

THE LAMP



Out of Gambia

pg.
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Alum's Mission Aided by Her Alma Mater

News and Information about
Mount Carmel College of Nursing Alumni, Students and Faculty



MOUNT CARMEL
College of Nursing



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COLLEGE QUICK READ:

Mount Carmel College of Nursing

- ⊙ Enrollment at MCCN will increase again this fall, as an estimated 810 students will begin fall semester on August 17, 2009.
- ⊙ Dates for the 2009-10 College Open Houses are set, and MCCN invites all who are interested in a fulfilling and dynamic career in the nursing profession to start their search for nursing education with a visit to Mount Carmel. Check our website at www.mccn.edu or call 614-234-4CON for specific dates and times.
- ⊙ MCCN's very successful Camp Mount Carmel attracted a record amount of interest this year, with the camp roster filling up soon after registration opened. We invite all alumni and friends of the College who know potential middle and high school campers to inquire about our early interest list for summer 2010 by calling 614-234-LIFE.
- ⊙ Mount Carmel Alumni Association will again award several generous scholarships at the annual Convocation Ceremony on August 24, 2009. A highlight of the event, the alumni scholarships are presented in honor of alumni, faculty, and College leaders, past and present.
- ⊙ MCCN was again one of 18 nursing entities co-sponsoring Nurses Day at the Statehouse in the spring. Five faculty/staff members, four pre-licensure students, and eleven RN-BSN completion students from MCCN attended the event, which featured a presentation about 16 nursing issues facing legislators, plus discussions with individual Ohio legislators.
- ⊙ A new counseling services initiative for MCCN has been established as a service from Mount Carmel Behavioral Health. Judy Bischoff, MA, a Licensed Professional Clinical Counselor-Supervisor, is available on campus every Monday.
- ⊙ The labs are up and running and the classrooms occupied all summer long, as the 379 students enrolled in classes this summer fill the MCCN campus. 





PRESIDENT'S MESSAGE

Dear Alumni, Students and Friends,

As our nation faces an economic recession that is proving to be deep and wide, decreases in federal funding and state dollars for higher education impact our students who dream of becoming professional nurses.

Since 1903, Mount Carmel has educated men and women who aspire to enter the nursing profession. Our challenge continues to be that we offer educational opportunities to qualified students from a wide variety of backgrounds, so that the current and future healthcare needs of our communities and our country are met.

I'm excited to announce that the Mount Carmel College of Nursing Board of Trustees will launch its first Annual Fund Drive this fall to meet the challenges of providing scholarships to students, while recruiting and supporting outstanding faculty.

I am counting on your support. As always, our efforts would not be possible without you.

I look forward to seeing all of our alumni right here at the College for the annual Alumni Banquet on October 3, 2009. Your spirit and commitment to your alma mater always energizes me and the entire campus. The banquet once again promises to be a fun event; your presence will make it a memorable one.

Sincerely,



Ann E. Schiele, PhD, RN
President/Dean
Mount Carmel College of Nursing



Kellie Seelig during her mission to Africa

PEACE CORPS VOLUNTEER KELLIE SEELIG '04

Partners with MCCN to Assist Nursing Education in Africa

How one alumna created a link between her alma mater and a tiny nursing education program in rural Gambia—a link that yielded benefits to all involved and personified the bond of care and compassion between nurses, regardless of vast distance, huge differences in culture, and widely dissimilar conditions of practice.

When **Kellie Seelig '04** requested a Peace Corps commitment in Africa, she did so for one reason, “I felt that Africa had the greatest need for nurses.” Assigned to The Gambia, one of Africa’s smallest countries located on the West African coast, Seelig quickly discovered that the need was all too real.

“My assignment was to teach in a nursing school for community health nurses. There were just four other

teachers who came and went. In fact, for over a month, I was alone in charge of two classes of 40 students each, who were at different levels of the program,” Seelig remembers.

Pretty heavy responsibility for a new nursing grad with just over a year of professional nursing experience working in the neuro unit at Mount Carmel West, this baptism of fire was tough, Seelig acknowledges. “I would spend all night writing out my notes for class. I know I learned way more than I taught and gained a lot of confidence.”

Fortunately, English is The Gambia’s official language, although Seelig also learned the village languages of Wolof and Madinka. To compound the challenge, community health nursing in rural villages in The Gambia is very different from anything Seelig had learned about or encountered before.

“Community nurses there take care of the health of villagers in about 20 villages, getting around on motorbikes. They deal with malaria—the number one killer of children under five—diarrhea and respiratory infections, as well as reproductive



and prenatal care and delivery,” Seelig explains. There are just a couple of doctors for the entire country and limited access to hospital care, hospitals that don’t even have oxygen for patients.

Seelig also functioned as the clinical instructor, when once a week, the students walked 1.5 miles to the hospital, which provided care in pediatric, adult, maternity, and outpatient areas. “I was told that the way they did clinicals meant that the instructor was there for ten minutes and then the students were on their own. I stayed with them the whole time and introduced them to the concept of paperwork, remembering how I had been up all night preparing for clinicals as a student,” Seelig says.

Enlisting the Aid of her Alma Mater

The depth of the needs surrounding her prompted Seelig to contact Dawn Hughes, MS, RN, Assistant Professor and SNAM (Student Nurses Association Mount Carmel) advisor at the College. “I contacted Dawn because I knew that she would follow through and help,” says Seelig.

And help Hughes did, enlisting the support of the entire College through the efforts of SNAM. The collaboration began with a pen pal project matching students from MCCN with Gambian nursing students. “The Gambian students loved learning about healthcare in the U.S., despite their infrequent access to email and the very slow delivery of messages,” Seelig says. Several of the pen pals are still communicating.

SNAM established sister student nurses associations at three Gambian nursing schools, and undertook several fundraising efforts, raising over \$1,600 to obtain basic necessities that Gambian nurses somehow do without: stethoscopes, penlights, scissors, BP cuffs, slides, etc. Gambian community health nurses are not supplied

with BP cuffs, but routinely prescribe blood pressure medication, based solely on patients’ symptoms, without ever having taken a BP (Blood Pressure) reading.

