



Rapper

Mount Carmel College of Nursing News and Information

February 22, 2010

RECORD NUMBER *Enrolled in Fourth SDAP Class*



SDAP IV students begin their 13-month sprint to a BSN. First three rows (L-R), row one: **Andrea Young, Erin Steiner, Olajumoke Adetunji, and Bethlehem Alemayehu**; row two: **Kate Daprile, Jenalee Thibault, Emily Rush, Sarah Becher, and Robin Schmitt**; row three: **Jason Bausman, Kelly Douple, Meredith Qualley, and Andria Haynes.**

With 70 students, SDAP IV began the 13-month odyssey to the BSN on January 4, 2010, and will conclude on January 28, 2011. "Receiving the Robert Wood Johnson Foundation grant helped the College to increase the SDAP class size to 70. There were sixteen \$10,000 scholarships awarded to increase diversity in nursing," said **Barbi Potts, M.Ed, BSN, RN, CCRN**, Program Coordinator, SDAP.

Applicants qualifying for one of these new scholarships came from groups underrepresented in nursing; for example, racial or ethnic minorities, as well as males. Also qualifying were applicants from disadvantaged backgrounds, such as incomes below poverty level, unable to obtain educational loans, or first generation college students.

Those accepting the scholarships agreed to certain obligations, including participation in mentoring and leadership development programs provided by MCCN, passing the NCLEX, and providing follow up information to MCCN about employment status 6-12 months post graduation.

As in the first three SDAP classes, the previous degrees earned by the SDAP IV participants cover a widely diverse range, including physiology, biology, dental hygiene, law, marketing, sociology, psychology, business, chemistry, zoology, speech communications, kinesiology, education, design, nutrition, English, and more. New this year is the high number of students, and a new modified program flow with students moving through the program in two tracks.

"The SDAP faculty appreciates the adult learner and, like all educators, find ourselves learning from our students, who represent many different professional backgrounds and diverse cultures," said Potts. "SDAP students come in knowing that the program is accelerated for them; and that means the pace is accelerated for the faculty as well."

With a BS in information technology, **Christina Melicharek** worked for seven years as a systems analyst for Estee Lauder, Pier 1 Imports, and Limited Brands. She made the change to nursing to have a direct impact on others, to make a difference, and to have more flexibility. "The many opportunities in the nursing field mean my career can grow and change as my life circumstances grow and change," said Melicharek.

"I am so thankful for this opportunity. This program fit all my needs. I can't wait to see what is in store for us this year, and to look back at the end and see how much we have learned in such a short time," Melicharek said. "It is refreshing to be around people with so much passion. The instructors, the students, the faculty—we all really care and want to be the best that we can. It's only been a few weeks so far, and I know that some of us already feel like we are family."

Hannah Mugambi has a BS in health sciences — health and wellness, and worked in that area for over two years. She changed to nursing to have the opportunity to put health promotion and wellness skills within the clinical setting. "Nursing increases my ability to empower patients and clients with wellness and health promotion tools while engaging in treatment plans," said Mugambi, whose goal is public health nursing in an international setting, particularly maternal/child and family practice.

"I am excited and humbled by the opportunity to be part of such an excellent program providing strong education and support systems to ensure student success," said Mugambi. "The SDAP has dedicated instructors with students' interest and success in mind. Our peers in the program are also a great resource due to diverse educational and professional backgrounds."

Nora Slenk graduated in May 2009 from Hope College with a degree in biology and psychology. She worked from May until December at a sports training facility, running a sprint training and plyometric program for high school and college athletes.

Continued on page 2...

Important DATES

<u>FEBRUARY 22</u>	SNAM meeting, noon
<u>FEBRUARY 24</u>	Self-defense class, 6 p.m., gym
<u>FEBRUARY 26</u>	Term 1 ends
<u>MARCH 1</u>	Term 1 clinical exams
<u>MARCH 2-5</u>	<i>Spring break</i>
<u>MARCH 8</u>	Term 2 begins
<u>MARCH 15</u>	MCCN Graduating Students Luncheon, noon – 2 p.m., gym Jostens graduation products, lobby MCCN summer session registration begins (current students only)
<u>MARCH 17</u>	St. Patrick's Day dance party, 7 – 10 p.m., gym
<u>MARCH 22</u>	Dogs on the Patio, 11 a.m. – 2 p.m. SNAM meeting, noon
<u>APRIL 2</u>	<i>Good Friday (holiday)</i>
<u>APRIL 5</u>	Spring Festival, 10 a.m. – 2 p.m., gym
<u>APRIL 13</u>	Game Night, 7 – 8:30 p.m., rec room
<u>APRIL 15</u>	STTI Spring Scholarship Evening, 5 – 8 p.m., Capital University
<u>APRIL 26</u>	SNAM meeting, noon
<u>MAY 7</u>	Pinning and Recognition Ceremony, 7 p.m., First Church of God
<u>MAY 8</u>	Commencement, 1 p.m., First Church of God

FREE *Self-Defense Class*

Wednesday, February 24
6 p.m.
College gym

Learn how to protect and defend yourself from attack.

