



## Juniors: Closer Every Day to Their Dream



Clinicals: a huge part of junior year! Entering the hospital are **Chelsi Cummings** and **Jeremy Cadwell**.

**Juniors admit it**, getting this close to their dream is hard work, and lots of it. Yet, it's also the time when the many opportunities in the nursing profession come into focus, as juniors get a taste of nursing variety during clinicals. Junior year is when all the million pieces of knowledge fit together, and when students hate to see their favorite clinical terms end.

**Jeremy Cadwell** wants to work in mental health, with a long-term goal of earning an advanced degree in psychiatric nursing. "I plan to make a lasting difference in the lives of those who wrestle with challenges like depression." The best part of junior year for Cadwell has been interacting with patients at Twin Valley Behavioral Health.

On the social side of junior year, "Some students and I have started a Tuesday afternoon rock-climbing club. Feel free to stop me in the halls if you're interested. We call ourselves 'The Mount Carmel Nighting Scalers.' We thank **Mr. Thomas Plas** for the catchy name."

For **Chelsi Cummings**, "one of the high points of junior year is being able to apply what you have already learned or fundamentals from the past two years to critically think. A low point would be trying to condense a great deal of information to study for exams."

*continued on next page...*

October 11, 2010

### dates to remember

- October 11**  
Term 1 clinical course final exams
- October 11-17**  
Fall break (students only)
- October 18**  
Term 2 classes begin
- October 25**  
SNAM meeting
- October 27**  
Halloween Party
- November 11**  
Rho Omicron Induction Ceremony
- November 12**  
Last day to drop a semester course
- November 15**  
Fall Festival
- November 22**  
SNAM meeting
- November 24**  
Last day to drop a Term 2 course
- November 25-26**  
Thanksgiving (holiday)
- December 13-17**  
Final exams
- December 18 – January 2**  
Semester break
- January 3**  
Spring semester begins
- January 17**  
Martin Luther King, Jr. (holiday)
- March 1-6**  
Spring break
- April 22**  
Good Friday (holiday)
- May 2-6**  
Final exams
- May 7**  
Commencement 2011



Also on their way to clinicals are juniors **Mandy Osae-Attah** and **Lori Distelhorst**.

Cummings is looking forward to senior year and applying everything learned during the previous years and putting the knowledge to use during clinicals. "I really want to make sure I improve in areas that I am lacking so that I can give the most effective care to my patients."

When **Lori Distelhorst** had scoliosis surgery at age ten and spent six nights in Children's Hospital, she decided to become a nurse. "I was blown away by the care I received from the nurses. They were all so kind to me and helped me in any way possible. I wanted to give back the love and compassion I was shown."

Distelhorst's brother, **Brian**, a December 2008 grad, suggested she follow in his path and come to MCCN with him. She is excited about senior year, when it all comes together. "That last year, especially closer to graduation, we are able to start thinking like real nurses and give care in that way, instead of thinking like a student nurse. I'm just looking forward to really feeling like a nurse and making an impact in patients' lives!"

**Diana Lape**, junior in the MCCN-FMC program, decided to become a nurse because she wanted to help people and make a difference in their lives. Lape chose MCCN because of its reputation, and it helped that the FMC-MCCN branch is about two minutes from her home.

"The high points are the friends I have made and the patients I get to help in clinicals," said Lape. "The low point is I don't get to spend as much time with my three young sons. My husband has been taking care of the boys so I can study."

**Mandy Osae-Attah** decided to become a nurse to work with people. "I love being able to come home tired but satisfied that I helped someone that day. It is also a profession that allows me to explore and try new things, which is great because I like change."

She chose to attend MCCN due to excellent reviews from those already attending or familiar with the College. "MCCN is excellent and has a very positive reputation. Even now, when I tell people that I go here, their eyes widen and they 'ooh.'"

## Graduation Applications Available Now Past Due

The deadline to submit your graduation application was **Friday, October 8, 2010**. The graduation fee will be charged to your student account in the semester you graduate.

Graduation applications for RN-BSN completion and Master's program students have been distributed by **Kip Sexton**, the advisor for those programs.

