

carmel the Rapper

OCTOBER 10 2011

MCCN news & information



MOUNT CARMEL
College of Nursing

MCCN Honored at Mount Carmel Excellence in Nursing Event



Presenting the first Tammy Snyder Weidner Endowed Memorial Scholarship to recipient **Amanda Utzinger** (left) are **Phil Weidner** and MCCN President/Dean **Dr. Ann Schiele**.

The seventh annual Excellence in Nursing Event, co-sponsored by MCCN and Mount Carmel Patient Care Services, recently honored more than 90 Mount Carmel nurses and four physicians. The honorees were chosen from Mount Carmel East, West, New Albany Surgical and St. Ann's Hospitals, Mount Carmel College of Nursing, and Mount Carmel's Care Continuum Business as excelling in compassion, leadership, patient care, and mentoring. The awardees were nominated by peers, supervisors, and colleagues at Mount Carmel.

Among those honored were two faculty from MCCN: **Brenda Beyer, MSN, RN**, for Excellence in Nursing Nurse Educator; and **Toni Chops, MS, RN**, for Excellence in Nursing Nurse Leader. MCCN alumni **Angie Svagerko '09** and **Lindsay Kolanko '07** were among four Mount Carmel Health nurses receiving the inaugural Excellence in Nursing Nurse of the Year award.

Junior **Amanda Utzinger** was also honored as the first recipient of the Tammy Snyder Weidner Endowed Memorial Scholarship, established in memory of Weidner, a graduate of Mount Carmel School of Nursing and 32-year Mount Carmel associate. Weidner was a life-long advocate of nursing accountability, dedication, and excellence and instrumental in the founding of this event to honor Mount Carmel's premier nursing professionals.

Dates to Remember

October 10	Term 1 nursing clinical final exams
October 10-14	Fall break (students only)
October 17	Term 2 begins
October 24	SNAM meeting SP-12 registration information available
October 31	October Fest SP-12 registration begins
November 10	Rho Omicron Induction
November 11	Last day to drop a FA-11 semester course
November 23	Last day to drop a FA-11 Term 2 course
November 24-25	Thanksgiving (holiday)
November 28	SNAM meeting
December 9	Term 2 and semester classes end
December 12	Term 2 nursing clinical final exams
December 12-16	Final exams
December 17-January 3	Holiday break

ATI Comprehensive Review for NCLEX Preparation

Beginning with the 2011-2012 academic year, students graduating from the traditional pre-licensure nursing program are required to attend an ATI Comprehensive Review for NCLEX Preparation. Students on track to graduate from the traditional pre-licensure program are assessed a \$250 senior year fee that enrolls them in the ATI Comprehensive NCLEX Review arranged by the College.

The onsite review is offered in May the week following graduation for May and July graduates. The onsite format consists of a three-day comprehensive in-class review.

October, December, and March graduates are offered an onsite review session if there is 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.

MCCN Honored at Mount Carmel Excellence in Nursing Event *cont'd*

Utzingler was a high school senior when her interest in nursing as a career became a firm decision inspired by the compassion shown by hospice nurses to her seriously ill grandmother. "It was more than just how they cared for her, but also how they cared about her as they tended to her every need and helped her through the end stage of her life," Utzingler recalls.

"I chose Mount Carmel College of Nursing because of the warm atmosphere and because I felt the faculty members I met were truly interested in helping me achieve my goals," she says. "I'm very grateful to MCCN for helping me to achieve my dream of becoming a nurse so that I can help others."

Two from MCCN are 2011 Mount Carmel Excellence in Nursing Honorees



Congratulations to our two MCCN faculty honorees, recognized as personifying the very best in professional nursing at Mount Carmel!

Excellence in Nursing Nurse Educator: Brenda Beyer, MSN, RN

Why did you decide to enter the nursing profession?

Brenda Beyer: I actually began majoring in special education. I was a teaching assistant in high school and worked with special needs children in the classroom and as a swimming instructor. The students I worked with were severely challenged, and we had a registered nurse in the classroom. It was my intention to get my degree in special education and then go on to nursing school. I became bored with college and thought, "I'll just major in nursing." Well, I was definitely no longer bored. That woke me up! I stumbled into my profession and I have never regretted my choice, ever. Life is strange like that sometimes.

