



# Rapper

Mount Carmel College of Nursing News and Information

February 8, 2010

## RECORD NUMBER of Students Celebrate Completion of the Second Degree Accelerated Program



**Congratulations to the SDAP Class of 2010 who earned the BSN in just 13 months!**

The *Second Degree Accelerated Program (SDAP)* celebrated the third SDAP Completion Ceremony on January 29, 2010, with the 62 members of the 2009-2010 class receiving nursing pins and diplomas.

The ceremony included the Nurse's Prayer; and reflections on service and caring, learning and leadership, and support and friendship. The happy new grads celebrated with family and friends at a reception following the event.

At the ceremony, the *Lamp Award* was given to **Shannon Murphy**; the *Inspiration Award* to **Abby Willis**; and the *Clinical Excellence Award* to **Robin Konrad**. The *SDAP Alumni Caring Leadership Awards*, including a \$500 grant each, were presented by the first two classes of SDAP alumni to **Shannon Candio** and **Cristen Durbin**.

"It's truly amazing how 13 months just flies by. As these students leave to start their careers, there's no break in the SDAP world, with 71 new students already four weeks into their 13-month process," says **Barbi Potts**, SDAP Coordinator. "Working with the SDAP students is a wonderful journey that is like a merry-go-round. There is always another class to keep the cycle moving, no stopping in SDAP!"

Congratulations to our SDAP III graduates and welcome to our SDAP IV students! Pictured below are class of 2010 grads receiving their awards from SDAP Coordinator, Barbi Potts.



**Robin Konrad**



**Shannon Murphy**



**Abby Willis**



**Shannon Candio**



**Cristen Durbin**

### The SDAP Alumni Caring Leadership Award Given by the First and Second SDAP Classes

The SDAP Alumni Award is a "pay it back/pay it forward" program initiated by SDAP graduates to recognize their alma mater for providing a life changing educational experience by directly supporting students currently enrolled in the program.

"The award gives back to the College in thanks for providing this innovative life-changing program and pays forward by providing support in recognition of the financial and personal sacrifices the SDAP students make to join the nursing profession," said **David Small '08**.

The idea was generated five days before the 2008 class graduated. The SDAP I class felt grateful for the program. They wanted to give back to it and honor the SDAP faculty. One grant of \$500 was later awarded to SDAP class of 2009 graduate, **Nicole Leotta**.

The SDAP I class contributes \$20/person for five years and invited SDAP II to consider the same donation, so the legacy can grow with each class. "A majority of the 2009 class agreed to join this project, meaning we can increase the amount of award money given to the class of 2010," said Small.

## Important DATES

<u>FEBRUARY 8</u>	SNAM Blood Drive, noon, gym
<u>FEBRUARY 10</u>	Free Student Dinner, 7 - 8:30 p.m., rec room
<u>FEBRUARY 12</u>	Last day to drop any Term 1 course
<u>FEBRUARY 15</u>	Black History Month celebration, noon, lounge
<u>FEBRUARY 16</u>	Fat Tuesday, 9 a.m. - 1 p.m., lobby Game Night, 7 - 8:30 p.m., rec room
<u>FEBRUARY 17</u>	Ash Wednesday observance, 12:10 p.m., lounge
<u>FEBRUARY 22</u>	SNAM meeting, noon
<u>FEBRUARY 26</u>	Term 1 ends
<u>MARCH 1</u>	Term 1 clinical exams
<u>MARCH 2-5</u>	Spring break
<u>MARCH 8</u>	Term 2 begins
<u>MARCH 15</u>	MCCN Graduating Students Luncheon, noon - 2 p.m., gym Jostens graduation products, lobby MCCN summer session registration begins (current students only)
<u>MARCH 17</u>	St. Patrick's Day dance party, 7 - 10 p.m., gym
<u>MARCH 22</u>	Dogs on the Patio, 11 a.m. - 2 p.m. SNAM meeting, noon
<u>APRIL 2</u>	<b>Good Friday (holiday)</b>
<u>APRIL 5</u>	Spring Festival, 10 a.m. - 2 p.m., gym
<u>APRIL 13</u>	Game Night, 7 - 8:30 p.m., rec room
<u>APRIL 15</u>	STTI Spring Scholarship Evening, 5 - 8 p.m., Capital University
<u>APRIL 26</u>	SNAM meeting, noon

## Graduating Student LUNCHEON

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

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

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

Continued on page 2...

## RECORD NUMBER *of Students Celebrate Completion of the Second Degree Accelerated Program in 13 Months* cont'd

And they did, with two awards of \$500 each given to members of the class of 2010: **Shannon Candio** and **Cristen Durbin**.

