

# carmel the Rapper

MAY 14 2012

MCCN news & information



MOUNT CARMEL  
College of Nursing

## Celebrating Commencement 2012



**Congratulations to** our BSN graduates, RN-BSN completion graduates, and master's graduates who celebrated with friends and family at Pinning on May 4 and Commencement on May 5, 2012.

"May 2012 marked the largest number of students we have had walking at Commencement," said **Karen Greene, BS**, Director, Records and Registration.

Carrying the symbolic mace and leading the pomp and circumstance was this year's Faculty Marshal, **Catherine Maurer Baack, MS, RN-BC, CNS**, Assistant Professor and senior class advisor. Our thanks to Dr. Gene Harris, Superintendent of Columbus City Schools, who delivered the Commencement address.

At Commencement, **Andrew Paul Cordek** received his commission as a Second Lieutenant in the United States Army.

# Congratulations!

Newest MCCN alumni (l-r): **Elizabeth Needham**, **Jeremy Cadwell**, and **Catie Rose**.

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## Dates to Remember

<b>May 7</b>	Summer session begins
<b>May 7-9</b>	ATI comprehensive review for graduation
<b>July 27</b>	Summer session ends
<b>August 10</b>	New FA 12 Student Orientation Day #2 (attendance required)
<b>August 13</b>	Fall semester begins
<b>August 20</b>	Convocation
<b>August 27</b>	Ohio University Fall Semester begins
<b>September 3</b>	<b>Labor Day (holiday)</b>

### Mark Your Calendars!

## Mount Carmel College of Nursing 2012 Convocation

Monday, August 20, 3 p.m.

(Students must arrive by 2:30 to sign in)

First Church of God  
3480 Refugee Road

Columbus, Ohio

- This event is mandatory for all undergrad students, staff and faculty. Masters and RN-BSN students are not required to attend.
- Professional attire required.
- Academic regalia required for faculty.

Scholarship recognition activities WILL NOT be part of Convocation, but will take place as a separate scholarship awards ceremony later that evening at the College. The evening event will be attended by scholarship recipients and donors only. Scholarship awardees will be notified via letter and/or e-mail by the Office of Financial Aid prior to the event (by mid July), so that they may make arrangements to attend the dinner.

Questions? Contact **Brenda Binkley** at [bbinkley@mccn.edu](mailto:bbinkley@mccn.edu).

## Commencement 2012 *cont'd*

### Pinning and Recognition Ceremony Features Accomplishments

**GRADUATE AWARDS** presented at the Pinning & Recognition Ceremony

#### Clinical Excellence Award

The *Clinical Excellence Awards* were presented to **Katharine Hostetler** and **Cora Arledge**, voted by the faculty, as most consistent in outstanding achievement of clinical objectives throughout the program.

#### Leadership Award

The *Leadership Awards* were presented to **Colleen Brigit Duggan** (master's), **Judith Brown** (RN-BSN), and **Lauryn Brooke Dawley** (undergraduate). These awards are bestowed on the students, voted by the faculty, who demonstrate high scholastic achievement, leadership, creative contributions beyond degree requirements, commitment to diversity, and outstanding service to the community.

#### Lamp Award

The *Lamp Award* was presented to **Nicole Ward**. This award is bestowed on the student, 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

The *Humanitarian Award* was presented to **Brooke Waddell**. This award is bestowed on the student, voted by peers, who has demonstrated outstanding participation and leadership in promoting community service and a commitment to equity and diversity within the College and the community.

#### Inspiration Award

The *Inspiration Award* was presented to **Katharine Hostetler**. This award is bestowed on the student, 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.

At Pinning, the proclamation was delivered by **Akeela Bowens** and **Ashley Degoey**; the welcome by Senior Class President **Brooke Waddell**; the opening prayer by **Christian Graves** and **Mandy Osae-Attah**; the Scripture reading by **Kayla Munk** and **Aaron Powell**; and the Nurse's Prayer by **Andrew Cordek**.