Brief description of your nursing positions and your transition to nursing education

Brenda Beyer: I have worked since the dinosaurs roamed the earth. I started in med surg and have worked in Texas, Alabama, Florida, Pennsylvania, and Ohio (not necessarily in that order). I became bored (a theme in my life) and went into medical, then cardiovascular (medical & surgical) surgical, and neuro ICU. I have done a little bit of work with burns. I taught part-time and full-time in Texas, Florida, and Ohio. Until a few years ago, I always worked in the units, even when I was teaching.

MCCN Honored at Mount Carmel Excellence in Nursing Event *cont'd*

What about being a nurse educator gives you the most satisfaction?

Brenda Beyer: The greatest thrill for me is when students become excited and passionate about learning. There is a joy in their hearts and a light on their faces that can't be described. Those students, I KNOW will never stop growing, evolving and becoming. This is a common source of satisfaction for educators, I am no exception.

What do you consider your greatest achievement?

Brenda Beyer: My family.

Excellence in Nursing Nurse Leader: Toni Chops, MS, RN

Why did you decide to enter the nursing profession?

Toni Chops: I joined the high school Future Medical Careers Club and learned about healthcare careers through tours of hospitals, clinics, and skilled nursing facilities and by volunteering as a "candy striper." We wore red and white striped dresses and interacted with patients by helping with meals, delivering flowers, offering to read mail, etc. I witnessed knowledgeable, kind, and caring nurses and thought, "That could be me one day!" I wanted to be a radiation technician, nurse, or school teacher. A radiologist I met during a tour suggested combining my goals by majoring in nursing and becoming an educator. He said that nursing offered more opportunities than a technician. After I earned a degree in nursing, I went back to thank him for his insight and wisdom and his significant role in my decision making.

Brief description of your nursing positions and your transition to nursing education

Toni Chops: I worked for several years on a medical/surgical unit and then as a staff nurse and a manager in intensive care. I was a preceptor for nursing students and was recruited by a diploma program affiliated with the hospital system. I learned from experienced educators and developed a solid foundation. Eventually, the diploma program was phased out.

The saying, "when one door closes another opens," applied to me. I was asked to create a community service division for the hospital system. This focused my career in the community setting, including home care, hospice, and outpatient services. I worked as a staff nurse, manager, and director. I pursued my graduate degree at The Ohio State University and worked in the pre-licensure nursing program.

What about being a nurse educator gives you the most satisfaction?

Toni Chops: Nursing education is the beginning of an exciting journey. I taught students in entry level courses. Then I taught them at the senior level. The change is amazing: so much development in skills, knowledge, and perspective. When the "ah ha moment" occurs or a student finally "gets it," I know I made a difference.

As a nurse educator, I contribute to a lifelong career filled with exciting possibilities. I teach students, yet I learn so much from them — personal experiences, perspectives, and ideas. Students often write after graduation, sharing their experiences as nurses new to the profession. I get a sense of satisfaction as part of their success.

What do you consider your greatest achievement as a nurse educator?

Toni Chops: I love being a facilitator for learning. Students encounter many roadblocks, so I offer ideas for problem solving, encouraging students to use critical thinking to reach answers and to take pride in their success.

Making a difference in the care and health of patients, families, and communities provides a deep sense of fulfillment. Contributing to the profession of nursing by preparing the future generation of nurses provides a true sense of achievement.

Congrats!

Changes to Your Affiliated Course Schedule

Any student taking a Fall 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 Fall Quarter course schedule to the MCCN Records and Registration Office (Marian Hall, Room 2C01). **The deadline was Friday, August 19.**

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

All students must submit their CSCC or OSU course schedules to MCCN Records and Registration every quarter they take classes. Students who neglect to fulfill this responsibility will find that their credit hours at CSCC or OSU may not count toward calculation of total credit hour load.

Financial aid awards are based on total registered credit hours. Delinquent students may find themselves at less than full-time hours for financial aid calculation.

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

Freshman Students at Ohio University Lancaster

Students enrolled as freshmen in the MCCN-FMC program and taking classes at Ohio University Lancaster (OU-L) are required to submit a copy of their Fall Quarter course schedules to the MCCN Records and Registration Office (Marian Hall, Room 2C01.) **The deadline was Friday, September 9.**

All MCCN-FMC students must submit OU-L course schedules to MCCN Records and Registration every quarter they take classes at OU-L.