The basis for the award is caring leadership. "There are many awards based on scholarship. We wanted our award to be based on a commitment and ability to perform in a manner consistent with the caring and compassionate components of our nursing education at MCCN," said Small.

**Shannon Candio**, stated that, if accepted to the SDAP, she would "use her nursing degree to support mission trips to foreign countries such as Haiti, where many children do not have so much as a warm bed to sleep in or even a roof over their head." Little did she know how prescient her words would be. While a student, Candio was also a patient, when she experienced a trans-ischemic attack (mini-stroke). Candio will use the grant to pay medical bills and to travel to Haiti to "give back the wonderful gifts that she has been given: grace, knowledge and health."

**Cristen Durbin** stated in her application that she had "a desire to make a difference in the world" and entered the SDAP program "in a quest to bring positive energy into people's daily lives." She defines caring leadership as "a desire to be of service to others in a manner that encompasses authenticity, acceptance and being truly present in each situation, thereby offering her best self while creating full human connections with her patients as well as with those with whom she works."

Participating in this year's selection committee were **Sara Shaffer** and **David Small** (SDAP class 2007-08) and **Laurie Miller** (SDAP class 2008-09). There are no requirements for use of the grant; it is intended to offset the tremendous debt many of the SDAP students typically have after completing the program.

### Second Degree Accelerated Program: Class of 2010

Kwaku Aboagye	Amy Fiala	Hollie Munn
Elizabeth Andrews	Laura Flyr*	Shannon Murphy*
Jessica Andrews*	Jessica Garner*	Savannah Nelson
Dustin Arnold	Alicja Griffith	Andrew Nemeth*
Aba Arthur	Debbie Halsey	Danielle Phares
Brianne Barrett*	Corey Hamilton	Chad Pope
Mario Bianconi	Derek Harris	Alyssa Pratt
Carrie Brady	Amber Hay*	Abby Quinter*
Phyllis Briggs	Susan Heng	Loretta Raiford
Arlene Bulanon	Jay King	Maryan Roble
Erin Cairns*	Kara Kirkendall*	Donald Root
Shannon Candio*	Eleonora Kofman	Wesley Sharp
Lora Chetel	Robin Konrad*	Sagal Shirdon
Kristin Circle	Leonid Levertov*	Margaret Smalley
Jared Collins*	Jeffrey Makley	Rachel Steele*
Shawna Cornell*	Elizabeth Manos*	Sarah Terrigno*
Michelle Corwin*	Ashley Marshall	Sarah Travis*
Jennifer Deley	Katherine McCann	Cassandra Wilkin*
Cristin Durbin*	Travis Minzler	Abby Willis*
Mikaela Ebitz	Laura Mitchell	Anne Wood
Jeremy Elder	Cara Mowrey	

*\* Members of Sigma Theta Tau International Nursing Honor Society*

## SKILLS LAB: *MCCN's Reality Show*



**Kathy Walters, MS, RNC, NNP-BC**, Assistant Professor, (the "patient" on the right) and **Stephanie Kettendorf, MS, RN, CNS, NCBF**, Instructor, demonstrating proper patient bathing technique for students in the Skills Lab.

*For nursing students*, what could be more real than caring for patients? Stepping into that role requires preparation and practice.

The goal of the skills lab is to simulate as much as possible the reality of caring for patients. To achieve that goal, the skills lab faculty constantly introduces innovative ways for students to practice procedures before they go to clinical.

"Our goal is to provide a real sense of the patient's environment. Recently, we had the students bathe each other, something done a long time ago," said Course Coordinator, **Denice Taylor, RN, MSN, CNP, CWOCN**. "Faculty are reviewing the computer nursing documentation that correlates to the concept being taught."

Taylor credits the Skills Lab accomplishments to a "great" current faculty: **Stephanie Kettendorf, MS, RN, CNS, NCBF**; **Pam Miller, MSN, RN**; **Bonnie Moses, MS, RN, CNRN**; and **Kathleen Walters, MSN, NNP**; as well as faculty new to the sophomore level: **Fatma Al-Lamki, MSN, RN**; **Iris Freisner, BSN, RN**; **Amanda Gillespie, MSN, RN**; **Kim Greene, MSN, FNP, RN**; and **Rhonda Taylor, BSN, RN, MHSA**.