#### Thanks to the Student Ambassadors who assisted at the events:

Jenna Arnold	Katherine Garmann	Jenna Johnston	Rachael Ruppensburg
Ebonee Caldwell	Lucas Halliday	Emily Korn	Wes Steiger
Kathleen Coleman	Sarah Hanson	Margot Lutz	
Renee Dicke	Zeb Homan	Erika Robertson	

#### Members of the class of 2012 who have been inducted into Sigma Theta Tau International Honor Society of Nursing Rho Omicron Chapter

Stephanie L. Alley	Samantha S. Gillogly	Abbey Lynn Morris
Cora Ann Arledge	Lisa Louise Tresemer Gocha	Melissa Danielle Myers
Danielle Renaa Atkinson	Christian Janee' Graves	Danielle Kaitlin Ramsey
Melissa McClurg Bean	Jaclyn R. Hampton	Andrea Marie Ratermann
Ashley N. Berberick	Hillary Ann Hocking	Samantha Dell Ritchie
Stephanie Danielle Binkley	Katharine Alana Hostetler	Sarah E. Roethele
Calina Marie Boggs	Erin Michelle Howlett	Katelyn Ann Rose
Megan Burns	Allison Marie Jacobs	Rebecca Grace Schaeffer
Andrea Grace Corcoran	Cassandra Mary Karingad	Julie Anna Simmons
Alysha Marie Curry	Lacey Aileen Lauer	Lauren Margaret Tucker
Ashley D'Agostino	Rachel E. Lithgo	Caitlin Solrun Vance
Kelly Lynn Dickinson	James Joseph Martineau	Brittany Ann Watterson
Lea Marie Diroff	Marlee McAndrew	Jennifer Eileen Wells
Emily Forgrave	Emily Metzger	Alison Kay Wenning
Marissa Anne German	Anita M. Mitchell	Lisa Carrie Werner

# Commencement 2012 *cont'd*

## CANDIDATES FOR THE MASTER OF SCIENCE (MS)

Danielle Renaa Atkinson  
Misty Dawn Barker  
J. Jacob Biedenbach  
Brittany Nicole Davies  
Colleen Brigit Duggan  
E. Suzanne Gibson  
Caroline M. Powers  
Rebecca Lynn Sears  
Cortney Marie Seymour  
Mary Kathryn Yoder

## CANDIDATES FOR THE BACHELOR OF SCIENCE IN NURSING (BSN) RN-BSN COMPLETION PROGRAM

Daniel M. Abbey  
Judith M. Brown  
Latanya Marie Butler  
Alexsia Cleveland  
Korinne Marie Cline  
Cecilia Sargent Daberko  
Erica Beth DeWitt  
Kahla Lee Gagne  
Michelle Marie Gleich  
Boyce L. Isabel  
Nichole L. Kahler  
Leticia Hellena Kelley  
Keeley Marie Kent  
Nicole Ann Kulavick  
Deborah Marye Kutasy  
Mia Elizabeth Lingafelter  
Joshua Ndematebem  
Pamela Tegemah Nkwenti  
Barbara Phillips  
Raejeanne Beth Powers  
Angela Christine Tudor  
Deborah Waugh  
Veronica L. White  
Victoria A. Wildermuth  
Della Marie Woodgeard

## CANDIDATES FOR THE BACHELOR OF SCIENCE IN NURSING (BSN) PRE-LICENSURE PROGRAM — MCCN-FAIRFIELD MEDICAL CENTER

Cora Ann Arledge  
Barbara Allison Barnhart  
Ashley Nicholle Belasco  
Mackenzie Ann Crum  
Alysha Marie Curry  
Ashley Nicole DeGoey  
Emily Forgrave  
Melissa Allison  
Hardgrove  
Jeremiah W. Ignaszewski  
Diana Dee Lape

Katelyn Large  
Anita M. Mitchell  
Brittany Leigh  
Wasmus  
Brittany Ann  
Watterson

## CANDIDATES FOR THE BACHELOR OF SCIENCE IN NURSING (BSN) PRE-LICENSURE PROGRAM — MCCN-COLUMBUS MAIN CAMPUS

Kristine Elizabeth Adams  
Stephanie L. Alley  
Carolyn Elese Apple  
Katelynn Mary Baker  
Melissa McClurg Bean  
Krista Michelle Belcher  
Casie Lee Belville  
Ashley N. Berberick  
Stephanie Danielle Binkley  
Calina Marie Boggs  
Akeela Danielle Bowens