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

Graduation Applications Now Past Due!

Graduation applications were distributed the week of September 5 to student mailboxes on the main campus and emailed to MCCN-FMC students. Applications are also available on CARMELink (Student tab → Student Forms or Student tab → Records & Registration).

The deadline to submit graduation applications was **Friday, September 23**. Applications must be on file in order to begin the graduation process. If you expect to complete degree requirements during the 2011-2012 academic year, please submit your application NOW. The graduation fee will be charged to your student account in the semester you graduate.

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.

Library Hours

Monday - Thursday	8 a.m. – 9 p.m.
Friday	8 a.m. – 5 p.m.
Saturday	8:30 a.m. – 12:30 p.m.
Sunday	Closed

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

Catholic Mass Schedule at Mount Carmel West Chapel

Sunday at 4 p.m.
Monday and Wednesday at noon

Alyncia Bowen Obtains \$2,000 HRSA Grant to Benefit Students

Alyncia M. Bowen, PhD, Director, Financial Aid, this year obtained a grant from The Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services.

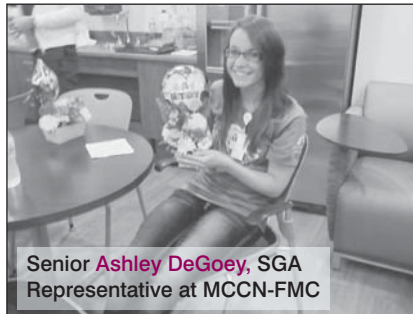
For the first time, MCCN was awarded \$2,000 from HRSA to provide money to disadvantaged nursing students. The definition of disadvantaged includes first generation college students and/or students representing the under-represented populations of nurses.

“MCCN embraces diversity in nursing by seeking to financially and academically support students who may not have otherwise been able to earn a baccalaureate degree in nursing,” said Bowen. “First generation college students represent a growing trend that MCCN is positioning itself to attract and retain.”

Our thanks and congratulations to Bowen on achieving this benefit for our students!



Founders' Day at the MCCN Fairfield Campus



Senior **Ashley DeGoey**, SGA Representative at MCCN-FMC



Teresa Fuller and Amy Smith, MCCN-FMC faculty members



MCCN-FMC picnic



MCCN-FMC sophomores (l-r): **Zack Novotnie, Andrew Irizarry, and Jeremy Ignaszewski**

photos courtesy of Cheryl Mace

MCCN Fielding Two Flag Football Teams This Fall

One team is named MCCN and is comprised of all SDAP students. The other team is named Mount Carmel College and is comprised of undergrads. Our two teams played against each other for the first game, and the SDAP team won 12 to 6.

All games are played at Berliner Park, field #5. Come out and cheer on our *Mighty Night* flag football teams!

Flag Football Schedule

Date	Day	Time	Location	Home	Visitor
Oct 09, 2011	Sun	10 a.m.	Field 5	Mount Carmel College	Hellfish
Oct 09, 2011	Sun	11 a.m.	Field 5	Pediatrons	MCCN
Oct 16, 2011	Sun	10 a.m.	Field 5	Hellfish	MCCN
Oct 16, 2011	Sun	11 a.m.	Field 5	Mount Carmel College	Pediatrons
Oct 23, 2011	Sun	10 a.m.	Field 5	MCCN	Pediatrons
Oct 30, 2011	Sun	11 a.m.	Field 5	Mount Carmel College	MCCN
Nov 06, 2011	Sun	10 a.m.	Field 5	Pediatrons	Mount Carmel College
Nov 06, 2011	Sun	11 a.m.	Field 5	MCCN	Hellfish



photos courtesy of Greg Sailor Photography

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.

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*.

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 finishing the **onsite** RN-BSN Completion Program and Master’s students should contact **Kip Sexton** (614-234-5169) with questions about degree audits.

Withdrawal Policy Reminder

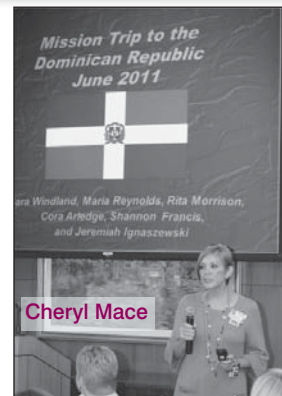
Please be aware of the MCCN course withdrawal Policy (2011-2012 Student Handbook, p. 48).