## Fighting DEPRESSION *in the Recession*

Depression is frequently in the news lately, as the current recession can take an emotional toll along with the financial impact. Keep an eye out for signs of depression, and don't let symptoms mount before seeking treatment, such as counseling. A recent article in *The Columbus Dispatch* cites a study that "appears to support counseling as a first-line treatment for depression."

Resist slipping into catastrophic thinking ("We'll never climb out of this."). Instead, deal with each day as it comes. Plan steps and strategies to regain a financial foothold, and reflect on past successes in overcoming adversity.

Feared events, if they come, are usually accompanied by solutions or choices associated with their resolution. Using this resilient mind-set helps reduce fear, and it allows you to feel more in control and less stressed. It also models resilience to those you love.

### Counseling Available On-Campus

Here at MCCN, **Judy Bischoff, MA**, a Licensed Professional Clinical Counselor-Supervisor who works with adults, adolescents, couples and university students, is on campus to serve the College community every Monday, 12:30-4:30 p.m., in CLE #0119 at the end of the hall/basement level.

Those who wish to make an appointment with Bischoff can contact her at 614-546-3322 or [jbischoff@mchs.com](mailto:jbischoff@mchs.com). All appointments are strictly confidential.

## Save the Date! SPRING FESTIVAL

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

With

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

## Degree AUDITS

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

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

## SUMMER Session 2010

A limited number of summer courses will be offered. Note: summer enrollment in sophomore nursing courses is restricted to students accepted into the Summer Advanced Placement Program and is not open to the general student population.

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

## Affiliated Course SCHEDULE

Any student taking a winter quarter or spring quarter class at one of our affiliated institutions (Columbus State Community College or The Ohio State University) is required to submit a copy of his/her course schedule to the MCCN Records and Registration Office (Marian Hall, Room 201).

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

## REVISED Smoking Policy

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

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

## Activities at Ohio Dominican University

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

### Student Life Coming Attractions

Date	Event	Location	Time
Wednesday, February 10	Student Dinner (Sloppy Joes)	Rec Room	7 - 8:30 p.m.
Tuesday, February 16	Fat Tuesday	Lobby	9 a.m. - 1 p.m.
Tuesday, February 16	Game Night	Rec Room	7 - 8:30 p.m.
Wednesday, March 17	St Patrick's Day Dance Party	Gym	7 - 10 p.m.
Monday, March 22	Dogs on the Patio	Patio	11 a.m. - 2 p.m.
Monday, April 5	Spring Festival	Gym	10 a.m. - 2 p.m.
Tuesday, April 13	Game Night	Rec Room	7 - 8:30 p.m.

### Student Party @ the Wex\*

\*the Wexner Center on the OSU campus

Fri, February 19 • 6 - 10 p.m. • It's all Free!

Join students from colleges and universities across Central Ohio for a fun night of sports themed art and food. Explore the world of sports as seen by the contemporary artists in the Wexner Center's *Hard Targets* exhibition. Take a tour of the show, make your own pennants, "draw" with sports equipment, play video games and enjoy pizza, refreshments and desserts throughout the evening.

Free transportation for MCCN students will be provided. Visit the Student Life Office in room 404, Marian Hall, to sign up.

## MONEY Matters

### FAFSA Tips and Common Mistakes to Avoid When Applying for Student Aid\*

\*Adapted from NASFAA 1/13/2010 posting

The best way to complete the [Free Application for Federal Student Aid \(FAFSA\)](#) is early and online. The FAFSA is primarily designed to assess eligibility for federal student aid, but for many states and colleges, it is also used to determine eligibility for nonfederal student aid funds. Remember that there are sometimes early deadlines for nonfederal student aid and limited funding for some types of nonfederal student aid. Turning your FAFSA in early could earn you limited nonfederal aid funds that may not be available if you delay. Any errors you make when filling out the FAFSA could delay your application.

Completing your taxes early will help you get a jump on the FAFSA, because you'll need that information to complete the FAFSA. You can estimate the amounts using data from previous tax years, **but you'll need to correct the amounts on the form later by going to the corrections page on the FAFSA Web site.**

If you apply online, your application will be processed faster and will likely be more accurate because the FAFSA website is designed to catch common errors. The online application also provides [worksheets](#) that will calculate amounts and enter them into the field for you. It also allows you to skip questions that are not relative to your unique situation. You can save and continue the FAFSA at any time online and then sign your application electronically using a personal identification number (PIN), which you can get from the Federal Student Aid PIN website.

Making mistakes on your FAFSA could delay your application and possibly make you lose out on some financial aid. The most common errors people make are listed below. As you complete the FAFSA try to avoid these errors.