Faculty contributed teaching materials. Nursing textbooks were collected. Even stuffed animals went into the box. Instructor Vickie Warschauer, MS, RN, helped in the fundraising, and Margaret Stinner, MS, RN, assistant professor, donated the proceeds of her annual “Books and Buckeyes Sale.” In fact, it was Stinner’s fundraiser and donations from the College, churches, and family members that helped to finance the trip to deliver the goods to Seelig.

Sarah Baker ’08 came up with the idea to personally transport the items collected to Seelig in The Gambia. Baker enlisted the assistance of long-time friend and MCCN student Angela Snider. The two shared one suitcase and then loaded three more with the precious donations.

“Going to Africa had always been a dream of mine, and missions are in my blood, being raised in a pastor’s family,” says Snider, now a senior at MCCN. “It was the trip of a lifetime, despite all the transportation challenges.”

A highlight for Snider was being left in charge of the local hospital for a few hours by the sole nurse (for the entire hospital!) who went to the mosque to pray. “The hospital had electricity and running water for just a few hours a day. Gloves are used only for what the Gambians consider very invasive procedures, which does not include childbirth. Unless provided by family members, hospital patients are not given food or primary care, such as bathing or toileting assistance,” Snider recalls.

“The people there were so gracious and very grateful for what we brought,” adds Snider. Unfortunately, due to weight, the books collected had to be shipped separately.



“The people there [in The Gambia] were so gracious and very grateful for what we brought.”

– Angela Snider, MCCN student



Kellie Seelig '04 (left) and Dawn Hughes, SNAM advisor

Economic challenges meant that the non-profit group that had agreed to pay the freight had to decline. As of this writing, the boxes of much-needed books sit on a dock in Texas until the hundreds of dollars to pay the shipping fees can be raised. “Any donations toward the shipping would be greatly appreciated and can be sent to me at the College,” says (Dawn) Hughes. “Gambian nursing students have just one textbook per class that the whole class shares and passes around. The need is critical.”

As for the Mount Carmel nurse who made the connection between nursing students on two faraway continents, Seelig plans to return to The Gambia for her class’ graduation.

“The experience had so many ups and downs. There were so many needs and only so much that a person can do. But two things happened that made me feel I might have made a difference,” concludes Seelig.

“When it came time for testing, the class ahead of mine couldn’t answer any of the questions. But the class that I was the only teacher for achieved a “B” average. And during clinicals, my class saw a child with undiagnosed polio. They observed the symptoms, caught it, and made sure the child was examined and treated. Those two things still make me smile.”

MCCN Reaching Out Locally and Around the World

Mexico Mission Trips

Once or twice a year, the College, in partnership with Mount Carmel Health, staffs a medical mission to a border town in Mexico with student, faculty and alumni volunteers. The College also raises funds to buy supplies, as well as collecting supplies, treats, and over-the-counter medicines for the volunteers to distribute.

Avondale and Dana Elementary School Tutors

Lunch hours weekly during the school year find volunteers from MCCN tutoring students in reading skills at two local elementary schools. Students, faculty, and staff serve as volunteer tutors.

Avondale Elementary Thanksgiving and Christmas Projects

MCCN students, faculty and staff annually play Santa to deserving students at nearby Avondale Elementary






Some of our student volunteer tutors at Avondale Elementary (L-R): Shauna West, Ashley Gruen, Megan Troyer, Gail Himmelstein, Melissa Peters, Kerry Dawley, Hillary Hocking, Lauryn Dawley, Nichole Eilerman, and Kasey Thobe.

by purchasing gifts for every child in the school. The gifts are delivered by MCCN students before Christmas break. For many of these children, the gifts from this project may be the only Christmas presents they receive.

Campus Ministry raises funds to prepare Thanksgiving grocery baskets to be distributed to needy families in the Avondale Elementary community.

Operation Feed

MCCN joins annually with Mount Carmel Health in collecting food donations for the Mid-Ohio Food Bank.

We invite alumni who are interested in joining our outreach in any of these areas to contact Coordinator, Alumni Relations, Phylis Motz Crook '63 (contact info on page 1) to volunteer. 

CHALLENGING TIMES


Our nation's economic recession has impacted higher education by reducing federal and state funding, and nursing education is no exception. As the United States devises new ways to deliver healthcare to millions across the country, one thing is certain—nurses will continue at the center of healthcare delivery.

Despite significant job losses in nearly all major industries, the healthcare sector of the economy continues to grow. Today's nurses can be found in professional venues once thought impossible. Nurses influence legislation, change healthcare delivery systems, write and publish, educate about disease prevention and health promotion, and participate on boards of directors.

So what does this mean for Mount Carmel College of Nursing? In recent years our program has expanded. Since 1998, the College has annually increased the number admitted and, in just ten years, grew from 100 new students annually to 215. We now enjoy a record enrollment of over 800 students, including traditional and transfer undergraduates, RN-BSN completion program, and master's students.

To meet the current and future demand, the Mount Carmel College of Nursing Board of Trustees will launch an Annual Fund Drive to support academic excellence and to prepare the next generation of nurses, as well as the faculty to educate them. This fundraising effort will increase student scholarships, support faculty, and enhance programming and facilities. It will allow the College to continue to educate even more motivated and qualified students who wish to care for patients, conduct research, or become academic nurses who educate thousands of others.

Today's healthcare challenges are complex, but you can help make a difference by participating as a charter member in the inaugural Mount Carmel College of Nursing Annual Fund this fall. Mount Carmel students, with your help, will continue to be well prepared, thereby ensuring that the healthcare needs of our communities are met into the future.

For more information on giving opportunities, contact Jan Burkey at 614-234-3837. 



Celebrating Commencement are (left to right) Carrie Landes '09 and Farhia Ibrahim '09

GRADS CELEBRATE COMMENCEMENT 2009

Congratulations to our 131 BSN graduates and two master's graduates who celebrated Commencement weekend with family and friends on May 8 and 9, 2009.