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*.

- 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.

Lunch and Learn: Dominican Republic Mission Trip



News from Your Library – MCHSL

By **Stevo Roksandic, MBA, MLIS**

Director, Mount Carmel Health Sciences Library

Did you know?

- You can check out all required text books for your classes and use them in your library for your reference or to study!
- Your library provides you the most comfortable and quiet environment for study and supports all your informational and technology needs!
- Your library has a great collection of leisure reading materials. Great reading for your free time: magazines, college cookbooks, books on CDs; check our newest titles!
- Your library has the newest DVD movies available: *Transformers 3*, *Green Lantern*, *Thor*, *X-Men: First Class*, *Soul Surfer*, *Rango*, and *Zookeeper*. Why pay for rentals and wait to watch when your library makes movies available at no cost?
- Through your library, you can access some of your required text books online! Stop by and ask us how. We will be glad to help you.
- You can check out a laptop and keep it for the day! You can use it in the library or your classes during the same day that you check it out.



Do you 'like' your library on Facebook?

You should! We are preparing great surprises this semester! The first one is just around the corner — one day when you return from your fall break: healthy food, snacks, good social time ... the 'buzz' is around — check for the news on our *Facebook* page! 'Like' us and we'll take even better care of you!

MCCN Students, Faculty & Staff ...

Your library team is waiting to hear from you — what we can do to improve our services, meet your expectations, and make you feel more welcome in our environment! E-mail us (library@mchs.com), call us (614-234-5214), use our suggestion box located by the main entrance in the Library, stop by and talk to us! Your feedback and our open communication can help us create together a better place, provide greater services, and make available the resources you need for your education and better life. We are here FOR YOU! We are listening, we are serving you, helping you, and we will work together to meet all your needs!

— Your library staff and great team of MCCN work study program students

Student Volunteers Needed

Mount Carmel Disaster Drill Full Scale Exercise

When: November 3, 2011, from 7 or 8 a.m. (you may choose either) to 1:30 p.m.

Where: Mount Carmel West and Mount Carmel New Albany

Who: Student nurses needed to play victims

Why: This is a great opportunity to see the Emergency Room and other areas of the hospital respond to a disaster. Volunteer "actors" are important players in this exercise and are needed to portray accident victims and worried family members. Many of you will need to be moulaged (made to look as if you have serious injuries) and will need to act as though you are experiencing those injuries.

How: Sign up, indicating which hospital you would prefer, by contacting Robin Martin, Preparedness Program Manager, Paratus Solutions, rmartin@paratussolutions.org, 614-360-2426 ext. 108.

October Fest

**Monday, October 31
11:30 a.m. – 2:30 p.m.
in the gym**

FREE Burrito Bar!
Costume Contest* - prizes!
Games!
Much More!

***Costumes can not be worn near or in the hospital!**

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

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.

Student Health *News*

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



Deadlines from the Student Health Office:

October 7, 2011: All completed health forms due in Kathy Walter's office

October 24, 2011: Noon – 2 p.m. Free flu shots in the Wilson Room

October 31, 2011: Noon – 2 p.m. Free flu shots in the Wilson Room

Student Health 101

The new October issue of *Student Health 101* is chock full of wonderful articles!

- How to find the right weight for you
- Hour-by-hour time management
- Take charge of your emotional health
- How to manage your relationships with your parents
- Saving secrets that build wealth
- Wonderful recipes for healthy snacks

Kathy Walters MS, RNC, NNP-BC

Assistant Professor/Student Health Nurse

Mount Carmel College of Nursing

614-234-5408

kwalters@mccn.edu

**FIRST ALERTED.
FIRST INFORMED.**

CRISIS PULL

STORMY WEATHER AHEAD

**THE MCCN
COMMUNICATIONS
ALERT SYSTEM**

SIGN-UP TODAY!

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

Faculty, staff and students may self-register for the system by using an on-site MCCN computer. Launch Internet Explorer and enter URL <http://mccnalert.mccn.int> and simply follow the prompts. Be sure to do the self-test that is part of the self-register process to confirm that the registration has taken place.