Graduation applications for 2011 (pre-licensure undergraduate students) are now available via CARMELink (Student tab → Records & Registration page), from Records & Registration (Marian Hall, Room 2C01) and at the front desk in Marian Hall. Included is a "Graduation Checklist" which lists all requirements for BSN degree candidates.

Pre-licensure students who wish to verify completion of degree requirements may schedule an appointment to update their degree audits. Contact **Karen Greene** (614-234-5685) to schedule an appointment. RN-BSN and MS students may contact **Kip Sexton** (614-234-5169) for verification of degree completion requirements.

### **Camp Mount Carmel: Healthcare Adventures**

**Sponsored by MCCN**

**June 13-16, 2011**

**Registration begins in February**

To learn about this highly successful and dynamic program now entering its 10th year, visit <http://www.mccn.edu/news-events/camp-mount-carmel.html>.

CAMP MOUNT CARMEL



# HEALTHCARE ADVENTURES

FOR HIGH SCHOOL STUDENTS

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# inside tips for Juniors

*Junior year is to focus on and solidify thinking like a nurse. Concentrate and learn all there is to learn during junior year as a building block for senior year. Top items for juniors to focus on: nursing process; therapeutic communication; continued experience with psychomotor skills; learning professionalism; and specialty content knowledge—solid foundation in medical-surgical nursing, mother-infant, and mental health nursing.*

— **Barbara Barta, MS, RN, Assistant Dean, Undergraduate Nursing Program**

## Things for juniors to remember:

1. We really want you to be successful in achieving your goals.
2. Don't be afraid to ask for help.
3. Everything builds on the past, so you will be expected to grow.
4. You are not learning random facts; it all works together.
5. You need to remember what you learn; you WILL hear it, see it and experience it again. Do you really want to keep memorizing the same information over and over again?
6. The best way to learn something is to understand it.
7. People earn an "A" because they work really, really hard. You can earn an "A" too, if you work as much. There is no magic pill, technique or mantra that makes it easier.

— **Brenda Beyer, MSN, RN, Assistant Professor, Nursing, Junior Class Advisor**

*Build on the solid foundation "laid" during sophomore year. Apply new knowledge when caring for patients. Seize opportunities in the clinical setting to learn new skills. Be a "team player." Work hard. Ask for help when you need it... take help when someone offers. Never be afraid to admit you made a mistake.*

— **Theresa Draher, BSN, RN, CCRN, Assistant Instructor**

*I think prioritization and organization of care are important issues. Regarding paperwork, write goals that are appropriate and realistic for the patient. I would advise students to be sponges and actively seek out all possible learning experiences.*

— **Tawnya Lawson, BSN, RN, Assistant Instructor**

*When I first came here and taught OB clinicals, I noted that some of the students had a hard time with the pace of class — they were used to semester-long classes as sophomores and OB and Psych are eight-week-term classes. Reminders to read before class are always needed!*

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

## Changes to Your Affiliated Course Schedule

All students must submit their Columbus State Community College or Ohio State University course schedules to MCCN Records and Registration (Marian Hall, Rm 2C01) **every quarter** in which they take classes.

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

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 TAKING AN AFFILIATED COURSE OR HAVE WITHDRAWN FROM AN AFFILIATED COURSE AND HAVE NOT ALREADY NOTIFIED RECORDS AND REGISTRATION, PLEASE DO SO IMMEDIATELY.**

### Part-time Employment Opportunity Grant Funded Paid Position

**Job Title: Fitness and Nutrition (FAN) Club Program Assistant**

#### Job Summary/Basic Functions

The Program Assistant will work with the Program Coordinator to implement the Fitness and Nutrition Club Program for 3rd, 4th, and 5th grade students at Avondale School in Franklinton, Ohio. Families of the children will be included in the program. The Program Assistant will be a change agent to support behavioral changes that contribute to a multifaceted approach for healthy living.

#### Job Qualifications (Knowledge, Skills, and Ability)

- Completed or enrolled in health or childhood education related program of study.
- Must be fluent in English.
- One year of prior experience working within a community setting is preferred.
- Meets all state and federal guidelines for working with children (criminal background check, etc.)
- Adheres to appropriate health guidelines (tuberculosis testing, influenza vaccination, etc.)
- Demonstrates the ability to work as a member of the multidisciplinary team.
- Must be able to work with all socio-economic groups and cultures.