Paul D. Brewer  
Erin Nicole Burke  
Ashli Tyler Burkett  
Megan Burns  
Allison Marie Butte  
Jeremy C. Cadwell  
Stephanie Carl  
Colleen Marie Cavin  
Kacie Lynn Collier  
Meredith Lane Conine  
Andrea Grace Corcoran  
Andrew Paul Cordek  
Melissa Dawn Cox  
Kate Victoria Culbertson  
Chelsi Cummings  
Michelle Lynne Curran  
Ashley D'Agostino  
Heather Marie Daniel  
Donnay J. Davis  
Lauryn Brooke Dawley  
Shawn Michael Deats  
Eileen Marie Defenbaugh  
Heather Rose Deitering  
Nicole Lynn Dewey  
Kelly Lynn Dickinson  
Lea Marie Diroff  
Lori Ann Distelhorst  
Kirstie Elizabeth Dixon  
Chyna Doll Dolman

Molly Elizabeth Draher  
Brandon Nichole Drake  
Danyell L. Durbin  
Caitlin Mary Dutiel  
Nichole C. Eilerman  
Kimberly Kathryn Elgin  
Danielle Elizabeth Elliott  
Elizabeth Jan Ellis  
Heather Nicole Fabian



Heather Marie Feck  
Austin J. Fields  
Kristina Marie Gallo  
Courtney Anne Gary  
Marissa Anne German  
Samantha S. Gillogly  
Lisa Louise Tresemer Gocha

Katelyn Elisabeth Graham  
Christian Janee' Graves  
Ashley L. Gruen  
Jaclyn R. Hampton  
Stephanie Diana Harris  
Brooke Emily Helser  
John Christopher Hickey  
Hillary Ann Hocking  
Kelsey Marlene Horton  
Katharine Alana  
Hostetler  
Erin Michelle Howlett  
Allison Marie Jacobs  
Danielle Kristin Jenkins  
Sara Theresa Jordan  
Cassandra Mary  
Karingada

Sara Brasse Kemerley  
Kathleen Marie Kenney  
Kylie Yvonne Knowlton  
Allison J. Kusneske  
Lacey Aileen Lauer  
Rachel E. Lithgo  
Hannah Gayle Little  
Jill Christine Lytton  
Amy Elizabeth MacAdam  
Lori J. Magyar  
James Joseph Martineau  
Andrea Helen Marx  
Ashley Marie Mashchak  
Michael G. Mastriana  
Meena Mathew  
Alexandria K. Mathewson  
Marlee McAndrew  
Kyle James McMichael  
Emily Metzger  
Jennifer Marie Michael  
Renee Christine Miller  
Tiffany Lynn Mindigo  
Camielle S.J. Mitchell  
Magdalene Morbitzer  
Abbey Lynn Morris  
Kathleen Marie Morris  
Kayla Jealea Munk  
Melissa Danielle Myers  
Elizabeth Anne Needham  
Victoria Rose Neuberger  
Trisha Anna Marie Nicholson  
Mandy Osae-Attah  
Natalie J. Ottavio  
Brittany Nicole Jean Parfitt  
Shivani Patel  
Thomas Edward Plas  
Aaron Powell  
Brittany Louise Rabell

Elizabeth Reneé Radovich  
Danielle Kaitlin Ramsey  
Andrea Marie Ratermann  
Samantha Dell Ritchie  
Ashley Christian Roese  
Sarah E. Roethle  
Katelyn Ann Rose  
Rebecca Grace Schaeffer  
Caitlin Schwalbach  
Jena L. Scott  
Jenna Kay Secor  
Brittany Ann Sheumaker  
Malia Caroline Sides  
Julie Anna Simmons