The alert system messages are TEXT ONLY and can be sent to cell phones, pagers, personal computers or other electronic message devices. There are no limits to the number of devices that can be listed.

You must register in order to be contacted and check the box to agree to assume any charges for alert system messages. Once registered you must update any changes to listed devices, such as new phone numbers.

If you have questions about the new system, please contact Robin Hutchinson-Bell in College Relations at 234-1372 or rhutchinsonbell@mccn.edu



SNAM* News

*Student Nurses Association
at Mount Carmel

SNAM Calendar of Events

October 24	SNAM Meeting	12 noon in the lounge (Speaker: Neuro ICU Nurse)
October 27-30	NSNA Midyear Conference in Memphis, TN	
November 21	Books & Buckeyes Sale	8 a.m.-12 noon in the college lobby
November 28	SNAM Meeting	12 noon in the lounge
January 23	SNAM Meeting	12 noon
March 26	SNAM Meeting	12 noon
April 23	SNAM Meeting	12 noon

Volunteer at the Mid-Ohio Food Bank

SNAM has linked with the Mid-Ohio food bank to get students involved and help out the local community. The easiest way for students to get involved is to see what shifts work best for their schedule by checking out the Food Bank registration website at www.mofb.volunteerhub.com. The website will only show available shifts. If you don't see a certain day or time, it's because it's already been filled.

The first, second, and third Thursdays of the month are "student nights," for any high school or college student volunteers. The shifts are 4-6 p.m. The Food Bank tracks community service hours throughout the entire school year and creates a document that you can turn in. If anyone would prefer to register over the phone or through email, contact the Food Bank at volunteers@midohiofoodbank.org or 614-317-9703.

SNAM Officers 2011-12

President:
Kayla Munk

Vice President:
Brooke Waddell

Secretary:
Stephanie Binkley

Treasurer:
Renee Dicke

Membership Director:
Stephanie Reinschild

BTN Director:
Cody Toney

Community Health Director:
Katie Baker

Attention Students: Experience the British Isles!

DON'T YOU WANT TO GO ON THIS TRIP?!

Student Meeting: Join us TODAY, October 10, 2011 in the College lounge at 12 noon.

Contact:

Kathy Espy

234-5276 or kespy@mccn.edu OR

Hannah O'Handley

234-3874 or hohandley@mccn.edu

Let us know you are coming!

Many of you have heard about your fellow students' trip to Ireland last May to learn about nursing as it is practiced in a different country and to enjoy the wonderful historic sites in Ireland.

Another trip is planned for May 2012 - this time to the British Isles. Approximate trip date begins May 15 for 9 to 12 days. The cost of the trip is approximately \$2,420. Cost could be more or less, depending upon how many people go and fluctuating airfare.

Students who participated this past May had a wonderful time and learned a great deal about their chosen career of nursing. Don't be left out this year! Your deposit of \$200 is due by October 15. This amount will apply toward the total cost of the trip and is refundable if you are not able to go.

Enjoy exploring England and Scotland; visit the birthplace of Shakespeare; attend an English theatre performance; walk through Edinburgh Castle; see the changing of the guard at Buckingham Palace; journey to Stratford and Oxford; meet nursing students and compare notes on your college experiences.

Deposit goes to **Kathy Espy**, 315 College of Nursing, or in her mailbox at the front desk. Any questions, call 234-5276 or email kespy@mccn.edu.

Attention Freshmen!

by **Colleen Cipriani**, Director of Student Life

At New Student Orientation you were assigned a campus mailbox. Faculty and administration use the campus mailbox system to inform you about what is happening in your classes, about campus activities, and other important information about the College you need to know.

If you have not yet visited your mailbox; have lost your mailbox number or the combination to open your mailbox; or if you visited your mailbox but were unable to open it, please visit the Front Desk staff who will happily assist you with any of these issues.

Also, if you are having difficulty in any way here on campus and don't know where to go or who to talk to for help, **Colleen Cipriani**, the Director of Student Life, is a great place to start. Colleen will either supply you with the information you need or direct you to the person who can help you. Please contact Colleen at 234-5828, ccipriani@mccn.edu, or stop by her office on the fourth floor of Marian Hall, office 404.

Our goal is to help you have a truly exceptional experience at MCCN!