#### Work Schedule

3:15 - 5:15 p.m. on Tuesdays, Wednesdays, and Thursdays at Avondale Elementary (some flexibility possible)

#### Application Information

If you are interested in applying for this position, please contact MCCN Director of Development, **Jan Burkey**, at [jburkey@mchs.com](mailto:jburkey@mchs.com) or 234-3837.

# SNAM: The Pre-Professional Organization for Nursing Students

By Kayla Munk, President of SNAM



2010-11 SNAM Officers (standing l-r): **Katelyn Baker, Nichole Eilerman, and Stephanie Binkley.**  
Sitting: **Brooke Waddell and Kayla Munk.**

**The Student Nurses' Association** of Mount Carmel (SNAM) is a chapter of the National Student Nurses' Association, a pre-professional organization to guide student nurses in preparing them for their nursing career. SNAM has several objectives:

- + To promote and encourage participation in community affairs and activities related to nursing and health care issues
- + To promote collaborative relationships with other nursing and health organizations
- + To promote and encourage student participation in interdisciplinary activities and recruitment
- + To have direct input into standards of nursing education and influence the educational process
- + To influence health care, nursing education and practice through legislative activities as appropriate

## Upcoming SNAM Events:

- + October 18, 9 a.m. – 3 p.m., Blood Drive in Gymnasium (volunteers needed)
- + October 22-23, Ohio Nursing Students' Association Annual Convention at Case Western Reserve University in Cleveland, Ohio
- + October 25, noon, SNAM Meeting in the lounge (Speaker will talk about autism)
- + November 4-7, National Student Nurses Association Midyear Convention in Cincinnati, Ohio
- + November 22, SNAM Meeting

## Mark Your Calendars

### Mount Carmel College of Nursing Speaker Series



Presents

### A Block O Life

Featuring *Ellen Tressel*

Thursday, October 21, 2010

5 - 6:30 p.m.

Mount Carmel Medical Staff Building

111 South Davis Ave.

Join Ellen as she shares insight into her spirited and dynamic life as a community leader, the wife of OSU football coach Jim Tressel, and as a Mount Carmel College of Nursing Board of Trustees member.

There is no charge to attend. However RSVPs are required by calling 614-234-LIFE.

Light hors d'oeuvres will be served in the MSB lobby immediately following the event.

## raiseyourvote.com

**raiseyourvote.com** isn't just a voter registration site. It serves as a powerful clearinghouse for voter information across the country — armed with pretty much everything you need to know to cast your ballot. It even automatically personalizes to the user's location — so when you visit the site, you'll see voter information for your state.

**But the power of a site like this depends on how many voters see it.**

Check out **raiseyourvote.com** today —and please share it with your friends.

**Colleen S. Cipriani**  
Director of Student Life

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## SNAM: The Pre-Professional Organization for Nursing Students *cont'd*



Students enjoy a pizza lunch at the SNAM Jam.

### 2010-2011 SNAM Officers:

President **Kayla Munk** (Junior)

Secretary **Nichole Eilerman** (Junior)

Community Health Director **Katelyn Baker** (Junior)

Vice President **Brooke Waddell** (Junior)

Membership Director **Stephanie Binkley** (Junior)

Faculty Advisor **Dawn Hughes, MS, RN**

Two SNAM officer positions are open: Treasurer and Breakthrough to Nursing Director. If interested in one of these positions, please contact **Kayla Munk** at [kmunk@mccn.edu](mailto:kmunk@mccn.edu). We will be taking nominations at the next meeting on October 25.

### National Recognition for SNAM

SNAM recently had the honor of being selected to participate in the initial pilot phase of the course, "Sheltering and Disaster Health for Nursing Students," a part of the American Red Cross National Student Nurse Program.

### SNAM Jam

This year's SNAM Jam recorded one of our best attendances, with over 50 students attending. At the event the officers introduced themselves, explained to students what SNAM is all about and talked about events taking place this year. It seems that this year students are excited to get involved, just by the interest we have had in events so far. We are looking forward to our many upcoming events and already have a number of students registered to attend the upcoming Ohio Nursing Students' Association Convention at Case Western Reserve University in a couple of weeks.

