Beauty School* dropouts!

Proceeds from the event will benefit the Hair Theater Wig Fund, which enables central Ohio women and girls in financial need to buy wigs and/or hats during chemotherapy. Tickets are \$25 in advance and can be purchased in advance through the McConnell Arts Center, where the show will be performed. Any remaining tickets will be available at the door for \$30. For more information, call The Mount Carmel Foundation at 614-546-4500.



## The City of Columbus Celebrates 200 Years!

Mount Carmel was a sponsor of the City of Columbus 200th birthday party. The celebration was held at Dodge Recreation Center, near Mount Carmel West.

Pictured right are **Tina Marie Cerra**, MCCN student, and **Kathy Espy**, Director of Minority Affairs and Community Initiatives.



photo courtesy of Kathy Espy

## 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.

This year's three-day in-class review for May and July graduates will be held **May 7, 8 and 9, 8:30 a.m. – 4:30 p.m.** in the College Gym.

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.



## 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).

## Summer Session 2012 Registration

- Summer Session registration is still open.
- Register online via CARMELink; course requests are in "reserved status" until approval by Records and Registration.
- Enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and is not open to the general student population.

## Fall Semester 2012 Registration

- Fall Semester registration will begin the week of April 23.
- Register online via CARMELink.
- Course requests are in "reserved status" until approval by Records and Registration.
- Registration windows dates are based (again) on your **current (Spring 2012)** classification.

## 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.

## Community Service Hours Opportunity

### Race for the Cure

May 19, 6:30-10:30 a.m.  
Columbus Commons  
(160 S. High Street — downtown Columbus)

We are looking for five nursing students interested in helping us pass out giveaways at the event. Contact **Tracie Ambler**, Marketing Manager, Mount Carmel, at 614-546-4724.

## MCCN Reaching Out to the World Mission Trip to Nicaragua

**Life-changing, rewarding, invaluable, grateful** — these are some of the descriptions participants in the spring break Amigos for Christ Mission Trip to Nicaragua offered to summarize their feelings about the experience. Assistant Professor **Denise Ferrell, MSN, RN**, a veteran mission leader, accompanied the six student volunteers: **Stephanie Carl, Meredith Conine, Andrea Corcoran, Elizabeth Ellis, Allison Jacobs, and Elizabeth Needham**. Students had the options of taking this trip as a two-credit hour course or counting it toward community service hours.

**Ferrell** described the volunteers' activities: peri-operative care in a medical/surgical hospital with a surgical brigade from Cincinnati, Ohio; visitation to a maternal/child hospital and an orphanage; assisting with a community development program — "Pay it Forward" where female animals are given to families in need; spending time with school age students; visiting the open markets in town; spiritual reflection programs; and an excursion to a private Pacific Ocean beach.

For more information and videos, visit <http://www.amigosforchrist.org/>.

There is a waiting list for participation in the next MCCN medical mission trip to Nicaragua scheduled for May 12-19.

Trip participant **Meredith Conine** believes a medical mission is a great way to utilize nursing skills for those who truly need it most. "After coming back, I am much more grateful for all of the technology, research, and equipment that we have. I would go back in an instant. We are trying to plan a time to return as a group."

For Conine, the most memorable part of the trip was observing in the operating room. "I work in the operating room at Ohio State, so it was surreal to compare what I saw in Nicaragua to all of the resources at Ohio State."



## Mission Trip to Nicaragua *cont'd*

Because of this experience, Conine realizes what is truly important in life, such as family and friends.

"As a future nurse I will have much more appreciation for my patients and will remember to take the time with them, no matter how busy I am."

**Liz Ellis** wanted to see a different side of nursing, in an atmosphere completely different from what she was used to, "and to help in places where they really need you."

Ellis will always remember the visits to the orphanage and the dump site. "I learned how well we have it here. This is something I will remember forever. The group we volunteered with was amazing."

Ellis suggests that traveling abroad to volunteer for nursing be integrated into the curriculum. Instead of volunteer hours, Ellis suggests mission trips and practicing nursing in a different country. "The trip was worth it and made me thankful and grateful for the experience," she said.