- **Leaving blank fields** — enter a '0' or 'not applicable' instead of leaving a blank. Too many blanks may cause miscalculations and an application rejection.
- **Using commas or decimal points in numeric fields** — always round to the nearest dollar.
- **Listing incorrect Social Security number or driver's license number** — check these entries and have someone else check them too. Triple check to be sure.
- **Entering the wrong federal income tax paid amount** — obtain your federal income tax paid amount from your income tax return forms, not your W-2 form(s).
- **Listing Adjusted Gross Income as equal to total income** — these are not the same figure. In most cases, the AGI is larger than the total income. This mistake is particularly common.
- **Listing marital status incorrectly** — only write yes if you're currently married. They want to know what your marital status is on the day you sign the FAFSA or Renewal FAFSA.
- **Listing parent marital status incorrectly** — the custodial parent's marital status is needed; if they've remarried, you'll need the stepparent's information too.
- **Leaving the question about drug-related offenses blank** — If you're unsure about something, find out before you submit your FAFSA instead of leaving it blank. A conviction doesn't necessarily disqualify you from getting aid.
- **Forgetting to list the college** — obtain the Federal School Code for the college you plan on attending and list it — along with any other schools to which you've applied.
- **Forgetting to sign and date** — if you're filling out the paper FAFSA, be sure to sign it. If you're filing electronically, be sure to obtain your PIN from [www.pin.ed.gov](http://www.pin.ed.gov). Your PIN is your electronic signature and will always be assigned to you only.
- **Entering the wrong address** — your permanent address is not your campus or summer address.
- **Sending in a copy of your income tax returns** — you will be contacted if your information needs verification; you don't need to send a copy of your tax returns in with your application.

#### Additional Tips

Much of the financial information you need to provide is on your tax forms. Completing your taxes early can make the application process easier because you'll have the financial information you need in one place. You can estimate your financial information using previous tax years and correct the amounts on the form later by going to the corrections page on the FAFSA Web site. If you are not required to file taxes, you still have to fill out a FAFSA to get financial aid.

#### Here is a list of materials that will help you complete the FAFSA:

- Your Social Security number (can be found on Social Security card)
- Your driver's license (if any)
- Your W-2 forms for the previous year and other records of money earned
- Your (and your spouse's, if you are married) most recent Federal Income Tax Return — IRS Form 1040, 1040A, 1040EZ, 1040Telefile, foreign tax return, or tax return for Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, the Marshall Islands, the Federated States of Micronesia
- Your parent's Federal Income Tax Return for the previous year (if you are a dependent student **as defined by federal criteria**)
- Your current bank statements
- Your current business and investment mortgage information, business and farm records, stock, bond, and other investment records
- Documentation that you are a U.S. permanent resident or other eligible non-citizen.

Filling out the Pre-Application Worksheet will help you collect and proofread the information for your application before you submit it. There are resources available if you decide you need assistance filling out the FAFSA, check the [FAQ section on the FAFSA website](#), or call the Federal Student Aid Information Center at 1-800-4-FED AID (1-800-433-3243). Financial aid administrators across the country also participate in free FAFSA events to help applicants fill out the form accurately. Look for a FAFSA event in your area to get free, professional assistance to fill out the FAFSA.

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

## Chaplain's CORNER

By Pete McClemon, College Chaplain

*Lent is coming* — Ash Wednesday is February 17. This year — thanks to the inspiration of *Colleen Cipriani* — the Mount Carmel College of Nursing family — students, faculty and staff — are invited to make this Lent a profound experience of solidarity with the millions of people who live their lives in utter poverty. We are invited to **TAKE THE POVERTY CHALLENGE**. Watch your email and see the adjacent article for details of this powerful way to journey through Lent. Each week, suggested activities will guide us in a walk in the shoes of the poor of the world.

On Ash Wednesday, February 17, at 12:10 p.m., we will meet in the College lounge to begin Lent with the Christian tradition of blessing ashes and having ashes put on our foreheads as a sign of our desire to improve the spiritual side of ourselves — and this year as a sign of our desire to affiliate in a very real way with the lives of the poor in the world. Our prayer service on Ash Wednesday will be our public commitment to accept The Poverty Challenge.

This Poverty Challenge — as you will read elsewhere — is not going to be easy to do; but there is no doubt that — if we participate wholeheartedly in it — we will come out of Lent changed people: changed in heart and changed in mental attitude.