There is still time to join SNAM. Please contact any of the officers or faculty advisor, **Dawn Hughes**.



## Chaplain's CORNER

*Pete McClernon  
College Chaplain*

Once a year — early in October — the people of our parish church get "the talk." It's the pastor's duty to preach at all the weekend Masses about the facts of life — the facts of parish life. There really is only one fact that gets discussed: the fact that the parish can't live on love alone.

In our tradition, we divide this fact (as Gaul was divided of old) into three parts: time, talent, and treasure. On this Sunday each year, our pastor tries ever so discreetly and politely to convince us that the church community needs our time and our talents for the life and vitality of the parish. We are also urged and cajoled into helping with the financial needs of the parish.

This is the seventh time I've heard our pastor give this talk. He is brief and to the point. He roots his appeal in the words of scripture (Psalm 116: "... What can I return to the Lord for all the good God has done for me?") And it is clear that he would rather be doing almost anything else than giving this talk. He knows the people's generosity; he knows the economic straits in which people find themselves; but still he must appeal to us to dig deeper.

Most of us will do something more — give more money — spend more time — share our talents more. Because that's just what we do — people of God — we give when it doesn't feel like there's anything more to give.

Sounds something like the life of a nurse, doesn't it?

**Enjoy your break!**



Door prize winner **Jenny Catalono**

## Full-time Student Health Advocate: Kathy Walters



Student Health Nurse **Kathy Walters** oversees the TB testing with students (from l-r) freshman **Deanne Dietz** and junior **Alise Connell**.

An additional benefit to MCCN students this year is that the position of Student Health Nurse, **Kathy Walters, MS, RNC, NNP-BC**, is now full-time. Walters has taken advantage of her new full-time status as Student Health Nurse to devote the additional hours to, of course, student health.

New this year in preventive health for students is a service provided free by the College and championed by Walters: *Student Health 101*, an interactive online magazine filled with tips designed expressly for college students and providing opportunities for students to interface with students in other colleges. Receiving *Student Health 101* is easy for students—when they receive the magazine's email each month, just click on the link.

In addition to encouraging students to read *Student Health 101*, Walters aids in preventive health by administering inoculations against diseases, such as meningitis and the flu. She gives allergy shots to several students who need them, as well as conducting TB testing clinics annually.

Ensuring that medical and immunization history stays current is critical to nursing students. Walters assists students in knowing and fulfilling the requirements at each stage in their nursing education.

Resident Hall Advisor (RA), **Amanda Mitchell**, said that Walters spent a lot of time with the residents, talking about the major issues of college life, how to live healthy, and identify and manage stress. Walters provided all the RAs with first aid kits and instruction books, as well as a first aid how-to poster.

And when students aren't feeling 100 percent? Walters is there for them with a supply of non-prescription medications in her office or a referral to the Nursing Center for Family Health.

Dance classes  
Lyrical, Jazz and  
Technique  
*No experience needed!*

### Schedule:

Tuesdays 5 – 6 p.m. Lyrical  
Tuesdays 6 – 7 p.m. Technique  
(yoga, stretching, & core training)

Thursdays 5 – 6 p.m. Technique  
Thursdays 6 – 7 p.m. Jazz

Saturdays  
11 a.m. – noon Technique  
(if enough interest)

\$2 per class for students  
\$5 per class for faculty/staff

Contact **Colleen Cipriani** at 234-5828  
or ccipriani@mccn.edu

2010-2011  
Blue Jackets  
Discount Link!

Mount Carmel Health System employees and MCCN students are eligible for a special discount to premier games during the 2010-2011 season. This benefit offer can also be extended to family and friends.

To purchase your discount tickets starting at \$20 each, simply go to the web link below and use the special offer code **MCHS**.

After the special offer code is accepted, anyone who has not previously purchased tickets will need to create an account on the right side of the page before they have access to the discounts.

<https://oss.ticketmaster.com/html/go.html?l=EN&t=bluejackets&o=7696278&g=536>

Questions? Contact Sarah V. Lehman, Group Event Specialist, Columbus Blue Jackets NHL, at slehman@bluejackets.com or 614-246-3972.