RSVP to **Colleen** at 234-5828 or ccipriani@mchs.com.

GRADUATES: *Cap and Gown Ordering Information*

Graduates attending Commencement on May 8 are responsible for ordering their own cap/gown **no later than April 1, 2010**. Orders are placed online at www.jostens.com.

- Follow the prompts for college-level graduation caps and gowns
- Search for *Mount Carmel College of Nursing*
- Place your order for either the bachelor's or master's product (they are different!)

Remember: the order deadline is April 1. Contact Records and Registration if you have questions (614-234-3959). Also, a Jostens representative will be in the main lobby following the March 15 graduation luncheon.

RECORD NUMBER *Enrolled in Fourth SDAP Class cont'd*

"I felt a calling to the career of nursing because of my passion for servant leadership. I believe a nurse cares for people in a way few other jobs can, with knowledge, with genuine care, and with a responsibility to communicate God's love to each person," said Slenk, who is interested in pursuing a career as a CRNA (Certified Registered Nurse Anesthesiologist).

"The MCCN faculty and staff have been extraordinarily helpful and polite since I first called about applying to the program. The small size of the program, and the College, allows strong bonds of friendship and mentorship," said Slenk. "The faculty are passionate about nursing and about our success as students and future nurses. It is truly an environment that will allow us to reach our potential."

Brad Marsh, an officer in the U.S. Army since May 2001, was assigned to the Air Defense Artillery and stationed in Tong Du Chon, Korea; Tacoma, Washington; Mosul, Iraq. He has been an EMT-Basic since the fall of 1998 and a firefighter since 1999. "My path in the Army took me away from the medical profession, but I always found a way to be active in that area. I was a volunteer firefighter in Washington state to keep my skills sharp and a Forward Operating Base (FOB) first responder during my deployment. Through these experiences, I knew I wanted to find a way back to medicine," said Marsh.

His father's bone marrow transplant at the James Cancer Clinic showed him nursing was the path. "I saw how the nurses were the ones who worked day in and day out to ensure my father met their objectives of treatment and got back on his feet. I knew then that I wanted to be a part of this noble profession," Marsh said.

"SDAP is not for the weary. We all push ourselves and each other to ensure success. I look around me and see some of the most professional people I have ever run across. This was the best choice for me, and I thank the faculty and administration for the opportunity to follow my path!"

MCCN Student **AMBASSADORS**: a Select Group

"Student Ambassadors are a select group of current MCCN students chosen to assist with the recruitment process. Ultimately, Student Ambassadors serve as a link between the Office of Admissions and Recruitment, the current student body, and prospective students," says **Kim Campbell, M.Ed.**, Director of Admissions and Recruitment.

The main function of the student ambassador is to conduct campus tours for prospective students and their families. In addition, Student Ambassadors assist at major College functions (i.e., Trustees Dinner, Pinning, Convocation, Commencement, etc.) with set up, registering guests, and passing out programs.

Expectations of Student Ambassadors:

- Maintenance of good academic standing
- Actively involvement in extra-curricular activities
- Enthusiasm in promoting MCCN to prospective students
- Keeping current regarding the latest MCCN news

The Lead Student Ambassador is responsible for maintaining the relationship between the Ambassador staff and the faculty/staff of MCCN. In addition to the general Ambassador responsibilities, the Lead Ambassador is accountable for supervising and maintaining the work flow of other Student Ambassadors.

"Being an ambassador is about being a part of a unit that functions together on both a personal and a professional level," says **Sarah Eichhorn**, who is Lead Student Ambassador for this academic year.

"I feel that as an ambassador I have increased my management capabilities, as well as being more comfortable and confident when talking with small and large groups. The ambassador program has helped me to develop both independent and team leadership qualities," says Eichhorn.



Student Ambassador at work: **Kayla Munk** assisting at the annual Mount Carmel Alumni Association Banquet

Graduating STUDENT Luncheon

ATTENTION GRADUATING STUDENTS! Please plan to attend the Graduation Luncheon on **Monday, March 15**, 12 noon - 2 p.m. (College gym). Among other things, we will discuss:

- Application to take the National Council Licensure Exam — Registered Nurse (NCLEX-RN)
- Graduating Student Exit Survey and Interview procedure
- Information about your graduation photo
- Details about the Pinning and Recognition Ceremony on May 7
- Details about Commencement on May 8
- Information about tickets to these events
- Information about our MS program

There will also be ample time for questions and answers. Don't miss this opportunity to learn valuable information as you prepare to celebrate completion of your degree!