**Allison Jacobs** wanted to see the difference in healthcare between a third-world country and the U.S. "One of the most memorable moments for me occurred when we walked into the hospital — just seeing what the hospital looked like was incredible. It is so different than what we are used to, but it works for them and that was all that mattered."

Jacobs learned a lot about nursing. "There may be differences in the supplies you have to work with, but nursing is the same no matter where you are in the world. People want to be taken care of and a friendly face next to them when they wake up from a procedure. This is no different in Nicaragua. Technically speaking, I learned how to care for patients pre-op and post-op, which I had not had much experience with before going on this trip."

Jacobs encourages everyone to go on a trip like this. "It is extremely beneficial, and you learn so much about life in general when you go outside of your comfort zone. I would absolutely do this again and hope to return to Nicaragua in the near future."

Some photos courtesy of Denise Ferrell.



## Are You Taking a Course Elsewhere?

Any student taking a class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01).

**Deadline for submitting Spring Quarter schedules was Friday, March 30.**

**Deadline for submitting Summer Quarter schedules is Friday, May 11.**

**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 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.**

### Students at Ohio University-Lancaster

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

**Deadline for submitting Spring Quarter schedules was Friday, March 30.**

**Deadline for submitting Summer Quarter schedules is Friday, May 11.**

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 to keep MCCN updated on your affiliated status!**



## Six from MCCN Attend NSNA Convention



NSNA attendees from MCCN (l-r): **Marilee Bauer**, **Tina Marie Cerra**, **Cody Toney**, **Stephanie Binkley**, **Nichole Eilerman**, and **Kayla Munk**.

**The National Student Nurses Association (NSNA) convention**, April 11-15, in Pittsburgh, Pennsylvania, celebrated the 60th anniversary of the organization, and MCCN was well represented.

"It was an awesome week!" said SNAM president **Kayla Munk**, who represented both the Ohio Nursing Students Association and the College at the convention. Munk reports that the state of Ohio worked hard talking up a resolution written by the board of directors titled, "In Support of the Bachelor of Science in Nursing (BSN) in 10 Initiative."

"It was a controversial issue, but we did pass our resolution 57-43! We worked with the Ohio Nurses Association (ONA) and the immediate past President of the American Nurses Association (ANA), Becky Patten, to gain support for this resolution. And it took the work of all Ohio nursing students in attendance at the convention to make this possible," Munk added.

"The trip to Pittsburgh for the National Student Nurses' Association Convention was an unforgettable experience," said **Marilee Bauer, SN**. "I learned about furthering my career as a nurse through networking and participating within my own community. The speakers were very inspirational and made me even more passionate about my future career as a nurse!"

Another student in attendance, **Tina Marie Cerra**, found that the preparation for the event and make up work for missed classes was well worth the effort to attend the convention.

"Just being in the midst of thousands of students, all journeying toward becoming professional nurses and each with diverse backgrounds, stories, and desires for the future, whisked me away from the 'study oriented' sort of self-focus that can happen," commented Cerra. Cerra cited the value of the panel discussions, the issues addressed, and the resolution hearings.

"Listening to debates and considerations of how we can each make a difference, legislate change, and even influence the 'image of nursing' as things continue to unfold in the healthcare field, was truly inspiring," Cerra added.

"The entire experience, and hearing others' challenges, further confirmed the gift it is for us at MCCN to have this collaborative and holistic educational experience and support to dream big," Cerra concluded. "A big thank you to MCCN for making it possible, including a dinner out with the MCCN gang, where we probably got to know each other more in a few hours than in a few months being on campus."

# Rho Omicron Celebrates 10th Anniversary

**On April 22, 2002**, Rho Omicron became the officially chartered chapter of Sigma Theta Tau International (STTI) here at Mount Carmel College of Nursing. Approximately 400 attended the Chartering Ceremony and 171 candidates were inducted into the Nursing Honor Society. The silent auction at the event raised \$500 for the first Rho Omicron Scholarship Fund.