Notes from Alyncia:

Registration for Spring Semester

A business office hold will be placed on your account if you have a balance over \$1,000. Please check to make certain you have completed the financial aid process. If you notice under the documents section that we have not received your award letter, print a copy from CARMELink and note which awards you will accept and or decline, sign the form and turn it in to **Theresa Garaux** in Financial Aid.

PLUS Loans

In order to receive the PLUS loan, your parents must apply for it. This process must be completed every year. Signing your award letter does not mean you will get the PLUS loan. You parents need to complete the application and promissory note for the PLUS loan at studentloans.gov.

October Graduates

Congratulations to our October graduates! Please make certain that you complete the financial aid exit counseling that was emailed to you by **Theresa Garaux**. Failure to complete the financial aid exit counseling will result in a hold on your student account.

Private Loans

The arena of financial aid has been impacted by the current lending climate. This means that some of the lenders that you may have used in the past are no longer providing private loans. This also means that it will take two-three weeks to process a private loan. If you apply for a private loan, you will need to follow up with the lender's requests for you to sign the disclosure statements. Loans are not forwarded to the school for certification, until you have signed all of the necessary paperwork.

If you would like to apply for a private loan, please go to mccn.edu, tuition and financial aid, links, FAST ALT Solutions. You will find a list of lenders other students have used. You can also go to the bank or lender of your choice to secure a private loan.

Alyncia M. Bowen, PhD

Director, Financial Aid
abowen@mccn.edu

Whole Grains: Carbs You Can Trust!

By **Ashley Denton**, Dietetic Intern

Most of us have heard that we need to eat more whole grains. The Dietary Guidelines for Americans tell us that we should consume at least half of all grains as whole grains, and to replace refined grains with whole grains¹. However like many nutrition messages, that can be easier said than done. A quick trip down a grocery aisle can be very confusing for consumers trying to make these healthy choices for their families.

Before I get into how to incorporate whole grains into your diet, I will share with you a few reasons why whole grains are an important part of a healthy diet. In the past, it was thought that whole grains were beneficial to digestive health because of their fiber content. While this is true, whole grains also provide additional vitamins, minerals, and antioxidants. More recent research has shown that whole grains may help reduce your risk for heart disease, cancer, and diabetes. They also have been shown to help lower triglycerides, improve insulin control, and help with weight management².

A whole grain is defined as a grain which includes all parts of the original grain seed (endosperm, germ, and bran). Grains that have been refined and not considered whole grains usually include only the endosperm, the part of the plant that contains the starch and protein. The endosperm is the part of the grain that contributes to the soft, white, fluffy characteristics that we think of when we think of white bread.

The bran is the outer part of the seed that contains nutrients and fiber. The germ is the part of the seed that will sprout a new plant and therefore contains much of the vitamins and minerals that are meant to support new life³.

So when we eat refined grains, we miss out on the benefits of the bran and the germ and consume only the starchy part of the seed (what a rip-off!). In fact, when grains first began to be refined, consumers suffered so badly from the loss of nutrients that Congress passed a law requiring that *some* of those lost nutrients be added back during the processing. This process is called enrichment. Even when some nutrients are added back during the enrichment process, those products are still not as nutritious as the original whole grain. Here is a quick summary of the terms we just defined.

- Whole grains: grains that include the endosperm, germ, and bran (all the good stuff!)
- Refined grains: grains that include only the endosperm
- Enriched grains: refined grains that have had *some* (not all) of the nutrients that were lost during the refining process added back. Enrichment does not contribute to the fiber content lost during the refining process.

Now that we understand some of those terms, here is a summary of some terms one might encounter at the grocery store:

- 100% whole grain or 100% whole wheat: the product is made using only whole grains and no refined grains are included. This is your best option.
- 100% wheat: note, the word WHOLE is missing (so sneaky!). So this product could be made from refined wheat or whole wheat; most likely it is not whole wheat.
- Whole grain or "made with whole grains": the product may contain SOME whole grains, but it may also include refined grains. If it doesn't include the 100%, it is probably a mixture of whole and refined grains. It usually means that whole grains have been mixed with refined grains. Be careful, it may include only a very small amount of whole grain, even as little as 1%. (Hint: look at the ingredient list and try to choose products which have the whole grain ingredient listed as the first ingredient).
- Multi-grain: this term simply means that it is made with multiple grains- which do not necessarily have to include whole grains.
- Wheat blend or wheat flour: may contain some whole grains (Hint: look at the ingredient list to see if it is made with more whole grains than refined or enriched grains)

continued on page 11...