Carrying the symbolic mace and leading the procession was this year's Faculty Marshal chosen by the faculty, staff and students, Margaret Stinner, MS, RN. The keynote address was delivered by long-time supporter of the College and MCCN Board of Trustees member, Peter Giammalvo, PhD.

Pinning and Recognition Ceremony Features Student Accomplishments

Always a highlight of Pinning, the graduate awards were presented to four deserving seniors, who each received a standing ovation when the awards were presented.

Clinical Excellence Award

Presented to **Hannah Stelling**, voted by the faculty, as most consistent in outstanding achievement of clinical objectives throughout the program.

Lamp Award

Presented to **Courtney Jo Clifton**, voted by peers, who has demonstrated behavior most reflective of caring in the nursing profession as described in the overall philosophy of Mount Carmel College of Nursing.

Humanitarian Award

Presented to **Raina Casey**, voted by peers, who has demonstrated outstanding participation and leadership in community service, a commitment to equity and diversity, and exemplary personal character and altruism.

Inspiration Award

Presented to **Paige McCann**, voted by peers, who served as a consistent role model for motivation, positive influence, and encouragement and who inspired others to achieve at their highest potential.





Celebrating pinning with Mount Carmel alumni aunts, Dani Newell '09 (center) and Molly Wanner Taylor '80 (left), and Sally Wanner Martin '83 (right)

Faculty and Staff Recognition Awards were presented to Margaret Stinner, MS, RN, Assistant Professor; and Alyncia Bowen, MSA, Director, Financial Aid. Stinner reminded the graduates that when they first arrived at MCCN, they looked to faculty for leadership. “We now look to you to take the lead,” Stinner concluded.

Bowen stated that the “golden rule” is her life’s mantra. Known for remembering names, Bowen recalled a nun who did the same and when the nun was asked how she did it, she said, “You remember the names of people you value.”

As the class of 2009 held their lit lamps and circled the auditorium, the lyrics of “In My Life” by the Beatles summed up the significant moment: “There are places I’ll remember all my life ...” 🍷



Elie Albertini '09 at pinning



Dr. Ann Schiele, President/Dean of MCCN, congratulates Carmie Frost '09



Paige McCann '09, recipient of the Inspiration Award, and Commencement speaker and MCCN trustee, Dr. Peter Giammalvo



Three happy members of the MCCN Class of 2009 (from left to right): Nicole Cade '09, DeAnn Dommer '09, and Lindsay Ruhl '09



Need to replace the last School of Nursing pin, awarded 1963-1993? Or maybe a College of Nursing pin, 1994-present?

Contact **Phylis Motz Crook '63** (see page 1), Coordinator, Alumni Relations, for information about how to reorder directly from the manufacturer.

Want to donate your or your loved one's pin?
The College is grateful to have these pins for the archives and for those who need replacements. Please send donated pins to the attention of Phylis Motz Crook at MCCN.



Left to right: MCSN pin, 1906-62; MCSN pin, 1963-93; MCCN pin, 1994-present

THREE MOUNT CARMEL NURSING PIN STYLES

Span More than a Century of Nursing Education


Since the time of Florence Nightingale, nursing pins have indicated where nursing professionals received their education. In some areas it is still the custom for nurses to wear their pins at work. In other areas, the advent of scrubs seemed to end that custom.

Whether worn to work daily, kept in a jewelry or keepsake box, or passed on to the next generations of nurses, nursing pins represent a significant milestone and memory for members of the nursing profession.

While the pride and professionalism the Mount Carmel pin symbolizes have not changed, the style of the Mount Carmel pin has. From the first graduation and pinning in 1906 through 1962, the Mount Carmel School of Nursing pin held a red cross in the center, which some thought made it resemble too closely the American Red Cross pin.

Lost or damaged your Mount Carmel pin awarded from 1906-1962? You can replace it and help a nursing student at the same time. The College has a limited supply of the pins. Most of them have been donated to the school for someone else's use. You are asked to make a donation of no less than \$75 for the pin. Funds raised in this way go to the Mount Carmel Alumni Association loan and scholarship fund. For further information contact **Phylis Motz Crook '63**, Coordinator, Alumni Relations.

In 1963, the second Mount Carmel School of Nursing pin was adopted, due in part to a desire that the pin reflect the school's affiliation with the Sisters of the Holy Cross. Therefore, the Holy Cross insignia, a shield with a cross and two anchors, and the motto of the Holy Cross order, "Spes Unica" (One Hope), replaced the red cross and the former motto, "Semper Fidelis" (Always Faithful). The blue band remained, but was changed to read "Mount Carmel School of Nursing" instead of "Mount Carmel Hospital."

The current pin, presented in 1994, reflects the change to "Mount Carmel College of Nursing." A band in burgundy, the College's color, replaced the blue band. The rest of the pin remained the same. 



ALUMNI ASSOCIATION UPDATES



We're Looking for Your Stories

Do you have an inspiring story about the practice of nursing you would like to share? Or maybe you have humorous or poignant anecdote about your time as a nursing student.

The Alumni Association invites all Mount Carmel alumni to submit heartwarming, inspirational or funny stories from their years as nursing students or in the nursing profession. The stories will be compiled into a book (similar to the recipe book) to raise funds for future Mount Carmel nursing students' scholarships. Help us support nursing's future!

How to Submit Your Stories

There are several ways to submit. Stories (no limit on length or number) can be sent in with your banquet reservation. Or they can be sent via U.S. mail or email to:

Stephanie Rae Adams Piquero '97
Mount Carmel College of Nursing
127 South Davis Avenue
Columbus, Ohio 43222-1504
spiquero@mchs.com

A Few Examples to Get You Started

"I loved the people I met at Mount Carmel and the friendships formed were some of the best of my life. At the time, I didn't fully appreciate that these relationships would sustain me in years to come, even when I no longer had regular contact with most of them." — **Mary M. Rodocker '63**

"Thirty six months of studies, practice, friendships and personal growth. I remember Elestine at bed-check time, making sure lights were out and voices quieted. I recall the check out and check in ledger on the front desk, pink slips and probie caps, a big sister to help

each of us through that first year, cooking lots of SPAM for dinner in the new kitchen, going to work in a starched white uniform with a sunburn from spending too long on the 4th floor sundeck of Marian Hall."