Affiliated Course SCHEDULE

Any student taking a winter quarter or spring quarter 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 201).

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes. Students who neglect to submit the required documentation will find that their credit hours at CSCC or OSU will not count toward calculation of total credit hour load for the MCCN spring semester. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

New Student Ambassadors Needed for 2010-2011

Interested candidates are invited to pick up an application at the Office of Admissions, the front desk of the College, or *Charlie's Java Jolt* (second floor of the CLE).

Applications are due no later than March 19, 2010, and interviews will be conducted shortly thereafter. Questions? Please call the Admissions Office (614-234-4CON) and ask for **Kim** or **Jonathan**.

Potential applicants are also encouraged to talk with one of the current Ambassadors to learn what they think of their experience. Here's what three current Student Ambassadors told *The Rapper*.

Christian Graves chose to become a student ambassador to meet people, get involved in campus life, and network. "As a student ambassador I have had the pleasure of working numerous events from open houses to the alumni banquet to the college fairs," said Graves.

Graves cites several benefits from her ambassador experience, "I have definitely gotten better at communicating with others, especially in large groups. I have also met some really cool people. I love being a student ambassador."

Amanda Mitchell interviewed for a Student Ambassador position as a way to become more involved at the College. "I extend a huge thank-you to the staff (**Kim Campbell**, **Gale Kolarik**, and **Jonathan Francis**), and my fellow Ambassadors for the experiences and knowledge I've attained with this program. Judging by the reviews that we receive, our efforts do not go unnoticed by the prospective students and visitors to the college," said Mitchell.

"My favorite part of touring has to be the look on the faces of visitors to the on-campus apartments. Most parents ask if they can move in along with their son or daughter. And when you think their jaws can't drop any lower, they find out about the washers and dryers in each unit," added Mitchell.

Kayla Munk was inspired to achieve a Student Ambassador slot before she even attended the College. "During my first tour at Mount Carmel College of Nursing, I was impressed by the pride and joy in MCCN that the ambassadors expressed. I knew that as a student here, I too wanted to let people know about the great opportunities and excellence in education that MCCN has to offer."

Munk feels she has learned communication skills and leadership skills that will be put to use in her future career in nursing. "The ambassador program allows you to network and meet many new people, and constantly gain knowledge about the College," said Munk. "Most importantly, I have learned the importance of how involvement in College organizations can open the door to opportunities you would never have imagined."

2009-2010 Student Ambassadors

- Stephanie Binkley
- Brittney Bradshaw
- Nicole Cistone
- Andrea Colabuno
- Lori Distelhorst
- Sarah Eichhorn
- Heather Feck
- Crystal Goods
- Christian Graves
- Kylie Knowlton
- Lisa McGinnis
- Hannah Little
- Amanda Mitchell
- Kayla Munk
- Mandy Osae-Attah
- Betsy Tokarsky
- Jennifer Young
- Molly Upton

Business Office NEWS

Online Payments and Electronic Refunds are Here!

Some big changes have taken place in the College Business Office. Student account transactions can be processed online using the same CARMELink login that students access for schedules, grades, and billing statements.

Students now have the ability to make payments on accounts electronically by using the CASHNet option under the Business Office tab of CARMELink. Credit cards or electronic checks (ACH) can be processed without the need for students or parents to call or come into the office. Mastercard, Discover, and American Express credit cards are accepted, and credit card payments will be assessed a 2.75% transaction fee. There is no charge for ACH payments.

Students also have the option to have any refunds deposited directly into their personal bank accounts instead of waiting for a paper check and without coming into the office. Use the CASHNet option in CARMELink and enroll in eRefund with your account information.

2009 1098-T Form Information

Students' 1098-T Tuition Statement information for 2009 is available in CARMELink. Click on the Business Office and Account Information tab and go to the My 1098 Information. The College will not be mailing the 1098 information.

Please contact the Business Office at 234-2230 or 234-2266 if you have any questions.

Annual BLACK HISTORY MONTH Celebration



Speaker Yvette McGee Brown, Founding President, Center for Child and Family Advocacy at Nationwide Children's Hospital and current Democratic candidate for Lieutenant Governor for the state of Ohio, spoke about the importance of Black History Month.



Assistant Professor **Denice Taylor**, wearing a vintage outfit, sang Negro spirituals during the celebration, a five-year tradition for the event.