*Happy Lent!*

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

**PRESIDENT:** Sarah Eichhorn (Senior)

**VICE PRESIDENT:** Emily Lust (Junior)

**SECRETARY OF RECORDS:** Angela Snider (Senior)

**TREASURER:** Leah Lewis (Senior)

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

#### SENIOR CLASS REPRESENTATIVES

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

#### JUNIOR CLASS REPRESENTATIVES

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

#### SOPHOMORE CLASS REPRESENTATIVES

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

\*Fairfield Medical Center SGA representative

#### FRESHMAN CLASS REPRESENTATIVES

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

#### ADVISOR

**Colleen Cipriani**

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

## Save the DATE!

Nurse Night 2010 with the Columbus Blue Jackets will be on Friday, March 19, more information to follow soon.

## Senior Spotlight on CRYSTAL GOODS



During spring semester, *The Carmel Rapper* will highlight members of the class of 2010.

**Rapper:** Why did you decide to become a nurse?

**Goods:** I wanted to help take care of people.

**Rapper:** Why did you choose MCCN?

**Goods:** I liked it was specifically a "College of Nursing."

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

**Goods:** Highest point — the ah-hah moments! After four years of nursing school, I am finally able to put all the pieces together, and applying it on the clinical floor. Low point — senior-it-is! By now, I'm just ready to be done with school!

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

**Goods:** Secretary of Public Relations of SGA and Student Ambassador

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

**Goods:** Working at MCW, 3T (Oncology/Palliative) and church — I love me some Jesus!

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

**Goods:** So far, my plans are to move to Chicago and pursue my dreams of being a nurse on an oncology or med-surg floor. Eventually, I would like to work in ICU. My overall goal is to gain as much experience possible to facilitate my dream of missions. Ultimately, I would like to go back to school to get my nurse practitioner — and perhaps become a clinical instructor! I have many, many plans for my future!

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

**Goods:** Read the book! To my surprise, the answers really are there! Also, always start a new class with an open mind; never let critiques obscure your perception.

## Senior Spotlight on SARAH EICHHORN

**Rapper:** Why did you decide to become a nurse?

**Eichhorn:** I have always wanted to be a nurse. It is the only thing I ever dreamed about growing up to be. So it wasn't really a choice but a dream.

**Rapper:** Why did you choose MCCN?

**Eichhorn:** I wanted a small school where I was directly admitted into the nursing program. I wanted to know that all my classes were directed toward becoming a nurse.

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

**Eichhorn:** Both the low and high points for me are being exposed to so many different types of nursing, while still not able to choose the one nursing field I want to enter the most. It is wonderful to have several different experiences through clinical and shadowing.

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

**Eichhorn:** Its Abuse Campaign, indoor and outdoor soccer, dorm game night, Student Government activities, Variety Show, Student Ambassadors

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

**Eichhorn:** I keep busy through work and student activities. I work as a float PCA at MCW, and I also work in the interlibrary loan department at the Health Sciences Library. I am President of the Student Government Association (SGA), Student Ambassadors, as well as Senior Class President. In SGA, I serve on committees, such as the Events Committee, the Library Committee, Its Abuse Committee, Mutual Respect Committee, and the Senior 50-day Dinner Committee.

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

**Eichhorn:** I plan to find a job on a med-surg floor. I am interested in enterostomal therapy, and possibly rehab, but I am unsure where I will end up. I plan on waiting a couple of years before I decide if I want to go for a FNP license or not. In the future, I am also interested in being a nursing instructor part-time.

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

**Eichhorn:** College is what you make of it; multitasking is important, but students must know their own limits and when to put aside the multitasking to put their entire focus on something that is truly important and matters.



Mount Carmel College of Nursing

## Annual BLACK HISTORY MONTH Celebration

Monday, February 15, 2010

Twelve Noon

The College Lounge

Guest Speaker

Yvette McGee Brown

Founding President

Center for Child and Family Advocacy

Nationwide Children's Hospital

Current Democratic Candidate for

Lieutenant Governor for the State of Ohio

At 32, Yvette was the youngest person elected as a judge in Ohio and the first African American to serve on the Franklin County Court of Common Pleas/Division of Domestic Relations/Juvenile Court.

McGee Brown is a native of Columbus and a graduate of Ohio University and the Ohio State University Moritz College of Law. She holds honorary degrees from Ohio Dominican University and Mount Carmel College of Nursing.

Also featured:

The spiritual musical renditions of **Pete McClernon** and **Denice Taylor!**

Refreshments served.

RSVP to **Kathy Espy** at [kespy@mchs.com](mailto:kespy@mchs.com) or 234-5276.

## NURS 408 Clinical Preferences

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

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

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

Questions? Email **Ann Waterman** with N408 in the subject line: [awaterman@mchs.com](mailto:awaterman@mchs.com).