— **Anita Rotunda Sanford '63**

"Taking the trays from the cafeteria and using them as sleds on the hill in front of the hospital in the winter."

— **Brenda Wheeler '78**

"My favorite memory of Mount Carmel is walking across the stage at graduation knowing my life had changed forever. I knew I had become part of a wonderful group of professionals who shared the same love as me: helping others and striving to make a difference."

— **Leslie Dawn Biggers '06**

Whether you graduated this year or several decades ago, everyone has a story. We look forward to hearing yours.

Seventh Annual Florida Alumni Luncheon

Tuesday, February 16, 2010
Brandon, Florida

If you are interested in attending next year's Florida luncheon, mark February 16, 2010 on your calendar. Also, please make sure that we know where to send your invitation. Please contact Theresa Williams at the College (see page 1) with your name and the address where you will be in early January when the invitations are mailed.

Students Say Thanks to Alumni for Free Finals Breakfasts

Once again, the Alumni Association treated grateful students to a free continental breakfast on two mornings during finals week. **Jill Trego Rill '77** organizes the breakfasts on behalf of Mount Carmel alumni. **Kay Droke Martin '51** and **Ramona Chance '85** helped serve the breakfasts to the students.



COMMEMORATIVE BRICK

A Treasured Keepsake

Bricks from Mount Carmel Hall, enhanced by a commemorative brass plate, can be viewed at the College website under “alumni.” Just \$10 each, these wonderful mementos cannot be shipped, but can be picked up at the College reception desk. Proceeds from the bricks and the Mount Carmel throws support the loan and scholarship fund.

MOUNT CARMEL THROW

A Warm Memento

Custom-designed throw depicts scenes and symbols of Mount Carmel. Made in the USA by Riddle & Company, LLC, 100% pre-washed, full-color cotton, 50x65 inches. Order yours today!

\$50 + \$10 s/h

Send \$60 check or money order
(made payable to Mount Carmel Alumni Association)
and shipping address to:

Mount Carmel Alumni Association

Mount Carmel College of Nursing

127 South Davis Avenue

Columbus, Ohio 43222-1504

614-234-5925 (Alumni Association voicemail)



ALUMNI UPDATES CONTINUED

Alumni Board Positions Open

Would you like to spend some time with fellow alumni? Reconnect with your alma mater? Contact **Jill Young Wallace '73** at 614-296-1471 or mwallace2@mchs.com.

You are invited!

We welcome our alumni to attend Alumni Association meetings. Please call the alumni voicemail at 614-234-5925 for dates, times and location. The next meeting will be held on August 18, 2009.

Alumni Boutique

We invite everyone to browse and buy in the “Alumni Boutique.” Sales of these items benefit the Alumni Association scholarship and loan program.

The Alumni Association Cookbook

This cookbook, organized by **Betty Coffelt '81**, contains nearly 150 recipes of great variety, everything from “Desperate Cobb Salad” to “Homemade Dog Treat No Flea Dog Biscuits.”

Some of the 45 contributors sent in several recipes, including longtime, fondly remembered favorites from Mount Carmel Dietetic Services, such as broccoli soup, brownies, and “Flapper Pudding.” Our thanks to Betty and all the contributors.

Commemorative Ornaments

The Alumni Association Cookbook, as well as the beautiful Mount Carmel commemorative ornaments and are available at all three Mount Carmel hospitals’ gift shops, as well as directly through **Jill Young Wallace '73** (614-296-1471 or jwallac8@columbus.rr.com). ☺

Ornaments \$15.00 (\$18.00 if shipped)

Cookbooks \$10.00 (\$13.00 if shipped)



MOUNT CARMEL ALUMNI ASSOCIATION BOARD 2009-2011



President: Jill Young Wallace '73

Treasurer: Matthew Lake '07

Secretary: Margo Malaska Medwid '74

Membership Chair: Donna Maloney '85 and '06

Scholarship Chair: Jill Trego Rill '77

Members-at-large: Martha Dillon Zunich '62

Mary Jean Destefani Botos '68

Cheryl Creamer Mace '75

Susie Loik Parsons '76

Colleen Cleary Watson '78

Brenda Wheeler '78

Dorina Davis Harper '89

Stephanie Rae Adams

Piquero '97

Lora Ross Vagi '03

Kimberly Dillon '04

Tara Lancione '06

Ashley Turner '07

David Small '08

MISSING MCCN ALUMNI

Help us find these MISSING ALUMNI
Please forward contact information to
Theresa Williams at 614-234-1718 or
twilliams@mchs.com.

Sherry Lynch 1985
Jennifer Robe Meyer 1985
Deidre Carpenter 1986
Michelle Caudill 1986
Jo Ann Hannon 1986
Joni Jean Harper 1986
Satya Kaur Khalsa 1986
Siri Khalsa 1986
Deborah King 1986
Sharon Koch 1986
Karen Lawrence 1986
Donna Linden 1986
Lisa Murdoch 1986
John Purinton 1986
Lisa Melchiorre Smith 1986
Meita Tambi 1986
Leslee Bates 1987
Julie Benham 1987
Elizabeth Garcia 1987
Lauren Cochran 1988
Lisa Hammock-Gorban 1988
Kathy Mayer 1988
Sherri McCoy 1988
Leigh Richardson 1988
Kathy Seever 1988
Joyce Sheppard 1988
Karen Welch 1988
Caroline Brunett 1989
Carole (Mendy) Hartman 1989
Carol Henry 1989
Debbie Chesser 1990
Michelle Hilyard 1990
Karla Romer 1990
Tina Romine 1990
Kelly Thompson 1990
Sara Allen 1991
Christine Priest Dicesare 1991
Cynthia Walters Hamlin 1991
Maggie McCarthy 1991