Student **Christian Graves** chats with Yvette McGee Brown after the presentation.

The Mount Carmel Health Sciences Library welcomes everyone to stop and visit our Black History Month display featuring diverse materials (i.e. books, DVDs, books on CD, journals, magazines) available for your use.

MONEY Matters

March Graduates

Please remember to complete your exit counseling. Failure to do so will result in your account being placed on hold. This means you will not receive your transcripts or be able to sit your boards until this is resolved.

The directions are as follows:

- Go online to the Mount Carmel College of Nursing website at www.mccn.edu.
- Click on Tuition and Financial Aid
- Click Financial Aid
- Go to Links
- Scroll down to Loan Exit Counseling – Understanding your responsibilities in repayment
- Follow directions

Loan Debt

In order to determine the amount of Stafford Federal Loan Debt that you have incurred, please go to www.nslds.ed.gov. Follow the directions and maintain this information in your personal file. If there is a discrepancy, please feel free to follow up with the lender or servicer of your loan. For example, Great Lakes is the primary servicer for federal student loans at MCCN.

Consolidation

Consolidation is a valid action as a means of minimizing the number of loan payments you make per month. Please note, private or personal loans and institutional loans cannot be consolidated with your federal loans. Like-products/loans can be consolidated.

PUT Loans

By now many of you have received notification that your student loans have been sold to the Department of Education. Do not stress. In today's lending climate many lenders are selling their loans to the Department of Education.

A PUT loan cannot be consolidated with other loans. You will have multiple payments until some future determinations are made about federal Stafford and PLUS loans. As soon as a determination has been made, I will notify you.

FAFSA Renewal

Please utilize the 2010-2011 FAFSA application for any classes that you would like to take beginning this summer of 2010.

— *Alyncia Bowen, PhD(c), MSA, Director of Financial Aid, abowen@mchs.com*



Chaplain's CORNER

By Pete McClemon, College Chaplain

Winter Wisdom — what do we learn from the cold, dark, dreary days of February? Some of us spend a lot more time at home — inside where there are thermostats. Some of us revel in the playful possibilities of snow and ice.

Here in our town, we've been battered by one storm after another. Traffic has been snarled — roads rendered impassible — grocery stores picked clean by our common survivalist instinct. Snow people populate our neighborhoods; remnants of hours making snow angels dot our front lawns. Winter is frustrating and fun all at once. (Then there's the irony of not enough snow for the Winter Olympics — making this winter weird and wacky too.)

And underneath winter the earth is hibernating. What looks and feels like death is really creation storing up the energy it will take to be spring again! Winter is as though all creation has locked itself in the gym: building muscle, toning, flexing, stretching — getting itself ready for the games of spring life.

The Wisdom of Winter is the promise: that snow will melt — traffic will flow — grocery shelves will be filled again. School will end and "real" life will begin — sorrow will give way to joy — worry will melt into relief. Winter — at least in this neck of God's creation — always — always turns to spring.

Holy Hibernation, Batman!

Student Government Association (SGA) Officers and Representatives FOR 2009-10

PRESIDENT: Sarah Eichhorn (Senior)

VICE PRESIDENT: Emily Lust (Junior)

SECRETARY OF RECORDS: Angela Snider (Senior)

TREASURER: Leah Lewis (Senior)

SECRETARY OF PUBLIC RELATIONS (shared by): Crystal Goods (Senior) and Kelsey Tinkler (Junior)

SENIOR CLASS REPRESENTATIVES

Daniel Duble **Tristen Greene**
Megan Messenger **Luke Vohsing**

JUNIOR CLASS REPRESENTATIVES

Melissa Bally **Emily Berry**
Joe Derr **Brittnee Doran**

SOPHOMORE CLASS REPRESENTATIVES

Stephanie Binkley **Ashley Degeoey***
Stephanie Harris **Kayla Munk**
Brittany Richards **Dani Smith**
Brooke Waddell

*Fairfield Medical Center SGA representative

FRESHMAN CLASS REPRESENTATIVES

Elizabeth Cassidy **Kelsey Horton**
Lyndsey Melvin **Ashley Winebrenner**

ADVISOR

Colleen Cipriani

SGA is here for the students. Students are encouraged to contact their class representatives with any questions or concerns. SGA officers and representatives can be reached through their Mount Carmel email: First initial and last name @mccn.edu.

SNAM Sponsors BLOOD DRIVE

American Red Cross Blood Drive was February 8

All eligible persons who presented for donation that day were eligible to be entered to win a year of free groceries from Kroger!