## ATTENTION Breastfeeding Moms

If you are in need of a private place to pump breast milk, you are welcome in the Mother/Infant Unit in Mount Carmel West Hospital, located on 6S/6W. Questions? Contact **Colleen Cipriani** at 614-234-5868 or [ccipriani@mchs.com](mailto:ccipriani@mchs.com).

Pete and Colleen's Lenten Invitation

## Join Us in Taking the POVERTY CHALLENGE!

Instead of repeating a symbolic gesture (e.g. giving up chocolate) this Lent, why not live and work in solidarity with those who enter this Lent in poverty? You can do this by joining Chaplain **Pete McClernon** and Director of Student Life **Colleen Cipriani** in taking the Poverty Challenge. You may come to an unusual conversion through the challenges that face the poor. Consider accepting one challenge for each week of the five weeks of Lent.

**Week 1. Be Conscious of the Purchases You Make Each Day.** For the first week of Lent starting on Sunday, simply record all purchases in a journal each day. Leave nothing out. Make it fun by starting with a guess about how much you will spend. Why do this? Reason #1: To know what it means to live as someone who has to keep close track of every dollar. Some folks have to be careful to avoid coming up short of money at the end of the week or end of the month. For those living in poverty, running out of cash can be disastrous. More and more people know what it means to be forced into debts that carry exorbitant fees and interest rates to obtain the essentials of life. Reason #2: Studies have proven that you will spend less by the end of Lent (which gives you a chance to devote some money to help those in need). Take this first step on the first Sunday of Lent.

**Week 2. Avoid Borrowing for Any Reason from Anyone.** Spend the week in solidarity with those who have no one from whom they can borrow money. The poor learn the hard way that borrowing is a luxury that they simply cannot afford. Many who live in poverty are just one or two unanticipated expenses from being homeless, once they start borrowing. For those who want to go further, refrain from using credit cards as these represent just one form of borrowing that the privileged take for granted. Take the second step in a journey of solidarity by not borrowing any money for any reason this week.

**Week 3. Give Up Something.** Pick something that you presume to need (e.g., use of a credit card, computer or television at night). Journal about what happens to your mood and attitude toward others if you lose access to something that you take for granted. This might be a cell phone, a breakfast food, or an mp3 player. Many of us take texting, favorite drinks, and transportation with a car for granted. People who are poor cannot jump in a car, communicate with friends at a moment's notice or grab a soothing beverage on the way home. How does this affect our ability to empathize with people who cannot afford such "luxuries"?

**Week 4. Reflect on Your Experience.** Look back to your guess on how much you would spend in the first week and compare it to what you have recorded. At this rate of spending, how many days would you be able to manage if you only had a minimum wage job? Review what you have given up and how it affected you.

**Week 5. Reflect or Talk to Others about Your Experience.** Take time to journal or discuss all that has happened to you so far this Lent. How has it affected what you hear in the Gospel? Discuss it with others that you trust. How has this challenge changed your view of those who face the challenge of poverty?

On Monday, March 29, noon – 1 p.m., in the Rec Room, there will be a meeting for those who took the challenge and would like to discuss their experience with us. Lunch will be provided! **Anyone interested in joining the Poverty Challenge, please email [ccipriani@mchs.com](mailto:ccipriani@mchs.com).**

## The Carmel RAPPER

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

**Managing Editor:**  
Robin Hutchinson Bell

**Editor:**  
Elaine Kehoe

Deadline for information is every other Monday at noon.