Melanie Meckler 1991
Dawn Clark Peay 1991
Ellen Woods 1991
Lori Costello Baskin 1992
Karen Cross 1992
Winifred Fenner 1992
Angela Gaston 1992
Amy Jeffrey 1992
Christine Logan 1992
Jill McDaniel Risacher 1992
Mary Seufert 1992
Donna Willis 1992
Judy Teadardner Wilson 1992
Lisa Winston 1992
Lori Adams 1993
Julie Dixon 1993
Kim Davis Dvorak 1993
Marcia Frisbee 1993
L. Graves 1993
Rebecca Hardy 1993
Cathy Hedges 1993
Kim Thomas Lieb 1993
Susan Marshall 1993
Julie Miller 1993
Christine Moore 1993
Kim Morrow 1993
Angie Sicilian 1993
Kimberly Hollar Taylor 1993
Ginger Wilcox Weiss 1993
Christina Schulze 1994
Emily Penrod Snider 1994
Michele Kauber Elmer 1995
Tamara Neill Fargo 1995
Regina Frederick 1995
Jennifer Meinert 1995
Beth Schuetz Gander 1996
Olen Henry 1996
Karen Jones 1996
Laura Jones 1996
Katherine Corkrean Bowman 1997
A. Jacques Caldwell 1997
Sandy Lohmier Gehres 1997
Marcia Wears 1997
Ginger Wilcox Weiss 1997

Tracy Armstrong 1998
Jennifer Davis 1998
Michelle Johnson 1998
Wendy Miller 1998
Lydia Smith Tate 1998
Jennifer VanAtta 1998
Cheryl White 1998
Lisa Makssour Brubaker 1999
Danielle Costlow 1999
Anne Bergman Kelly 1999
Kathleen Mead Zacharias 1999
Leyla Musayeva Bryant 2000
Lynn Harris 2000
Deborah Chaney Jones 2000
Amy Lively 2000
Jamie Lock 2000
Molly McMurry 2000
Natalie Branch 2001
Heather Conn 2001
Angela Heavner 2001
Jennifer Johnson 2001
Rebecca Roman Pack 2001
Kathleen Adams Ravenscraft 2001
Angela Williams 2001
Amina Farah 2002
Rachel Ford 2002
Staci Hamilton 2002
Rodney Mowery 2002
Lisa Sams 2002
Nakia Bedenfield 2003
Racquel Kennedy Brooks 2003
Stephanie Lee 2003
Aimee Stalnaker 2003
Hope Brown-Hightower 2004
Lisa Gavins 2004
Lisa Moffitt 2004
Dominic Perry 2004
Amy Trammer Richards 2005
Amy Shoemaker Winters 2006
Deqa Ahmed 2007
Jennifer Dimmick Emanuele 2007
Lu Liu 2007
Nanette Butz Moore 2007



“ It was such an honor to receive my grandmother’s pin. It felt good to graduate from Mount Carmel, just as my grandmother and great-grandmother did. ”

– Sarah Goodall

“ I’m so proud of Sarah and so happy to have her following in our footsteps. We are all part of the same Mount Carmel tradition. ”

– Mary Catherine Contosta Goodall



Sarah Goodall '09 and Mary Catherine Contosta Goodall '46

ALUMNI PROFILE

Hilda Strasser Contosta '21 (deceased)
Mary Catherine Contosta Goodall '46
Sarah Goodall '09

Three Generations of Mount Carmel Nurses

Sarah Goodall '09, comes from a family of nurses. Two of them, her grandmother, (Mary) Catherine Contosta Goodall '46, and late great-grandmother, Hilda Strasser Contosta '21, graduated as Mount Carmel nurses.

During Commencement weekend, Sarah received her Mount Carmel College of Nursing pin, as well as the gift of her grandmother’s Mount Carmel School of Nursing pin.


“As soon as I knew Sarah would be attending Mount Carmel, I wanted her to have my pin,” says her grandmother, Catherine. Great-grandmother Hilda’s pin had been donated by the family to the Mount Carmel archives.

Hilda did not work as a nurse because she married shortly after graduation, and married nurses were not permitted then. But Hilda gave her love of nursing to Catherine, who “knew from day one growing up that I would be a nurse.”

Catherine was in the Cadet Nurse Corps, her class the first to enter the Corps as probies. “I joined the reserves, spending the last two years on active duty in Italy, which was wonderful with the Contosta family relatives there,” Catherine recalls.

The mother of seven, Catherine worked full time as a nurse until retirement at age 65. Her career included positions at Children’s Hospital, as an industrial nurse at Buckeye Steel, and nights at Mount Carmel.

“There are definitely differences between my Mount Carmel nursing education experience and my granddaughter’s,” Catherine says. “There were just 48 in my class. We had to be in the dorm by 7 p.m., with lights out at 10. When we went out we were required to wear a hat and gloves, which of course, came off as soon as we were out of sight.”

But one very important Mount Carmel tradition remains the same for both grandmother and granddaughter. “My class would love to reunite at the Alumni Banquets,” says Catherine. “The best memories I’ll take with me from Mount Carmel are the friends I’ve made,” says Sarah. 





2009 ALUMNI BANQUET FORM

RESERVATION AND MEMBERSHIP DUES FORM

ANNUAL ALUMNI BANQUET

Saturday, October 3, 2009

Mount Carmel College of Nursing

127 South Davis Avenue

Columbus, Ohio 43222

614-234-5800

10:00 a.m. - 12:15 p.m. Registration and Homecoming Reception (hors d'oeuvres)

10:15 a.m. - 11:00 a.m. Tours of the College

11:15 a.m. - 12:15 p.m. Pictures of Honors Classes

12:30 p.m. - 2:00 p.m. Luncheon at the College

2:00 p.m. - 3:30 p.m. Tours of the College

SPECIAL ACTIVITIES

Mount Carmel Alumni Association Boutique and the Campus Store will be open. A donated quilt handmade by Dorothy Gorenflo Cluff '42 will be raffled.