Student **Elaine Palmer** reviews paperwork before giving blood



Students waiting to give blood (l-r): **Chelsea Krempel, Elaine Palmer, Milena Mica, Kevin Ahman, and Laura Eckle**



Student **Lauren Bower** prepares to give blood

Activities at Ohio Dominican University

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

Student Life Coming Attractions

Date	Event	Location	Time
Wednesday, March 17	St Patrick's Day Dance Party	Gym	7 - 10 p.m.
Monday, March 22	Dogs on the Patio	Patio	11 a.m. - 2 p.m.
Monday, April 5	Spring Festival	Gym	10 a.m. - 2 p.m.
Tuesday, April 13	Game Night	Rec Room	7 - 8:30 p.m.

ATTENTION STUDENTS!

Save the DATE!

Nurse Night 2010 with the Columbus Blue Jackets will be on Friday, March 19.

SPRING BREAK: *Time to Catch up, Catch a Breather, Catch Some Zzzzs*

Plans are coming together; anticipation is high; spring break for MCCN is just a little more than a week away. Our roving reporters, **Amy Belknap** and **Brittany Zwilling**, discovered that whether they were traveling far or staying close to home and family, Mount Carmel students and faculty are counting down the days to spring break 2010.

What are your plans for spring break 2010 or your favorite spring break memory?



"Florida ... I can leave my snow shovel at home!"

Anita Mitchell
(MCCN-FMC sophomore)

"I'm going to relax over spring break and go to Pittsburgh to see my uncle."

Mandy Osae Attah
(sophomore)



"Over spring break I'm going to catch up on sleep, get the nursery ready, and possibly go into labor."

Denise D'Angelo Steele
(freshman)

"Every year I go to Indianapolis over spring break to watch the OSU women's basketball team in the Big Ten Tournament. It's a fun and nice trip to watch the team and get away for awhile."

Deloris Bills
(faculty – NURS 308)



"I'll be working at Costco over my break since I'm not working during school."

Tara Elton
(SDAP)

"I'm going to be studying all break for the capstone course."

Julie Peitsmeyer
(RN to BSN Completion Program)



"I'm using break to catch up on sleep and house work."

Carrie Gibson-Annis
(SDAP)

"I'll be studying for my Pharmacology class."

Mark Schubert
(SDAP)



"Spring break will be used to spend time with my family and do things with them."

Derek Garbellini
(faculty, SCIE 430)



"My birthday is over break so I'll be celebrating with some friends."

Nadia Muhamed (freshman, not pictured)

REVISED Smoking Policy

Tobacco use/smoking is prohibited on any Mount Carmel property — indoors and out — including parking lots, sidewalks, garages, inside cars on Mount Carmel property, *inside and outside the College and Resident Apartments including the sidewalks and grounds surrounding them. Further, students are prohibited from smoking anywhere while wearing their student uniform, lab coat and/or student ID badge.*

Violators will receive one verbal warning. Consequences of continued non-compliance may result in dismissal from the residence hall and/or college.

NURS 408 Clinical Preferences

Students have the opportunity to indicate preferences for clinical site (the type of unit) for NURS 408. A letter explaining the process and a form to print and complete will be posted on WebCT Resources near the middle of the term PRIOR to the term you will take NURS 408. Watch WebCT Resources DAILY for this posting.

After carefully reading the letter and completing the form, take the form to the Marian Hall front desk promptly. Request that it be date/time stamped and placed in **Ann Waterman's** faculty mailbox. Your clinical faculty will contact you regarding placement near the end of the term.

Although the preferred clinical days are M-T-W day shift, the student is expected to be flexible and work the preceptor's schedule for an average of 24 hours per week. Weekends and shifts other than day shift are to be expected.

Questions? Email **Ann Waterman** with N408 in the subject line: awaterman@mchs.com.

Fun in the SNOW



Whitney Davidson, Emily Berry, and Emily Lust took advantage of last week's snowstorm to build a snowman on the patio of the College.

30 Students Enjoyed the FREE DINNER on February 10



Sophomore **Christian Graves**, junior **Amanda Mitchell**, sophomore **Ashley James**, and senior **Chelsea Krempel** cook a sloppy joes dinner for their peers.



Junior **Ashley Croy** and senior **Crystal Goods** setting the tables



Students enjoying the dinner

The Carmel RAPPER

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

Managing Editor:
Robin Hutchinson Bell

Editor:
Elaine Kehoe

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell: 614-234-1372 or rhutchinson-bell@mchs.com.



MOUNT CARMEL
College of Nursing

Senior Spotlight on LUKE VOHSING

Rapper: Why did you decide to become a nurse?

Vohsing: I grew up in the healthcare field and I want to give back some of what was done for me. I cannot see a more rewarding job in life than helping people get better.