## Library News

Congratulations to **Stevo Roksandic, MBA, MLIS**, Director, Mount Carmel Health Sciences Library, who was recently selected to serve a three-year term as a trustee on the Board of OHIONET. OHIONET is a library membership organization of academic, public, school and special libraries in Ohio, West Virginia, and western Pennsylvania. OHIONET offers an array of services to meet the needs of its members, exploring opportunities for pooling resources to address the library and information needs of all Ohio citizens.



**Stevo Roksandic, MBA, MLIS**

## Library

### Hours

MONDAY -

THURSDAY

8 a.m. – 9 p.m.

FRIDAY

8 a.m. – 5 p.m.

SATURDAY

8 a.m. – 12 noon

SUNDAY

Closed

Professional reference staff is available Monday - Friday, 8 a. m. - 5 p.m. If you need professional help or assistance during late evening and Saturday opening hours, librarians will be available upon your request, primarily through scheduling time using Signing for Instruction form on the library website at least 48 hours in advance, or by contacting a librarian in person.



## Volunteer Opportunities

### Volunteer with MCHS

#### Cancer Event

Sunday, October 17, 9 a.m. – 3 p.m.

MCE Siegel Center

Need 4 – 5 volunteers to greet, register guests, pass out goodie bags, etc.

For more information, please contact **Diana Coomer**, Marketing Coordinator, at 546-4111 or [dcoomer@mchs.com](mailto:dcoomer@mchs.com).

### Spanish-speaking Volunteer Needed

The American Diabetes Association (ADA) is looking for volunteers who speak Spanish and would be willing to volunteer at health fairs, etc. Interested students, please contact **Pat McKnight, MS, RD, LD**, at [pmcknight@mccn.edu](mailto:pmcknight@mccn.edu).

### Volunteer at Gladden Community House

Volunteer for the food pantry or for a variety of programs and services by contacting Tricia Jones, MSW Volunteer & Development Coordinator, Gladden Community House, at (614) 227-1619 or [jones.gladden@gmail.com](mailto:jones.gladden@gmail.com).

### Nurses Needed for Muscular Dystrophy Association (MDA)

Summer Camp for children ages 6-17 affected by neuromuscular disease; June 12-17, 2011 at Recreations Unlimited in Ashley, Ohio (45 minutes north of Columbus). Interested RNs, LPNs, and CNPs (even if unable to commit to volunteering the whole week), are invited to contact Bridget Hoskins BS, CHES, Health Care Service Coordinator, Muscular Dystrophy Association, [bhoskins@mdausa.org](mailto:bhoskins@mdausa.org), phone: (614) 841-1014.

### Looking for something to do for a few hours during the week?

The Hospital Gift Shop is in desperate need of volunteers. Although volunteering in the Hospital Gift Shop does not qualify toward your 20 hours of community service to graduate, it is a way to give back to the Mount Carmel Health System and also for networking with hospital staff. If interested, stop by the Hospital Gift Shop and ask for the manager.

## Interested in Working in an Ohio Hospital After Graduation?

### Register at [www.OHHealthJobs.com](http://www.OHHealthJobs.com)

OHHealthJobs.com provides resources to search for available jobs in the healthcare field.

By registering for FREE with OHHealthJobs.com, you can

- + Post and edit your resume
- + Express interest in a specific hospital's job postings
- + Receive email notifications when new jobs are posted that match your skills and qualification

Register for a FREE account at [www.OHHealthJobs.com](http://www.OHHealthJobs.com)

Follow OHHealthJobs.com on Twitter @ OHHealthJobs. Become a Facebook fan at [www.facebook.com/OHHealthJobs](http://www.facebook.com/OHHealthJobs).

### Fall Festival 2010

11 a.m. – 2 p.m.

Monday, November 15  
in the Gym

Old time photo booth, tee shirt  
decorating, burrito bar, more; all free!