The USDA Simplifies Healthy Choices

By **Rachael Press**, Dietetic Intern

As of June 2011, the new food icon, *My Plate*, replaces the previous *My Pyramid* image, seeking to help consumers more easily make healthy choices that adhere to the *2010 Dietary Guidelines for Americans*. Agriculture Secretary Tom Vilsack and First Lady Michelle Obama support the new icon in its efforts to encourage consumers to build a healthy plate while focusing on vegetables, fruit, grains, protein and dairy groups.

The *My Plate* image consists of half of a plate with fruits and vegetables, one fourth of the plate with whole grains, and the last fourth with proteins — with a small portion of dairy on the side. This illustrates the five important food groups, while providing consumers with a familiar image — a place setting — with intentions to remind consumers how to develop a healthy meal.

Along with the visual representation of *My Plate*, choosemyplate.gov provides numerous resources for consumers, health professionals, the food industry and nutrition educators. The USDA hopes that *My Plate* will not only impact individuals and families, but will also reach organizations, federal agencies, and industries within the nutrition field so that they can further reach out and make changes.

Along with practical and helpful information regarding a healthy diet, the initiative also reiterates guidelines for healthy behaviors such as eating smaller portions, switching to fat-free or low-fat (1%) milk, making the most of your grains and choosing whole grains, choosing foods with lower sodium, fitting activity into your lifestyle, and avoiding sugary drinks, choosing water instead.

The website is a great resource for recipe and food ideas, helpful tips, and interactive tools. It also offers specific sections for pregnant and breast-feeding women, preschoolers, kids, and those looking to lose weight.

The *My Pyramid* image is still available to nutrition educators and health professionals for use as a teaching tool. Along with changing the “Meat” category of *My Pyramid* to “Protein” on *My Plate*, other differences include information regarding fats and oils and physical activity, which are not addressed on the *My Plate* icon. There are also different themes for several months of the year. For example, in September through December, “make half your plate fruits and vegetables” will be emphasized.

The new *My Plate* icon is designed to provide a cohesive message for today’s consumers, while empowering them to make healthier choices for their nutrition, diet and lifestyle.

Source: choosemyplate.gov

Whole Grains: Carbs You Can Trust! *cont’d*

Even with all the knowledge we have about whole grains, it sometimes boils down to the fact that some people just prefer the taste of refined grains over whole grain products. The key is finding out what whole grains you do like. If you don’t like whole wheat bread, try to incorporate more whole wheat pasta or whole grain brown rice into your diet. You may even try mixing your favorite white pasta with some whole grain pasta (you can do the same with rice). Even if it is a small amount at first, it is better than not at all. You may also want to try some less well known whole grains such as: quinoa, whole grain barley, oats, bulgur, and millet.

References:

1. United States Department of Agriculture. Dietary Guidelines for Americans, 2010 Executive Summary. Retrieved October 2, 2011 from: <http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf>.
2. American Dietetic Association. Retrieved October 2, 2011 from: <http://www.eatright.org/Public/content.aspx?id=6442451121&terms=whole+grains>.
3. Whitney, E. & Rolfes, S. (2008). *Understanding Nutrition* (11th Ed.).

Student Government Association (SGA) Officers and Representatives for 2011-12

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Student Activities

COSI

Four student (Center of Science and Industry) COSI Columbus memberships and two family COSI memberships are purchased annually for MCCN students. Individual students and students with families (up to 4 children and significant other) can be admitted to COSI for free!

COSI memberships may be signed out on a daily basis. Memberships must be returned the next business day to ensure availability for other students. Memberships signed out on Fridays are to be returned the following Monday. Enjoy!