Rho Omicron is one of over 400 STTI chapters worldwide, comprising more than 120,000 members on 503 college campuses. Rho Omicron currently has a membership of 300.

"To become a chapter, an organization must pass a rigorous assessment at all levels from curriculum and faculty expertise to proven academic leadership. STTI's mission is to recognize excellence, scholarship, and leadership in nursing," explained **Barb Barta, PhD, RN**, the chapter's first president.

"The chartering of our new chapter ten years ago was a magical event. The Medical Staff Building never looked more festive with lavender and pink flowers, helium-filled balloons, and beautifully arranged hors d'oeuvres. It was a great celebration of the enormous effort and personal commitments directed toward achieving chapter status since the idea was conceived in 1996," Barta said.

## Central Ohio Consortium

Rho Omicron is a member of the Central Ohio Consortium, a collaborative effort by five STTI chapters: Rho Omicron, MCCN; Epsilon, The Ohio State University; Theta Theta, Capital University; Kappa Lambda, Otterbein University; and Phi Pi, Chamberlain College of Nursing.

The Consortium sponsors Founder's Day in the fall and the Spring Scholarship Evening—events featuring presentations relating to the STTI values of leadership, scholarship, and service. The scholarship evening also showcases graduate studies research or scholarly projects.

Most recent Consortium events hosted by Rho Omicron here on the MCCN campus included Spring Scholarship Evening (April 20, 2011) and Founder's Day (October 5, 2009).

## Chapter Goals

In alignment with the STTI goals of knowledge, leadership, service, and sustainability, Rho Omicron established goals for the chapter and its membership:

- Provide opportunities to all members to enhance nursing knowledge.
- Promote opportunities for members to gain more access to strategies for effective leadership.
- Offer a variety of activities related to community service on a local, state and international basis.
- Identify activities that promote growth and development of the chapter.

In the pursuit of achieving these goals, Rho Omicron initiated events, opportunities, and outreach for its members, for nurses, and for the central Ohio community. The next issue of *The Carmel Rapper* will continue the story of Rho Omicron's ten years and highlight the chapter's activities and accomplishments.

## Rho Omicron Presidents

<b>2000-2002</b>	<b>Jami Nininger</b> (Honor Society President, prior to chartering of STTI chapter)
<b>2002-2004</b>	<b>Barb Barta</b>
<b>2004-2006</b>	<b>Vic Campbell</b>
<b>2006-2008</b>	<b>Bonnie Moses</b>
<b>2008-2010</b>	<b>Toni Chops</b>
<b>2010-2012</b>	<b>Rachel Choudhury</b>



Board Members 2005



Scholarship Day 2006



Welcome Lunch for New Inductees 2007



New Member Luncheon 2008



Rho Omicron Board Members 2009-2010



Spring Luncheon 2010

photos courtesy of Rho Omicron

## Rho Omicron Celebrates 10th Anniversary *cont'd*



Rho Omicron Induction 2011



Academic Misconduct Program 2009



Holiday Christmas Tree Project 2009



Scholarship winner **Afton Stoneking**



Scholarship Evening 2009



March Luncheon 2008

# Congratulations Rho Omicron!

## Drinking RESPONSIBLY

By **Alexandra Venoy**, Dietetic Intern

**1 Drink contains  
14g of alcohol (98kcal)**

12 fl. oz beer (5% Alc.)  
5 fl. oz wine (12% Alc.)  
1½ fl. oz liquor (80 proof)

**Bottom line:** if you choose to drink, limit intake to recommended levels and choose drinks low in calories.

The Academy of Nutrition and Dietetics recommends limiting alcohol consumption to one drink a day for women and two drinks for men. Binge drinking above these recommendations is associated with cardiomyopathy, hypertension, cardiac arrhythmias, sudden death, stroke, increased risk for cardiovascular disease, automobile accidents, trauma, and suicide. Alcohol should be avoided entirely by pregnant women and women who may become pregnant, due to the risk of fetal alcohol syndrome and other birth defects.