Sponsored by SGA



# MONEY matters



## Notes from Alyncia

### Feature of CARMELink

CARMELink affords the financial aid office the ability to provide you what type of aid you will receive and the amount of your refund or balance due prior to your actual financial aid being applied to your account. This is called anticipated aid. At the beginning of every semester you will see your “anticipated” financial aid on your billing statement. Use this information to prepare for your refund or to make payment arrangements with the business office.

### State Grant (OCOG)

Many of you are eligible to receive the Ohio College Opportunity Grant. There is a window of opportunity for the financial aid to request these funds. This will happen the first week of October. Please check your CARMELink account to see when your grant is applied. Please remember that if you are not full time, your aid will be adjusted to reflect your current status.

### How much money do I owe the government?

If you are wondering how much money you owe in federal student loans, go to [NSLDS.ed.gov](http://NSLDS.ed.gov) and input the requested information. You will see how much you have in outstanding federal student loans.

### Asking questions and getting the right answer

Do you have questions that you would like to ask but sometimes have a hard time putting your words together? In order to get the desired answer to your question, you must ask the right question and dealing with money can be challenging. First, write down on paper what you are having trouble understanding.

This edition's statement/question: *I didn't get all of my money in my Stafford Loans.*

This is a good statement. Please remember, the Department of Education has a processing fee for federal loans. If you were awarded \$3,000 and received \$2,985, for example, then your processing fees were \$15. This fee is withheld prior to making the funds available to you.

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

**Alyncia Bowen, PhD, MSA,**  
Director of Financial Aid  
[abowen@mchs.com](mailto:abowen@mchs.com)

Wednesday, October 27th  
**Halloween Party**  
9:00 p.m. till Midnight  
College Gym  
Music, Food, Prizes for best costumes!

HAPPY HALLOWEEN  
Come if you dare!





## MCCN Celebrates Constitution Day

This informative annual event featured many contributors sharing information and reflections on the United States Constitution. Students **Amber Nyros** and **Amaris Cunningham** read the essays they wrote about the Constitution. Students **Christian Graves**, **Camielle Mitchell**, and **Sarah Pritchett** shared information about three signers of the constitution and their lives after the signing. SDAP student **Janyelle Zanzi's** essay was read by **Kathy Espy**, organizer of the event (Zanzi was in clinical). Another student, **Erin Steiner**, wrote a poem about the Constitution.

Director of the Mount Carmel Health Sciences Library **Stevio Roksandic, MBA, MLIS**, and Instructor **Vicki Warschauer, MS, RN**, presented interesting facts about the U.S. Constitution. Attendees responded with comments and questions and enjoyed a chicken sandwich lunch with cherry pie for dessert.



## Withdrawal Policy Reminder

Please be aware of the MCCN course withdrawal Policy (*2010-2011 Student Handbook*, p. 49).

For the purposes of this policy, there are two types of courses: non-nursing courses and nursing courses. Nursing courses include all courses with a prefix of NURS (with the exception of nursing seminars). Non-nursing courses include all other courses taken in the academic program (including nursing seminars).

After the course start date, a student must first notify the course instructor and obtain his/her signature prior to submitting an *Add/Drop Form* to the Office of Records and Registration. Submission of the form to Records and Registration is required for official withdrawal from a course. Non-attendance in a course after the withdrawal deadline is considered being absent from the course. Failure to submit a faculty-signed *Add/Drop Form* will result in a grade being assigned at the conclusion of the course. All course withdrawals are subject to the "Refund Policy" section of the *Student Handbook*.

The "end of week" shall be understood as the Friday, or in the case of a holiday or other College closure, the last business day of the week in question.

- + A student may withdraw from any course by the end of week 1 and the course will not appear on the transcript.
- + A student may withdraw, without academic penalty, from a 16-week semester course by the end of week 12 of the course. A grade of "W" will be posted to the student's academic transcript.
- + A student may withdraw, without academic penalty, from an 8-week term course by the end of week 6 of the course. A grade of "W" will be posted to the student's academic transcript.
- + A student may not withdraw from any course after week 12 of a 16-week semester course or week 6 of an 8-week term course.
- + Summer courses operating on a modified schedule will follow deadlines equivalent to the proportional requirements stated above.
- + **A student may withdraw from only one nursing course during the program of study.**
- + **A student may withdraw from a total of two different non-nursing courses during the program of study.**
- + A student who is retaking a course from which he/she has previously withdrawn may not withdraw from that course a second time; a course grade will be assigned at the conclusion of the retake.
- + Withdrawing from a course does not force the student to also withdraw from a co-requisite course.