Ohio Dominican University's Bishop A. Griffin Center

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

Central Ohio Clinical Nurse Specialist Association (COCNSA) Meeting

Wednesday, October 26, 6 – 7 p.m. in the lounge

Tales from the Pager Chronicles: Readings from the Bedside

Speaker and author: *Patrice Rancour, MS, RN, PMHCNS-BC*, a mental health clinical nurse specialist with 38 years of experience in the mental health field as a clinician, educator, and consultant. Her clinical interests include loss and grief, healing and spirituality, complementary and alternative therapies, psychoneuroimmunology, working with people facing life-threatening illnesses and those who take care of them. She is an author and conference presenter, and maintains a private practice while currently working at Ohio State University in the provision of wellness services to faculty and staff.

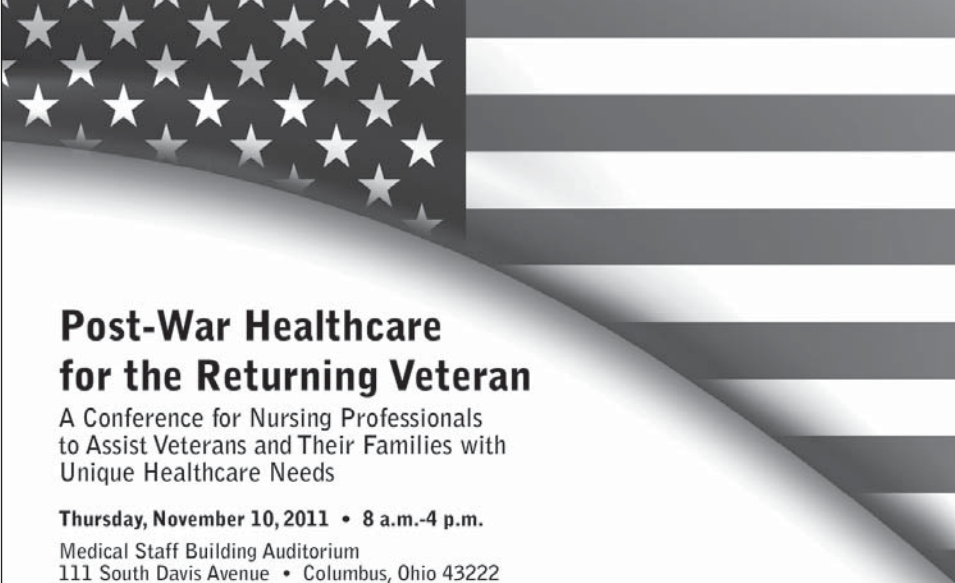
Objectives:

1. Recognize creative non-fiction as a credible method for nurses to mine their professional experiences for their own self-awareness and healing
2. Identify how the power of story can evoke healing in patients.
3. List implications of nursing narrative for nursing practice, education and research.

All are invited to attend. CEU will be provided.

Term I Final Exam Schedule

OCTOBER 10	SUBJECT	TIME	ROOM	FACULTY
NURS 307	OB	8 a.m. – 10 a.m.	CLE 208	Cooley
NURS 308	Psych-Mental Health	8 a.m. – 10 a.m.	CLE 206	Bills
NURS 405	Acute	10:30 a.m. – 12:30 p.m.	CLE 210	Nibert
NURS 406	Gerontology	10:30 a.m. – 12:30 p.m.	MH B	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.	CLE 114	Waterman



Post-War Healthcare for the Returning Veteran

A Conference for Nursing Professionals to Assist Veterans and Their Families with Unique Healthcare Needs

Thursday, November 10, 2011 • 8 a.m.-4 p.m.
 Medical Staff Building Auditorium
 111 South Davis Avenue • Columbus, Ohio 43222
 Parking available in P1 parking garage (\$3.75/day)

Conference Objectives
 This conference is designed to assist nurses in working with military war zone veterans and their families when they are seen by the civilian primary healthcare facilities.

- Identify potential problems and needs of military personnel returning from war zones and their families.
- Learn strategies to address healthcare needs of military personnel returning from war zones.
- Identify local resources available to veterans and their families.


Topics Include:

- Post Traumatic Stress Syndrome
- Traumatic Brain Injury
- Blast Injuries
- Suicide
- Sexual Health

Fee, including lunch:
 \$50 for Mount Carmel Associates
 \$75 for All Others
 Free for All Nursing Students — lunch on your own

To register, call 614-234-LIFE by November 4, 2011

For additional information, please contact Dr. Kathy Sommers at ksommers@mcn.edu or Vicki Warschauer at vwarschauer@mcn.edu.



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