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



MOUNT CARMEL  
College of Nursing

# Rho Omicron MEMBERSHIP LUNCHEON



From l-r: **Elizabeth Manos, Jessica Andrews, Erin Cairnes, and Jared Collins**



Guest speaker **Kay Ball, PhD, RN, CNOR, FAAN**



From l-r: **Pat Skunda, RN, BSN and Kathy Anderson, RN, BSN**



From l-r: **Kara Reynolds, Alana Swett, and Tristen Green**



From l-r: **Shannon Murphy, Rachail Steele, Shannon Candio, and Laura Flyr**

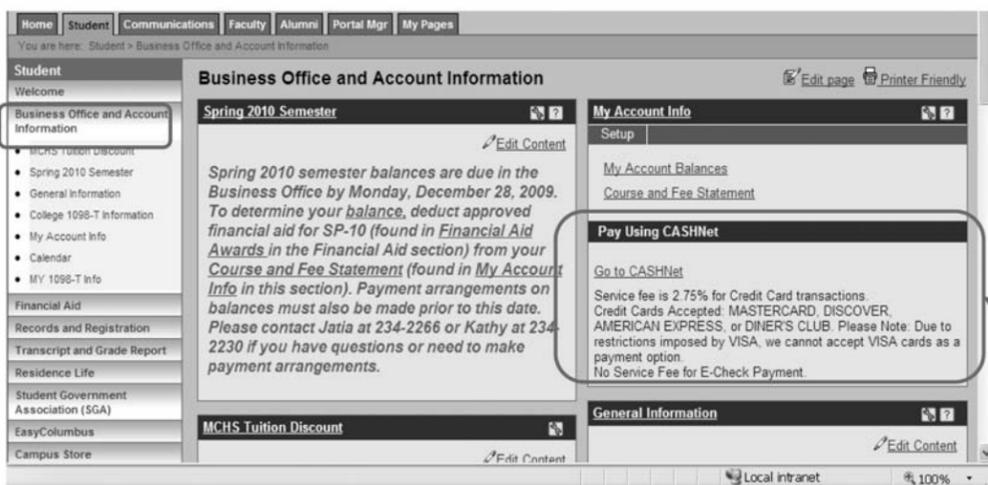
## Business Office NEWS

### Online Payments and Electronic Refunds Are Here!

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

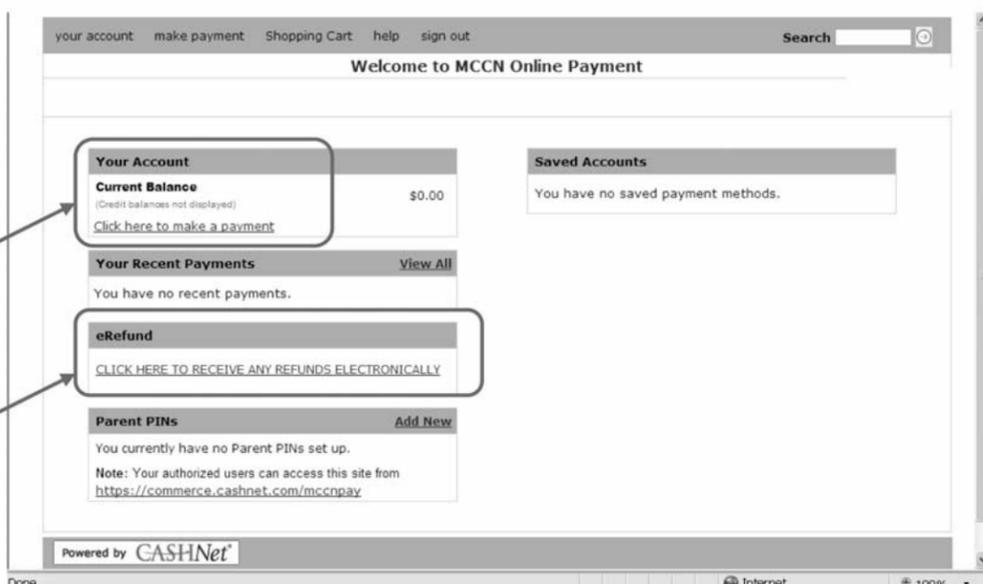
Students now have the ability to make payments on accounts electronically by using the CASHNet option under the Business Office tab of CARMELink. Credit cards or electronic checks (ACH) can be processed without the need for students or parents to call or come into the office. Mastercard, Discover, and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

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



Click on Business Office and Account Information

Click to access electronic payments and refunds



Click to make an ACH or credit card payment

Click to enroll in electronic refunds

### 2009 1098-T Form Information

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

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

## LIBRARY

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

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

## Downtowners Campus Ministry EVENTS

The Downtowners Campus Ministry is happy to invite MCCN students to join us in service:

- 1) The Soup Kitchen of Holy Family, 57 S. Grubb St., off West Broad Street within walking distance of the College
- 2) The YWCA Shelter for homeless children and families, 5th and Leonard, five minutes from downtown
- 3) Teaching English as a Second Language at the Dominican Learning Center, 1111 Stuart Ave. in the south end of Columbus
- 4) The Free Store at the People's Church, Parsons Ave. near downtown
- 5) The St. Lawrence Haven Food Pantry, 204 S. Fifth St. at Holy Cross Church downtown near Franklin University

The Downtowners has received a grant whereby students serving the city's needs — the residential, street, working poor — receive a modest stipend for books and supplies that will give some relief to the financial stress of being a student. The additional benefit of serving the poor of our city is priceless!