Questions: Call Banquet Chair, **Susie Loik Parsons '76**, at 614-272-8202

(To prevent smearing, please use ballpoint pen to fill out forms and raffle tickets)

RESERVATION AND MEMBERSHIP DUES FORM

Complete this reservation form and mail to: Susie Parsons, 3051 Palmetto Street, Columbus, OH 43204

Reservation Deadline: September 15 (Luncheon cost will be \$15 more for reservations postmarked after this date.)

Please check here if this is a new address

_____		_____		_____	
Alumnus First Name		Maiden Name		Last Name	
_____		_____		_____	
Street		City		State	Zip
_____		_____		_____	
Phone		Graduation Year		E-mail	

Please seat me with the class of _____. If your graduation year ends in 4 or 9, this is an honor year for you.

(Please cut off and mail in)



(To prevent smearing, please use ballpoint pen to fill out forms and raffle tickets)



**ALUMNI BANQUET
RAFFLE TICKETS**
(You need not be present to win)

NAME _____
PHONE _____
CLASS OF _____



**ALUMNI BANQUET
RAFFLE TICKETS**
(You need not be present to win)

NAME _____
PHONE _____
CLASS OF _____



**ALUMNI BANQUET
RAFFLE TICKETS**
(You need not be present to win)

NAME _____
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CLASS OF _____



**ALUMNI BANQUET
RAFFLE TICKETS**
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CLASS OF _____



**ALUMNI BANQUET
RAFFLE TICKETS**
(You need not be present to win)

NAME _____
PHONE _____
CLASS OF _____



**ALUMNI BANQUET
RAFFLE TICKETS**
(You need not be present to win)

NAME _____
PHONE _____
CLASS OF _____

I am a: Lifetime Member Honorary Member (graduated fifty years ago or earlier) New Member Renewal

I am enclosing (please check all that apply):

- Annual dues \$25 (for calendar year 2010)
- Lifetime member dues \$250
- Luncheon fee \$35 (by 9-15-09)
- Raffle tickets 12/\$10
- Donation for loans/scholarships _____

Total Amount Enclosed _____

(Check made payable to Mount Carmel Alumni Association)

Menu Choice (choose one now):

- Garden Fresh Vegetable Lasagna with Marinara Sauce
- Pork Loin with Brandied Apricot Demi-Glaze, Whipped Sweet Potatoes and Vegetable

Please include the following information on a separate sheet of paper and send it in along with your reservation:

- Biographical Sketch
- Special story of nursing practice and/or memory from Mount Carmel (Please see page 10.)



DIRECTIONS

ALUMNI BANQUET - October 3, 2009
at Mount Carmel College of Nursing

- ⊙ Alumni Banquet schedule of events listed on page 14. (Banquet Form)
- ⊙ Event parking available in P1



DIRECTIONS TO:

MOUNT CARMEL COLLEGE OF NURSING

127 South Davis Avenue, Columbus, Ohio 43222
614-234-5800

FROM NORTH OF COLUMBUS

To reach the College: Take I-270 to SR315 south. Exit at Rich St./Town St. Turn west on Town St.

FROM SOUTH OF COLUMBUS

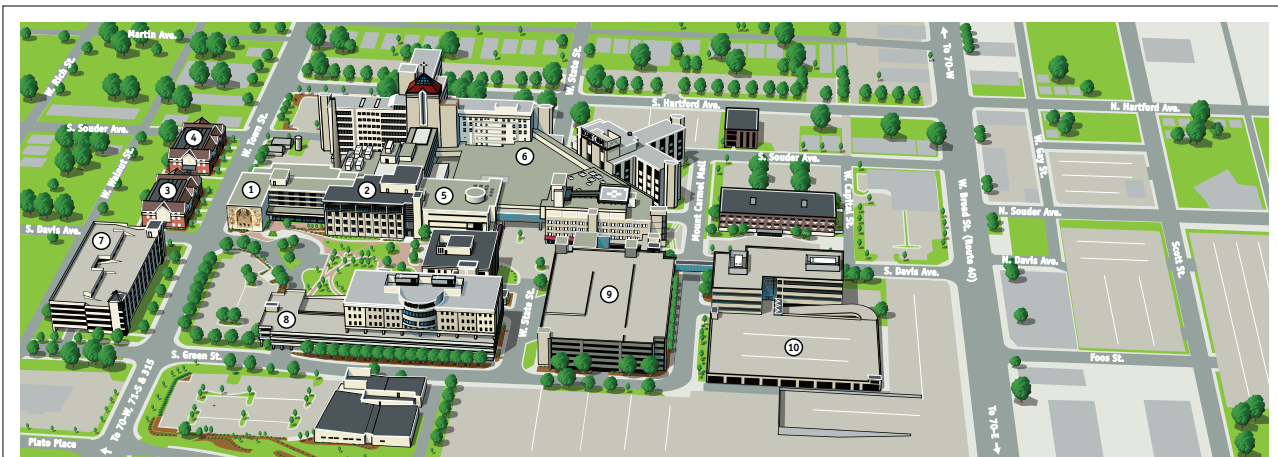
To reach the College: Take I-71 to SR315 north. Exit at Rich St./Town St. Turn west on Town St.

FROM EAST OF COLUMBUS

To reach the College: Take I-70 west. Exit at Rich St./Town St. Turn west on Town St. **OR** Take I-670 west to SR315 south. Exit at Broad St. Turn left on Davis Ave. Turn left at Mount Carmel Mall. Turn right at Town St.

FROM WEST OF COLUMBUS

To reach the College: Take I-70 east. Exit at Rich St./Town St. Turn west on Town St.