Despite the risk, alcohol is generally regarded as safe when utilized responsibly and limited to those individuals over 21 years old. Alcohol consumption with meals, when limited to one drink a day for women and two drinks a day for men, was found to be associated with a reduced risk of cardiovascular disease.

Less commonly discussed is the calorie content of alcoholic drinks. Pure alcohol contains 7 calories per gram and frequent intake can increase your waistline!

Drink THIS:		NOT THAT!	
Bud light (12 oz.)	110 kcal	Blue Moon Winter Ale	180 kcal
Mike's Hard Lemonade Lite	100 kcal	Mike's Hard Lemonade	235 kcal
Rum, Club soda, lime juice	100 kcal	Mojito (12 oz.)	230 kcal
Rum and diet coke (12 oz.)	100 kcal	Rum and coke (12 oz.)	240 kcal
Margarita made with equal	100 kcal	Margarita (12 oz.)	550 kcal
Long Islands make with diet sodas and lemon juice	100 kcal	Long Island Iced Tea (12 oz.)	543 kcal
Champagne (5 oz.)	96 kcal	Sweet white wine (5 oz.)	139 kcal

### References:

Borushek, Allan. *Calorie, Fat & Carbohydrate Counter: Plus 200 Fast-food Chains & Restaurants*. Costa Mesa, CA: Family Health Publications, 2008. Print

"Disorders of Lipid Metabolism and Alcohol Intake." *Evidence Analysis Library. Academy of Nutrition and Dietetics*. Web. 04 Apr. 2012. <<http://www.adaevidencelibrary.com/>>.

*Drug Facts: Alcohol*. The National Youth Anti-Drug Media Campaign. Web. 04 Apr. 2012. <<http://www.abovetheinfluence.com/facts/drugsalcohol>>.



# Spring 2012 Final Exam Schedule

Main Campus Traditional Pre-Licensure Program			
MONDAY, APRIL 30	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.	MH A, B, & C	Waterman
NURS 307 Mother-Infant	10:30 a.m. – 12:30 p.m.	CLE 206	Cooley
NURS 308 Psyc-Mental Health	10:30 a.m. – 12:30 p.m.	CLE 210	Bills
NURS 309 Med Surg	10:30 a.m. – 12:30 p.m.	CLE 114-116	Beyer
PSYC 225 Human Growth & Development	10:30 a.m. – 12:30 p.m.	CLE 208	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 1	TIME	ROOM	FACULTY
NURS 205 Foundations/Health Practices	9 a.m. – 11 a.m.	CLE 206-208-210	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 & M02	3 p.m. – 5 p.m.	CLE 114-116-206-208-210	Skybo
NURS 361 Nursing Research – Section M03	3 p.m. – 5 p.m.	MH B	Bevan
WEDNESDAY, MAY 2	TIME	ROOM	FACULTY
NURS 422 Adv. Dynamics – all sections	9 a.m. – 11 a.m.	CLE 114-116	Fernandez
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.	CLE 206-208-210	Duggan
SCIE 220 Nutrition	2 p.m. – 4 p.m.	CLE 114	Dreifke
THURSDAY, MAY 3	TIME	ROOM	FACULTY
SCIE 231 Patho II – all sections	8 a.m. – 10 a.m.	CLE 114-206-210	Stinner
SCIE 125 Microbiology – all sections	9 a.m. – 11 a.m.	MH A-C, CLE 310	Voorhees
HUMN 110 Individual & Religion	1 p.m. – 3 p.m.	CLE 206-208	Patch
HLTH 320 Statistics	5 p.m. – 7 p.m.	CLE 206	Reed

Faculty will schedule Seminar and RN-BSN final exams as needed.