## Student Activities!

### Sports!

Students interested in joining one of the following club sports teams, please see **Colleen Cipriani** in the Student Life Office, Marian Hall 404.

Teams are organizing now and are scheduled to begin in September or October.

#### Soccer:

women — Monday or Tuesday  
men — Tuesday or Wednesday  
co-ed — Sunday

#### Basketball:

women — Wednesday  
men — Monday, Saturday, Sunday

#### Volleyball:

women — Monday or Thursday  
men — TBD; co-ed — TBD

#### Softball:

women — Monday or Thursday  
co-ed — Monday–Friday, Sunday

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!

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](http://www.ohiodominican.edu), type in Griffin Student Center and calendar of events.





Three members of the MCCN-FMC freshman class (l-r):  
**Veronica Beatty, Amy Sanderell, and Heather Fausnaugh.**

**Nineteen freshmen recently began** their Mount Carmel nursing education at the College's satellite site at Fairfield Medical Center (MCCN-FMC) in Lancaster, Ohio, where they join 23 sophomores and 17 juniors.

**Veronica Beatty** feels very much welcomed and supported by the MCCN-FMC faculty and MCCN/FMC Satellite Program Coordinator **Cheryl Mace, MSN, MALM, RN.** "Cheryl Mace told us her door is always open and helped us all to feel so comfortable," said Beatty. "All the teachers are amazing and helpful."

Beatty appreciates the convenience of attending college close to her home and that all of the students are so friendly and help each other. "I would advise anyone who is thinking about enrolling that it will be hard, but everyone will help you."

**Heather Fausnaugh's** sister, **Megan**, is a junior in the MCCN-FMC program and very happy with it, so Fausnaugh knew early on that this would be her choice. "I always liked to play with a stethoscope and eventually want to work in labor and delivery. I hope to become a nurse practitioner."

Fausnaugh completed some college classes while in high school, as well as certification as a State-Tested Nursing Assistant (STNA). "Working in a nursing home as an STNA helped me to learn a lot just watching the nurses."

**Amy Sanderell** has wanted to return to school for a long time. This fall, when her youngest of three children entered first grade, Sanderell was able to fulfill that dream — as a freshman at MCCN-FMC. "MCCN-FMC is ten minutes away from home, which is important to me as the mother of three ages 15, 13, and six."

As someone who is interested in taking care of people, Sanderell felt nursing would be a good match for her. "It's certainly an interesting profession," said Sanderell. "And nurses will always be in demand."

*To all our MCCN-FMC freshmen, welcome to nursing and to the MCCN family!*

*By Megan Andrews, Dietetic Intern*

When times get tough, do you find yourself reaching for a bag of chips or carton of ice cream? Are you feeding your nerves with coffee and soda? Emotional eating can be a common response to stress, but those who experience this reaction don't have to be helpless against it.

To manage chronic stress, consider practicing yoga, meditating, or taking a hot bath. These activities stimulate the pleasure centers in the brain that make you crave comfort food.

To help calm your cravings during times of stress:

- + A good breakfast will set you on the right track for the day.
- + Pack some healthy snacks, such as carrot sticks, whole wheat crackers with peanut butter, low fat yogurt, or apple slices, ahead of time.
- + Take a break from work, pay attention to what you eat, and stop at the first signs of fullness.
- + Eat small, frequent meals that contain a protein source to keep energy levels steady
- + Write down what you eat, how it tastes, and how hungry you are when you eat it. This will help you become aware of the pattern of stress eating and will help you gain control of the habit.
- + Decrease your caffeine and sugar intake. These may give you quick energy, but will leave you hungrier and more stressed after an hour or two.
- + Include healthy fats in your diet to help you feel full longer. Try nuts, seeds, avocado, or salmon.

A balanced diet will help you stay alert, focused, and energetic when stressed. A little bit of planning to incorporate fruits, vegetables, and whole grains will keep you feeling your best while staving off your cravings for the junk food you're working so hard to avoid.