College Address
127 S. Davis Avenue
Columbus, OH 43222
614-234-5800

Map Key

- ① MOUNT CARMEL COLLEGE OF NURSING
- ⑤ Medical Staff Building (MSB)
- ⊙ Parking Garage P2
- ② Center for Learning and Education (CLE)
- ⑥ Mount Carmel West Hospital
- ⊙ Parking Garage P3
- ③ Student Residence Angela Hall
- ⑦ Employee Parking Garage (permit only)
- ④ Student Residence Holy Cross Hall
- ⑧ Parking Garage P1



Past Distinguished Alumnus Award Recipients

- 1993 Loretta Ford '39
- 1994 Margaret Finan Haggerty '64
- 1995 Carol Solomon Dalglish '62
- 1996 Regina Sallee Williams '52
- 1997 Margaret Gray Quillin '55
- 1998 Kathy Giessler Haley '75
- 1999 Janet McKee McCleery '58
- 2000 Jeri Ann Boylan Milstead '57
- 2002 Gabrielle "Gabi" Lauer Karpowicz '78
- 2003 Sister Carol Hassey, MM '51 and Peg Seelig '74
- 2004 Mary Ann Pietrangelo Gill '64
- 2005 Mary Ann Ohler Capulong '75
- 2006 Juanita Retterer Theile '46
Brenda Schimmoller Ruth '81
- 2007 Janet Keane Schriener '62
- 2008 Barbara Jones Warren '65


DISTINGUISHED ALUMNUS NOMINATIONS

At each annual Alumni Banquet, Mount Carmel College of Nursing honors an alumnus for professional and personal excellence in keeping with the Mount Carmel tradition. There are many graduates of Mount Carmel College of Nursing, School of Nursing, Master's Program, Second Degree Accelerated Program or the RN-BSN Completion Program, who accomplish great things. Please tell us about the special alumnus you know.

Criteria

- ⊗ Demonstration of exemplary excellence in nursing practice
- ⊗ Ongoing contributions to the nursing profession
- ⊗ Acknowledgment by peers as an advocate
- ⊗ Contributions to the quality of community life
- ⊗ Demonstration of accountability for personal growth
- ⊗ Other outstanding attributes/accomplishments

Procedure

Anyone may nominate by submitting a letter of not more than two pages listing the nominee's educational, professional, and personal accomplishments, explaining why the alumnus deserves to be recognized. Age and year of graduation are not as important as the person's accomplishments. All nominees are notified of nomination and by whom they were nominated. 

Deadline

Nominations may be submitted and accepted at any time. For consideration for the current year, the nomination must be received by August 1, 2009. Please send nominations to:

Attn: Phylis Crook
127 S. Davis Avenue
Columbus, Ohio 43222





Preparing for Skills Lab (left to right): Kathy Walters, Denice Elliot Taylor '75, and Stephanie Kettendorf

INNOVATIONS IN THE SKILLS LAB

Livestock Legs Raise the Reality Factor in the Skills Lab at MCCN

The Nursing 205 skills lab got real this year, as students practiced removing sutures and treating wounds on livestock legs, instead of the sutured foam used in the past. The N205 faculty team came up with the idea.

“Faculty members Kathy Walters, Stephanie Kettendorf, Kim Loscko, and I sutured the feet and legs and made a wound in the cow to give the students a ‘real life’ experience in removing sutures and working with wounds,” said sophomore nursing courses and skills lab coordinator, Denice Elliot Taylor '75, MSN, CNP, CWOCN.

“Pig feet were chosen because they most resemble human skin. Cow limbs were obtained for the Muslim students who did not want to touch pig,” Taylor added.

The pig feet were obtained from a Columbus meat packer, The Herman Falter Packing Company, which offers products for use in research and education. The cow legs were donated and delivered to MCCN free of charge by student Paige Perfect’s father’s butcher shop, Perfect’s Meat Market in Johnstown, Ohio.

“The students really enjoyed the experience,” said Kathy Walters MS, RNC, CNNP, assistant professor. “Many said that packing the wound on the cow leg was pretty realistic.”

Another recent innovation in the skills lab was the use of hot dogs to teach intradermal injections. “We used hot dogs, taping them to the student’s arm. We received good feedback from that experience, too,” Taylor said.

Taylor extends appreciation to her fellow faculty for their stitching assistance and “entertaining the ‘out there’ ideas that we come up with. It’s the spirit of Mount Carmel College of Nursing that makes it all worthwhile.” 🌟

PHONE-A-THON 2009


Raises Funds for Student Scholarships

Phone-a-thon 2009 ran for three days at the end of March into the first of April. The 62 volunteers contacted Mount Carmel alumni and friends of the College, who generously responded thus far with 421 gifts totaling \$23,504.

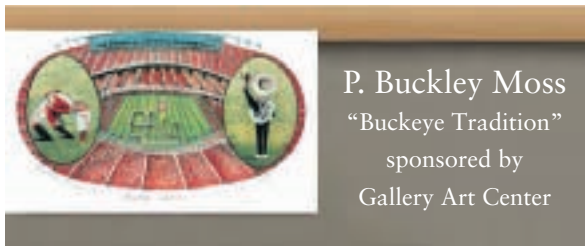
The first Mount Carmel alumni class called was from the 1930s, with members of each class thereafter also called.

Scholarship students comprised the largest group of callers and expressed appreciation for the financial help they've received. One student said, "I actually like calling and would do it again. I wouldn't be a student here without the help I've received."

In addition to the 33 student callers were 11 staff members, nine faculty, and nine alumni. One of the alumni callers is also a volunteer at MCCN on Mondays, **Pat Ward Graham '82**. Another volunteer, Betty Marrioth, who recently "retired" from volunteering at MCCN after more than 30 years, also worked the Phone-a-thon.

The College is very grateful to our dedicated volunteer callers and all our generous donors! We also thank Phone-a-thon organizers: **Cassi Long Baker '95**, Alumni Relations Coordinator **Phylis Motz Crook '63**, Director of Development **Jan Burkey**, Administrative Secretary **Brenda Binkley**, and Learning Resources Center Assistant **Theresa Williams**. 

SAVE THE DATE



Go Bucks, raise bucks to benefit Mount Carmel College of Nursing!

SAVE THE DATE to attend a special scholarship fundraising event to benefit Mount Carmel College of Nursing, as P. Buckley Moss brings "Buckeye Tradition" to Columbus.