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, APRIL 30	TIME	ROOM	FACULTY
NURS 408 Transitions	8 a.m. – 12 noon	Delta	Smith
NURS 206 Pharmacology	9 a.m. – 11 a.m.	Gamma	Duggan
TUESDAY, MAY 1	TIME	ROOM	FACULTY
NURS 205 Foundations/Health Practices	9 a.m. – 11 a.m.	Delta	Mohler
NURS 307 Mother-Infant	9 a.m. – 11 a.m.	Gamma	Cooley
SCIE 231 Patho II	1 p.m. – 3 p.m.	Gamma	Stinner

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

## MCCN Represented at YWCA Women of Achievement luncheon

MCCN associates — and two of their daughters — were in attendance at the Annual YWCA Women of Achievement luncheon held in April.

**Dr. Ann Schiele**, MCCN president and Dean, and **Kathy Espy**, Director of Minority Affairs and Community Initiatives, are both YWCA Women of Achievement Awardees. Mackenzie Bell and Bryn Dougherty, daughters of Mount Carmel staff **Robin Hutchinson Bell** and **Erin Dougherty**, are among 29 junior high schools girls from 70 central Ohio schools selected to participate in the **2012 YWCA Bright Futures Leadership Program**.



Celebrating together (l-r): **Dr. Ann Schiele**, **Robin Hutchinson Bell**, **Mackenzie Bell**, **Erin Dougherty**, **Bryn Dougherty**, and **Kathy Espy**.

Photo courtesy of Robin Hutchinson Bell

# Money Matter\$

## Success = Opportunity + Preparation

I have often heard that the formula for success is opportunity + preparation.

Applying this principle to financial aid is easy. Now is the time to prepare to seize every opportunity available. MCCN provides several opportunities for students to reduce their tuition bill by securing scholarships. Please take advantage of this **OPPORTUNITY** and apply for any scholarship you feel you are eligible to receive. Now is the time to secure your references. Now is the time to prepare for 2012-2013.

All MCCN scholarship opportunities are posted on CARMELink. Please check CARMELink for updates.

**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:** All financial aid for the Summer Semester will take place after July 1, 2012. The 2012-2013 academic year officially begins for the Department of Education on July 1. Therefore, we must adjust our disbursement period to comply with the new academic year. If you have extenuating circumstances, please schedule an appointment with me or **Kathy Smith**.

**Interest Rates:** The summer is a transition semester. The Department of Education updates interest rates for the upcoming academic year in the summer, typically after July 1, 2012. The 2012-2013 academic year begins the transition of all Stafford Loans (Subsidized and Unsubsidized) interest rates to one amount, 6.8%.

**Financial Aid Information Sheet:** By now every freshman through junior should have received the financial aid information sheet in your mailbox. Please complete this form and return it to **Theresa Garaux** in financial aid. This form helps us to prepare for the upcoming academic year.

**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 **Theresa Garaux** 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 TGaraux@mccn.edu

## Parent (PLUS) Loan and Private Loans

Each year you must reapply for the PLUS and/or a Private loan. When you receive your 2012-2013 award letter, the process is provided. Please take time to carefully calculate your financial need for the entire academic year. Remember, each time you apply for a PLUS loan or a Private Loan your credit report will be pulled.

**Alyncia M. Bowen, PhD**

Director, Financial Aid  
abowen@mccn.edu

## Student Health News

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



The April issue of *Student Health 101* is now available! In this issue you will find articles regarding:

- Your personal finance report card
- A countdown to finals
- Nutrition questions and answers
- Dealing with anxiety
- Mastering that job interview
- A summer tone-up for your body
- U cookbook is featuring dessert recipes
- Fitness U is discussing mistakes made in the gym

Click on the link sent to you in your email inbox to read the great articles this month!

Happy Spring!!

**Kathy Walters, MS, RNC, NNP-BC**

Assistant Professor/Student Health Nurse  
614-234-5408 office 614-234-5403 fax  
kwalters@mccn.edu

## Library News and Hours

<b>Monday - Thursday</b>	8 a.m. – 9 p.m.
<b>Friday</b>	8 a.m. – 5 p.m.
<b>Saturday</b>	8:30 a.m. – 12:30 p.m.
<b>Sunday</b>	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.