Rapper: Why did you choose MCCN?

Vohsing: The feel of the school and the fact that I will be leaving here with a BSN. I know I made the right choice, and as I progress through the program that choice is reaffirmed. I like the atmosphere of the school and that I know everyone in my class and I can easily talk to everyone.

Rapper: From the vantage point of senior year what have been the high and low points of nursing education?

Vohsing: For me the high points of my education have been the clinicals. It is very exciting to do something in the clinical setting that you never could before, such as dressing changes, suture removals, IV insertions, etc. I love that stuff, and it makes me feel good to know I have the ability to perform all of these nursing tasks.

The low points have been the long hours in class, clinical, studying, and writing papers. But it is all worth it! If we did not commit the time that we do to studying, etc., then we would not be good nurses.

Rapper: What activities have you been involved with at the College?

Vohsing: SGA since I was a freshman. For the last two years I have volunteered with the Avondale Christmas Project. This year I am the representative for the Mount Carmel Ski Club. I have also participated in several other student activities throughout my time here.

Rapper: What activities, commitments keep you busy outside of class and clinicals?

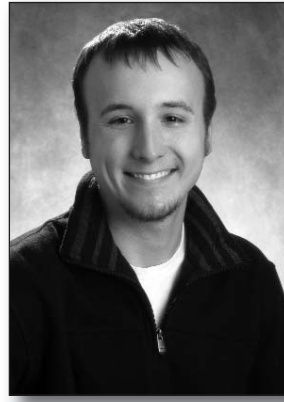
Vohsing: Outside of class and clinical, I was able to be a part time manager at Fossil until I was a junior. I currently work at Children's Hospital part time. I sometimes give new employee orientation speeches at Children's Hospital, in order to sensitize the staff regarding what it is like to be a patient there. I also enjoy snowboarding and riding my motorcycle, depending on the season.

Rapper: What are your plans after graduation? Long-range career/educational goals?

Vohsing: After graduation I would like to work on 3AE Rehab at Children's Hospital— that would be the best. While I am working there I would like to become a Certified Rehab Nurse. I love working on Rehab floors because I like to see patients get better instead of getting worse.

Rapper: What is one piece of advice you would like to share with current MCCN students?

Vohsing: Enjoy life to the fullest! Yes, school comes first; but when you can, have fun and relax! Enjoy your time and your friends at Mount Carmel because it doesn't last forever...



CHOCOLATE: The Darker, the Better!

By Kelly Ventresco, Dietetic Intern

If you received chocolate for Valentine's Day, that sweet treat may also be a healthy one. Chocolate can provide health benefits — the darker the chocolate, the better. Dark chocolate contains phytochemicals that may aid in the prevention of heart disease and may decrease effects of sugar on your teeth. Research suggests that flavonol, a substance found in cocoa beans and dark chocolate, may improve blood flow and help lower blood pressure.

Flavonoids provide important protective benefits to plants, such as repairing damage and shielding from environmental toxins. When we consume plant-based foods rich in flavonoids, it appears that we also benefit from this "antioxidant" power. Antioxidants help the body's cells resist damage caused by free radicals. These free radicals are formed by normal bodily processes, such as breathing, or environmental contaminants like cigarette smoke. When the body lacks adequate levels of antioxidants, free radical damage ensues, leading to increases in LDL-cholesterol oxidation and plaque formation on arterial walls.

In addition to their antioxidant capabilities, flavonoids:

- May help reduce platelet activation.
- May affect the relaxation capabilities of blood vessels.
- May positively affect the balance of certain hormone-like compounds called eicosanoids, which are thought to play a role in cardiovascular health.

Before you grab a chocolate candy bar or slice of chocolate cake, let's look at what forms of chocolate would be more ideal than others:

- When cocoa is processed into different chocolate products, it goes through several steps to reduce its naturally pungent taste. Flavonoids (polyphenols) provide this pungent taste. The more chocolate is processed (such as fermentation, alkalizing, roasting), the more flavonoids are lost. Most commercial chocolates fit this category.
- Dark chocolate appears to retain the highest levels of flavonoids. So your best bet is to choose dark chocolate over milk chocolate.
- Some chocolate manufacturers are studying ways to retain the highest level of flavonoids while still providing acceptable taste.

Remember to eat chocolate in small portions, since calories can tend to add up. Candies are add-ons to eating plans, not central to a healthful eating plan. Don't substitute these treats for other foods with greater nutritional value.

References: www.eatright.org, <http://my.clevelandclinic.org>

Senior Spotlight on KARA REYNOLDS

Rapper: Why did you decide to become a nurse?