For more information please contact Jan Burkey at 614-234-3837 or jburkey@mchs.com.

Join us for a Tailgate Party in the Buckeye Tradition

Proceeds benefit Scholarships for Mount Carmel College of Nursing

Friday Night, August 28, 2009


7 – 10 p.m.

Pinnacle Golf and Country Club, Grove City

Food, Music, Auction

"Buckeye Tradition" prints for sale

Tickets \$50

For reservations, contact Gallery Art Center at 614-442-1109. 



MOUNT CARMEL CLASS NOTES



Seven longtime friends and Mount Carmel School of Nursing classmates spent six nights at Disney World in May. **Pat Ward Graham ('82)**, **Pat Winslow Ruck ('63)**, **Lois Rey Bibart ('63)**, **Peggy Horvath ('63)** and **Diane "Dutch" Zurmehly McDonald ('64)** came from various parts of Ohio; **Judy Mart MacNamara ('63)** from Chicago and **Lesley Frey Rife ('63)** from North Carolina. They laughed until they cried and cried until they laughed. They can honestly say that "a good time was had by all." They are already making plans for doing it all again next year.

Madeline Behrendt Myers ('63) lives in Homosassa, Florida. She is a widow and is retired. While working she was a director of nurses and taught at a school of nursing.

Kimberly O'Day ('89 and '09) works as the Neurosurgery Coordinator at Mount Carmel West. She will attend graduate school this fall, with goals to be an advanced practice nurse focused on the adult neuroscience patient, and a main focus on neuro-trauma.

Karin Hallam Parsons ('93) lives in Rochester, New York. She is married and has two children. She is a physician's assistant.

Liana Wheatley ('93) lives in Austin, Texas. She works for Texas Oncology and has been oncology certified since 1999.

Janet Frazee ('06) has retired from Mount Carmel College of Nursing. Her nursing career spanned 40 years, and 25 of those years were with Mount Carmel Health System. Her retirement plans include, "Doing away with the alarm clock, then enjoying gardening, crafts, grandson, community service and just 'hanging out' with my lifelong friend and husband, Bill."

Matthew Lake ('07) lives in Columbus. He completed the Cincinnati marathon this past spring in under four hours. The San Francisco marathon is next on his agenda.

Imani Daniels ('08) lives in Columbus. Currently he is a student in the master's program at Mount Carmel College of Nursing. He works at Mount Carmel West in the surgical ICU.

Paige McCann ('09) lives in Nashville, Tennessee. She is in the Nurse Residency Program at Vanderbilt University. 📍

CORRECTION

Walter and Mary Miller's annual gift to the College was incorrectly listed in the previous issue as a gift from Walter "in memory of Mary Miller." Please note that **Mary Kiefer Miller '65** is very much alive and well. We apologize for the error and the concern it caused Mary's friends and classmates.



GREETINGS FROM YOUR ALUMNI ASSOCIATION

Dear Alumni,

The Mount Carmel Alumni Association is honored to welcome our newest members from the class of 2009! You join an elite group of Mount Carmel grads numbering nearly 6,000. No matter your graduation year, your Mount Carmel nursing education is certain to remain a pivotal point in your life.

At Pinning and Commencement, Alumni Relations Coordinator, **Phylis Motz Crook '63** and I recalled our Mount Carmel memories and how the Alumni Association provides a continuation of those fabulous feelings. The Association offers opportunities for all alumni, old and new, to come together and celebrate our lifelong bond as Mount Carmel nurses.

We invite all of you to join us in making our Alumni Association as dynamic as our Mount Carmel experience. Start by attending our premier annual event, the Mount Carmel Alumni Banquet, scheduled for October 3 at the College (see page 14 for details and banquet reservation form).

But don't stop there! Continue your affiliation with our beloved alma mater as an Alumni Association board or committee member. To learn more, please contact me at 614-296-1471 or mwallace2@mchs.com.

Give yourself the gift of preserving the bonds of your Mount Carmel friendships. We look forward to seeing you soon and often!

Sincerely,

Jill Young Wallace '73
President
Mount Carmel Alumni Association



IN MEMORIAM

Mount Carmel College of Nursing and its alumni honor the following graduates who have passed away and extend our sympathy to their family and friends.

Ann E. Decker Baumann — Class of 1939

Louise M. Zoeller Bouillion — Class of 1939

Joan Auckland Stultz — Class of 1945

Rita Grundy Cook — Class of 1947

Sister Helen Theresa Winters, OP — Class of 1949

Marjorie Rausch Cook — Class of 1952

Nancy Miller Shirk — Class of 1957

Jeri Sue Thompson — Class of 1973



We also acknowledge the loss and honor the memory of those whose lives have touched the Mount Carmel family.

Husband of Norma Competti Gurklis ('49)

Father-in-law of Elaine Diebel Flege ('67)

Father of Donita Tate ('99)

Mother of Joey Beck ('05)

THE LAMP

Managing Editor: Robin Hutchinson Bell

Editor: Elaine Kehoe

Designer: Sheila Cooney, Cooney Design

Photographers: Roman Sapecki,

Roman Sapecki Photography

Chris Steel, Media Production,

Mount Carmel West



MOUNT CARMEL
College of Nursing

793 West State Street
Columbus, OH 43222

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WE'RE ON THE WEB



visit us @ www.mccn.edu

Send your e-mail and postal address updates to Theresa Williams (contact information on page 1). Your personal information will be used for Mount Carmel College of Nursing business only.

Pictured on front cover: Kellie Seelig '04

CALENDAR OF EVENTS

COLLEGE CALENDAR

- | Aug 17
MCCN Fall Semester begins
- | Aug 24
Convocation
Alumni Association scholarships awarded
- | Aug 28
Art Sale Fundraiser for Scholarships

ALUMNI ASSOCIATION HAPPENINGS

- | Oct 3
Annual Alumni Association Banquet
(See page 14 for more information.)
- | Feb 16 2010
Florida Alumni Luncheon