## New Laptops!

The library has two new MacAir computers for you to check out. Get connected at your library.

## New Items to Check Out

Your library, the Mount Carmel Health Sciences Library, has new items for you to check out. Oscar nominees and winners, including *Hugo*, *The Descendants*, and *My Week with Marilyn*, are among the new DVDs just added. Call us at 614-234-5214 to reserve your favorites.

## Food for Fines

We are also running *Food for Fines* through May 25. One item of food donated equals \$3 of fines. All donations go to the Student Pantry.

Join us on *Facebook* for all the latest library news and special events at your library.





# ATTENTION STUDENTS: Opportunity to Earn Credit for Summer Camp Nursing Seminar or Community Service Hours

## Flying Horse Farms

Flying Horse Farms (FHF) is a camp for children with serious illnesses that annually serves over 1,500 campers with cancer, heart disease, heart surgeries, Crohn's, asthma, arthritis, sickle cell, hemophilia, and other blood-related disorders. For most of these children, the typical summer camp experience is impossible, but with FHF's state-of-the-art medical facilities and 24/7 medical staff, campers can have a "spectacularly average" camp experience. Sophomore and junior students may take a camp nursing seminar for credit while assisting at the camp or volunteer for community service hours. If interested in the summer camp nursing seminar or volunteering at FHF, contact **Hannah O'Handley** at [hohandley@mccn.edu](mailto:hohandley@mccn.edu) or 614-234-3874.

### Flying Horse Farms 2012 Camp Dates

Camp	Check In Date	Camp Shift Days
Heart Camp	June 16	June 17, 18, 19, 20
Hematology/Oncology Camp	June 24	June 25, 26, 27, 28
Hematology/Oncology Camp	July 7	July 8, 9, 10, 11
Pulmonary/Nephrology Camp	July 15	July 16, 17, 18, 19
Rheumatology/GI Camp	July 28	July 29, 30, 31, Aug 1

Go to [flyinghorsefarms.org](http://flyinghorsefarms.org) and apply.

## Community Service Opportunity

*(approved by the MCCN Community Service Committee)*

**Health Fair with a Focus on Obesity** Westerville South High School  
 Tuesday, May 2, 2012 303 Otterbein Ave.  
 7 a.m. – 2 p.m. Westerville, Ohio 43081-2397

Mount Carmel students are invited to volunteer for this event to take vital signs, measure height and weight for high school students.

**Any time you can donate during the day is appreciated!** Please contact **William Gustave, MD** (senior resident), as soon as possible at [wgustave@mchs.com](mailto:wgustave@mchs.com) (preferred contact) or 614-805-1873

Dr. Gustave is working with Dr. Jack O'Handley, husband of MCCN faculty member **Hannah O'Handley, MSN, RN, PNP.**

## SNAM\* News

\*Student Nurses Association at Mount Carmel

**Calendar of Upcoming Events: April SNAM Meeting — TODAY, April 23**

### NSNA Graduation Cord

Are you an NSNA member graduating in 2012? Be sure to see **Dawn Hughes**, SNAM Advisor, for information about obtaining your NSNA graduation cord. Cost of graduation cords is \$10.

### SNAM Student Nurse Sweatshirt Sale

**Black hoodie: \$25      Black zip-up fleece: \$30**

If interested, please email SNAM Vice President **Brooke Waddell** at [bwaddell@mccn.edu](mailto:bwaddell@mccn.edu). Checks can be made out to **Dawn Hughes** (with SNAM in the memo line) and can be placed in Brooke's mailbox.