Reynolds: I have always known that my calling was to work with people. It wasn't until I reached high school that I was introduced to the nursing profession and knew it was exactly what I wanted to pursue. There is no greater joy than caring for another person.

Rapper: Why did you choose MCCN?

Reynolds: I chose Mount Carmel because it has a good reputation, small student- professor ratios, and was close to home.

Rapper: From the vantage point of senior year what have been the high and low points of nursing education?

Reynolds: I have appreciated being able to get a glimpse of the many aspects of nursing throughout my education. Nursing school is hard work and requires complete dedication. There are many hours of sleep that I won't get back, but I know it will all be worth it in the end.

Rapper: What activities have you been involved with at the College?

Reynolds: I became a Rho Omicron member in 2009.

Rapper: What activities, commitments keep you busy outside of class and clinicals?

Reynolds: I enjoy playing volleyball in my free time and currently play in a league once a week. I am very active in my church, and each year I coordinate a week-long camp at Hocking Hills for elementary children. I work as a home health aide for a family who has a six-year-old daughter with a genetic, cerebellar disorder. She has been an inspiration to work with.

Rapper: What are your plans after graduation? Long-range career/educational goals?

Reynolds: I am open to whatever nursing holds for my future. I would like to start out working on an oncology palliative care unit. I have a passion for the older adult population. I am hopeful that my career will enable me to be an example for others to recognize that the older adult still has much to offer.

Rapper: What is one piece of advice you would like to share with current MCCN students?

Reynolds: My advice is to stay open-minded to all the nursing courses. It may not be an area that you wish to pursue, but keeping an open mind will allow you to appreciate all that the nursing profession has to offer.



BE PREPARED for Winter Weather! SIGN UP TODAY!

In preparation for winter weather situations, faculty, staff and students are strongly encouraged to register for the Communications Alert System as soon as possible.

Please see below on how to register. Remember when registering you MUST:

- Use a Mount Carmel computer (if you are a student you may want to stop by the CLE 2nd floor MCCN computer lab).
- Enter your network ID and password.

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

Faculty, students and staff may self-register for the new system by using an on-site MCCN computer.

- Via *Insight*, enter internet address <http://mccnalert.mchs.com> 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 already registered, re-check your account every six months or so, particularly the expiration date.

If you have questions about the new system or need help signing up, please contact one of the following individuals who will help you with the process:

- Robin Hutchinson Bell (Marian Hall 313) rhutchinson-bell@mchs.com or 234-1372
- Sherry Hull (Marian Hall 302) shull@mchs.com or 234-5777
- Brenda Binkley (Marian Hall 310) bbinkley@mchs.com or 234-5726

Degree AUDITS

Pre-licensure students who want to verify current completion of program requirements may schedule an appointment to review their degree audits. Contact Maggie Miller-Rea (614-234-3959) to schedule an appointment.

RN-BSN Completion and Master's students should contact Kip Sexton, Program Coordinator, (614-234-5169) with questions about degree progression.

SUMMER Session 2010

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 is not open to the general student population.

Summer 2010 registration begins March 15. Registration materials and instructions will be available on March 8.

Spring 2010 Term I FINAL EXAM SCHEDULE

MONDAY, MARCH 1	TIME	ROOM	FACULTY
NURS 305 Med Surg I	8 a.m. – 10 a.m.	CLE 206	Beyer
NURS 306 Med Surg II	8 a.m. – 10 a.m.	CLE 116	Campbell
NURS 307 OB	8 a.m. – 10 a.m.	CLE 114	Cooley
NURS 308 Psych-Mental Health	8 a.m. – 10 a.m.	CLE 210	Bills
NURS 405 Acute	10:30 a.m. – 12:30 p.m.	CLE 208	Nibert
NURS 406 Gerontology	10:30 a.m. – 12:30 p.m.	CLE 210	Maurer Baack
NURS 407 Pediatrics	10:30 a.m. – 12:30 p.m.	CLE 116	O'Handley
NURS 408 Transitions	10:30 a.m. – 12:30 p.m.	TBA	Waterman

Save the Date! SPRING FESTIVAL

Monday, April 5
10 a.m. – 2 p.m. in the Gym

With
Caricature Artist
Henna Body Artist
Handwriting Analysis
Old-time Photo Booth
Cotton Candy
Burrito Bar
ALL FREE!!!