### References

1. University Health Center. *Managing Stress: A Guide for College Students*. Available at: <http://www.uhs.uga.edu/stress/strategies.html>. Accessed September 17, 2010.
2. American Dietetic Association. *Avoid Stress During the Holidays*. Available at: <http://www.eatright.org/Public/content.aspx?id=3594&terms=stress>. Accessed September 21, 2010.

## Campus Ministry

**CHRISTMAS PROJECTS** — Watch for information about our two important Christmas Projects

### AVONDALE CHRISTMAS PROJECT

The College family provides a Christmas gift to each student at Avondale Elementary School.

Coordinators: **Nicole Cistone** and **Greg Breeze**

### OPERATION CHRISTMAS CHILD

The College family fills shoeboxes with gifts for needy children overseas.

Coordinator: **Amanda Mitchell**

**Who:** Faculty, staff, students, family members, organizations, religious groups...anyone interested!

**What:** Operation Christmas Child is an annual program supported by Samaritan's Purse to provide needy children around the world with a shoebox full of necessities and toys.

**Where:** Brochures are located at the front desk, and on bulletin boards around the school. Drop off location is near the stage in the gym. Look for the bright green sign!

**When:** Boxes are being accepted now. The deadline for all boxes is NOVEMBER 19th!

**Why:** "When they open their shoe box gifts, the harsh world around them fades and their hearts fill with wonder and joy as they see the treasures within. Yet the impact of Operation Christmas Child goes far beyond smiles and laughter. These simple gifts become Gospel opportunities, opening hurting hearts to experience the transforming power of Jesus Christ." (From Samaritan's Purse)

**How:** Pick up a brochure and follow the instructions, just five simple steps listed in brochure (boxes are \$7 for shipping and handling fee).

Additional questions, **Amanda Mitchell** (amitchell@mccn.edu.) Information available on posters around the College as well.



## Health NEWS

### Mount Carmel College of Nursing Student Health Office

Students—here is a sneak preview of the topics coming up in the November issue of *Student Health 101*.



Kathy Walters

#### Tattoos and Piercings

An overview of trends and safety issues for students considering body art

#### 6 Ways to Get Along Better with Your Roommate

How to get along through communication, setting boundaries and expectations, and seeking help when conflicts arise.

#### Healthy Body Image

What it is, how to get one, and why it's important.

#### Tobacco Cessation

Smoking cessation, smokeless tobacco, electronic cigarettes, and a look at the impact of smoking bans

#### How to Turn Off at Night

A sleep-related article focused on how to turn off our electronic gear (iPods, computers, gaming, TV, etc.) to help unplug from the world and get the sleep we need.

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

Assistant Professor / Student Health Nurse  
614-234-5408  
kwalters@mchs.com  
kwalters@mccn.edu

## Calling All Canned Foods!

Please drop off **non-perishable food items** in the collection boxes at the main entrances of Marian Hall and the CLE, or at the dorms. for the **Mount Carmel Thanksgiving Drive** from Monday, November 15 through Monday, November 22.

easycolumbus.com

The student everything-off-campus guide to Columbus

- + Where to go
- + What to do
- + Easy discounts
- + Columbus internships
- + Upcoming Career Events
- + Internship Tips
- + Student discounts

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 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



## Officers and Representatives for 2010-11

PRESIDENT	<b>Joe Derr</b>
VICE PRESIDENT	<b>Kayla Munk</b>
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### SENIOR CLASS REPRESENTATIVES

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**Emily Berry**  
**Brittnee Doran**  
**Emily Lust**

### JUNIOR CLASS REPRESENTATIVES

**Ashley Degoey\***  
**Stephanie Harris**  
**Brittany Richards**  
**Dani Smith**

*\*Fairfield Medical Center SGA representative*

### SOPHOMORE CLASS REPRESENTATIVES

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**Benjamin Moore**  
**Jena Verbance**  
**Symphony Voelkel**  
**Molly Wake**

### FRESHMAN CLASS REPRESENTATIVES

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**Ebonee Caldwell**  
**Annie Hahn**  
**Stephanie Rienschield**  
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**Carol Stokes**

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.