## Student Government Association (SGA) Officers and Representatives for 2012-13

*President*

**Jena Verbance**

*Vice President*

**Annie Hahn**

*Treasurer*

**Ashli Temple**

*Secretary of Records*

**Symphony Voelkel**

*Secretary of Public Relations 1*

**Brooke McCombs**

*Secretary of Public Relations 2*

**Stephanie Rienschild**

*Senior Class Representatives*

**Benjamin Moore**

**Molly Wake**

*Junior Class Representatives*

**Devon Baldwin**

**Brett Teiga**

*Sophomore Class Representatives*

**Katie Bradley**

**Sarah Brantley**

**Brielle Daugherty**

**Whitney Eal**

**Jenna Grunden**

**Will Taylor**

**Savannah Whitten**

*Freshman Class Representatives*

To be determined

*Advisor*

**Colleen Cipriani**

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*Managing Editor:*

**Robin Hutchinson Bell**

*Editor:*

**Elaine Kehoe**

*Photographer:*

**Chris Steel**

*Layout:*

**Carol Stokes**

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell at 614-234-1372 or [rhutchinsonbell@mccn.edu](mailto:rhutchinsonbell@mccn.edu).

## Attention Graduates!

Students graduating in May must have account balances paid in full no later than **Wednesday, April 25, 2012**, in order to receive a diploma at commencement on May 5. Any payments received between April 25 and May 3 must be in the form of cash, cashier's check, or online credit card. Please contact the business office if you have questions.

If you received any of the following loans while you were a student, you will need to schedule an exit interview with the Business Office no later than **Friday, April 27, 2012**, in order to receive a diploma at commencement on May 5.

- Alumni Loan
- Nursing Student Loan
- Kelley Loan
- Nurse Faculty Loan
- MCCN Student Loan
- Schell Loan
- Memorial Loan

Please contact **Tammy** at [tcharles@mccn.edu](mailto:tcharles@mccn.edu) or 614-234-2266 to schedule.

## 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*.

## Countdown to Graduation!

Stay tuned to this list 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.

- 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.
- Complete your Community or Professional Service Program requirement. Undergraduates and RN-BSN students submit documentation to **Colleen Cipriani**; graduate students submit documentation to **Kip Sexton**.
- 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.
- Order your cap/gown and optional announcements. Order online at [www.jostens.com](http://www.jostens.com). **The order deadline was March 29.**
  - Click on "Find My School's Store" at the top of the page.
  - Search for *Mount Carmel College of Nursing*.
  - Follow the prompts for "Graduation Caps and Gowns."
  - Click on either the **bachelor's** or **master's** product (They are different!).
  - Follow the "Design It" prompts to place your order.
  - *Note:* one tassel comes with your order; there is an option to order additional tassels
- Try on your cap and gown when it arrives. Remove wrinkles according to instructions provided, and hang up the gown until Commencement.
- Each graduating student will be allotted 6 tickets to Commencement (no charge).
  - Tickets are available for pick-up in the Records & Registration Office (Room 201, Marian Hall, 8:30 a.m. – 4:30 p.m., Monday through Friday).
  - No tickets are required for the Pinning/Recognition Ceremony.
- Complete the appropriate BSN or MS Graduation Exit Survey (a link was sent to your [mccn.edu](mailto:mccn.edu) email).
- If selected for an Exit Interview, schedule a time with one of the interviewers listed (email was sent to randomly-selected students the week of March 26).
- Pre-licensure students completing all degree requirements **by May 5, 2012:** register for the ATI RN Predictor and Critical Thinking Exit Assessment. Sign up on the registration sheets located on the bulletin board outside of Records and Registration, Room 201, Marian Hall.
- *Pre-licensure students:* prepare for the National Council Licensure Exam – Registered Nurses (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession, by attending the ATI Comprehensive NLCEX Review on **May 7-8-9**. Check the *Student* tab of CARMELink for additional details.
- Prepare for graduation events:
  - Celebration luncheon and rehearsal, **Thursday, May 3, 12 noon**
  - Pinning/Recognition and Commencement Rehearsal, **Thursday, May 3, 2 p.m.**
  - Pinning/Recognition Ceremony, **Friday, May 4, 7 p.m. (arrive by 6 p.m.)**
  - Commencement, **Saturday, May 5, 1 p.m. (arrive by 12 noon)**
  - Both ceremonies will be held at the First Church of God, 3480 Refugee Road

# Graduation!