GRADUATION Countdown

This series highlights key information graduating students need to know before May Commencement. Check this listing 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**.
- Attend the graduation luncheon on **Monday, March 15**, where information about Commencement, Undergraduate Pinning, graduation photos, the NCLEX-RN application, and other details will be discussed. In addition, there will be a time for questions and answers.
- Visit the Jostens representative who will be on campus **March 15** to display various graduation items. Stop by the Marian Hall Lobby after the luncheon to see the Jostens display.
- Order your cap/gown and optional announcements. Order online at www.jostens.com. **The order deadline is April 1.**
 - Follow the prompts for college-level graduation caps and gowns
 - Search for *Mount Carmel College of Nursing*
 - Place your order for either the bachelor's or master's product (they are different!)
- Prepare for the National Council Licensure Exam - RN (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession.
- Prepare for graduation events:
 - Undergraduate pinning will be Friday, May 7, at 7 p.m.
 - Commencement will be Saturday, May 8, at 1 p.m.
 - Both events will be held at the First Church of God, 3480 Refugee Road
- Update your degree audit to make sure you are on track to complete all graduation requirements. Pre-licensure students contact Records and Registration; RN-BSN and master's students contact **Kip Sexton**, Program Coordinator.



Call for POSTERS

The Central Ohio Consortium of Sigma Theta Tau International will host a Spring Scholarship Evening on April 15, 2010, celebrating the 2010 International Year of the Nurse (2010 IYNurse). This event is open to everyone, STTI membership not required. Dr. Ann Peden will present "The Evolution of the Nursing Intervention." The event is free for ALL MCCN students.

"Call for Posters" to the MCCN community

Nursing faculty, students, and nurses from the community are invited to present posters at this event. Membership in Sigma Theta Tau International is not required for participation. In conjunction with the 2010 IYNurse theme, posters must fit within the United Nations Millennium Development Goals:

1. Eradicate extreme poverty and hunger,
2. Achieve universal primary education,
3. Promote gender equality and empower women,
4. Reduce child mortality,
5. Improve maternal health,
6. Combat HIV/AIDS, malaria and all communicable and non-communicable diseases,
7. Ensure environmental sustainability, or
8. Develop a global partnership for development.

Expectations for Poster Presenters:

- Presenters will register to attend to Spring Scholarship Evening. (Registration fees: FREE for MCCN students and \$35 for non-students).
- Presenters will arrive at 4:30 p.m. to set up poster display on provided easels.
- Presenters will accompany their posters during the poster reception, 5 - 6 p.m.
- All posters should be capable of independently standing on provided easels.
- Any audio-visual equipment or extension cords needed with a poster presentation must be supplied by the participant.
- An abstract or handout describing the poster should be available for poster viewers.
- All poster presenters must send a poster abstract to address below by **March 10, 2010**.

Poster abstracts must include:

- Presenter name(s) with a designated contact person
- Telephone and email contact information of contact person
- Poster title
- Abstract describing the poster's topic (not to exceed 150 words)
- Please direct any questions to Dr. Elizabeth Barker at: barker.203@osu.edu

Send or email a poster abstract to Elizabeth Barker by **March 10, 2010:**

Mail address:
The Ohio State University
College of Nursing
1585 Neil Avenue
396 Newton Hall
Columbus, OH 43210
ATTN: Dr. Elizabeth Barker

Email address:
barker.203@osu.edu



SNAM News

Schedule of SNAM Activities

- February 22:** SNAM Meeting and Elections
- March 22:** SNAM Meeting
- April 7 -11:** NSNA Annual Convention in Orlando, FL
- April 26:** SNAM Meeting

Campus MINISTRY Activities

Spring Semester 2010

CAMPUS MINISTRY — ONGOING ACTIVITIES:

Monday Morning Prayer ("Begin each week in prayer"): Mondays at 8 a.m. in the College lounge

Student-led Bible Study: Wednesdays - 4 p.m.*, College Rec Room (basement of Marian Hall) snacks provided. Every denomination encouraged to join. For more information, contact **Crystal Goods**.

*Please note a change in day and time for the weekly Bible Study.

(thanks to **Crystal Goods** for her leadership)

WITH THE DOWNTOWNERS CAMPUS MINISTRY: Student-in-the-City

WITH THE MOUNT CARMEL HEALTH SYSTEM: Operation Feed (April)



2010 Spring Scholarship Evening

Thursday, April 15, 2010
5 - 8 p.m.
Capital University Campus Center
I College and Main
Columbus, Ohio 43209

Abstract Submission Deadline:
March 10, 2010

**Event free for
all MCCN students.**

Community SERVICE Opportunity

Students are needed to volunteer at the open house for the new Diley Ridge Medical Center in Canal Winchester on Saturday, March 13, 1 - 4 p.m. A wide range of volunteers are needed for registration, blood pressure screenings, tour guides, etc. If interested, please contact **Diana Coomer** at dcoomer@mchs.com or 546-4111.

LIBRARY

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 morning 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.