The program includes weekly service of one hour. If in a given week you serve two hours, then you can skip the following week, if the place you are serving will not depend upon you. Students have found that weekly is more efficient in connecting with the people.

The grant requires that students in the program keep a journal reflecting on connecting your service experience with your faith tradition. If you have no faith tradition, you are most welcome to bring traditions that you treasure: family that inspires you to care for others, for example. If you are of traditions, such as Baptist, Catholic, Episcopalian, Lutheran, Presbyterian, Methodist, etc. or non-denominational or Jewish, Hindu, Islamic traditions, please write how your tradition influences you to serve.

Service begins the week of February 8 and ends the week of April 19, when we will meet at Faith Mission on Long Street on Thursday, April 22, pray with the homeless men there and serve dinner to them (6:30 - 8 p.m.). Then you will turn in your journals and receive your stipend.

If you are interested, please email me at [coshp@mac.com](mailto:coshp@mac.com). We hope several MCCN students can participate. Many students have given wonderful talent and care to others and received much in return through their giving.

Gratefully,

Dr. Ellen O'Shaughnessy (Dr. O), Executive Director / Campus Minister  
The Downtowners Campus Ministry  
404 S. Third St.  
Columbus, Ohio 43215  
(614) 224-1155  
[www.downtownersministry.org](http://www.downtownersministry.org)

## Next FREE Student Dinner

Wednesday, February 10, 7 - 8:30 p.m.  
Sloppy Joes will be the main menu item.

## Spring 2010 Term I FINAL EXAM SCHEDULE

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

## GRADUATION Countdown

This is the first in a series of details highlighting key information graduating students need to know before May Commencement. Check this update for important deadlines and suggestions to keep your path to graduation on track.

- Complete your Community Service Program requirement and submit documentation to **Mary Nibert**.
- Attend the graduation luncheon on **Monday, March 15**, where details about Commencement, Undergraduate Pinning, graduation photos, the NCLEX-RN application, and other details will be discussed. In addition, there will be a time for questions and answers.
- Visit the Jostens representative who will be on campus **March 15** to display various graduation items. Stop by the Marian Hall Lobby after the luncheon to see the Jostens display.
- Prepare for the National Council Licensure Exam-Registered Nurse (NCLEX-RN) that will measure your competency to perform as a registered nurse and is required for entrance into the profession.
- Prepare for graduation events:
  - Undergraduate pinning will be Friday, May 7, at 7 p.m.
  - Commencement will be Saturday, May 8, at 1 p.m.
- Both events will be held at the First Church of God, 3480 Refugee Road.
- Update your degree audit to make sure you are on track to complete all graduation requirements. Pre-licensure students contact Records and Registration; RN-BSN and master's students contact **Kip Sexton**, Program Coordinator.



## Call for POSTERS

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

### "Call for Posters" to the MCCN community

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

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

### Expectations for Poster Presenters:

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

### Poster abstracts must include:

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

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

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

**Email address:**  
barker.203@osu.edu

## Mount Carmel College of Nursing Bids Farewell to DR. JOANNE STEVENSON

### MEMORIAL SERVICE OF CELEBRATION IN MEMORY OF DR. JOANNE S. STEVENSON

Monday, February 15, at 2 p.m.  
MSB Auditorium

We invite Dr. Stevenson's colleagues at MCCN and OSU, and anyone interested in honoring Dr. Stevenson to join us.

Contributions in honor of Dr. Stevenson may be made to a Mount Carmel College of Nursing scholarship fund established in her memory, to be awarded to a graduate student who has an interest in nursing research. Please forward your donation to **Jan Burkey**, Director of Development at MCCN.

## Campus MINISTRY Activities

### Spring Semester 2010

#### CAMPUS MINISTRY — ONGOING ACTIVITIES:

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

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

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

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

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

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

## SNAM News

### Schedule of SNAM Activities

**February 8:** American Red Cross Blood Drive, 9 a.m. – 3 p.m., gym

**February 22:** SNAM Meeting and Elections

**March 22:** SNAM Meeting

**April 7 -11:** NSNA Annual Convention in Orlando, FL

**April 26:** SNAM Meeting

### SNAM Sponsors Blood Drive

**American Red Cross Blood Drive Today, February 8**

**9 a.m. – 3 p.m., in the gym**

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

## Mount Carmel College of Nursing SKI CLUB

### Trip to Snow Shoe in West Virginia

February 20 & 21

**Deadline to Register:**  
Saturday, February 12

Call **Del Enderle** at 740-572-2807 for cost/other information