Kathryn Celeste Simon  
Dani Chloë-Rae Smith  
Elyshia Noel Smith  
Jacqueline Payne Smith  
Amanda Nicole Sparks  
Sara L. Stottlemeyer  
Zachary Swartz  
Lindsay Marie Thomas  
Christine Nicole Thorne  
Stacey Lauren Tighe  
Lauren Margaret Tucker  
Ashley Raquel Turnage  
Brittany Lynn Unthank  
Janette Dawn Valmoja-Hunter  
Caitlin Solrun Vance  
Elizabeth Joyce VanDeVelde  
Jennifer Van Fossen  
Brooke Ashley Waddell  
Kaleigh Nicole Waits  
Lauren Renee Wallace  
Nicole Renee Ward  
Ashley Nicole Weaver  
Jennifer Eileen Wells  
Alison Kay Wenning  
Lisa Carrie Werner  
Courtney Marie Williams  
Deborah Lynn Williams  
Emery S. Xiao



*Please note that this is not an official list of graduates.*



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# Commencement 2012

# Six Outstanding Honorees Chosen as Recipients of 2012 Faculty and Staff Recognition Awards

Each year, the College honors faculty and staff members for their extraordinary commitment to MCCN. Below is a small sample of the many supportive comments by students about the honorees. Our congratulations to the 2012 faculty and staff honorees!

## Kerry Dawley, MSN, RN — Faculty Recognition Award 2012 (Undergraduate MCCN Main Campus)

- *Supportive and encouraging as a course instructor, going above and beyond to help her students past graduation, providing all guidance and reference needed, enthusiastically and without hesitation. She has both a strong and sweet character and genuinely wishes to see her students succeed. She is a great teacher, mentor, and an amazing person.*
- *Very respectful, accommodating, and sweet to all of her students. She prompts you to learn, and seek knowledge on your own. She is very smart, and I really enjoy learning from her.*
- *Bent over backwards for us — accommodating our needs and shifting her class schedule and due dates around in order to help us succeed in Acute, so that we all could graduate on time. She is fun, outgoing, and makes the learning experience fun. Love her!*



## Tricia Whitney, MSN, RN — Faculty Recognition Award 2012 (Undergraduate MCCN Main Campus)

- *An amazing instructor. The way she practices nursing is how every nurse should practice — very compassionate with every patient. She incorporates intelligence along with caring in a way that provides comfort to every patient. She is assertive in patient teaching without being aggressive and pushy. I love that she has a passion for teaching students as well.*
- *Awesome instructor! She is very positive and eager to help students learn. Felt comfortable whenever I needed to talk to her about something, went above and beyond to help students.*
- *Encompasses the CARE principles and is kind, knowledgeable, and patient. Tricia goes above and beyond when students experience difficulties. I have known her to go to a clinical site on her day off or stay beyond the typical clinical time to work one on one with students. Students love Tricia and you can tell she cares a great deal for them as well. She has a loving, generous spirit and I am proud to know her.*



## Bonnie Moses, RN, MS, CNRN — Faculty Recognition Award 2012 (Fairfield Medical Center Campus)

- *The consummate professional nurse, she is caring and compassionate while making sure that students understand the material. Bonnie could 'charm the skin off a snake.' She connects with both students and faculty easily and truly respects the worth of each individual.*
- *A kind and compassionate person with a true passion for teaching. She is always there with words of encouragement and praise for her students and always available to clarify difficult subject matter. I feel truly blessed to have met Bonnie and had her as a teacher.*
- *An amazing instructor. Not only was she great in the classroom, but she would send us encouraging emails the night before a big exam to wish us good luck. After passing our course, she sent us a congratulatory email. Not many instructors care this much about their students to take the time to do these little things that really do mean a lot.*



## Congratulations to the MCCN Office of College Relations!

The Central Ohio Chapter of the Public Relations Society of America (PRSA) recently awarded the PRISM award and FIRST PLACE HONORS to MCCN for our mcn.edu website as part of the society's annual PRISM awards luncheon. Each year, the PRISM Awards luncheon honors exceptional public relations activities from a diverse mix of businesses, industries and backgrounds throughout central Ohio.

## Spring Semester Final Grades

Students can view final course grades via CARMELink after the end of Spring Semester (please allow a few days for processing). Printed grade reports are not mailed to students but are available by request from the Records and Registration Office (Marian Hall Room 201).

## Fall Semester 2012 Registration

- Fall Semester registration started the week of April 23.
- Register online via CARMELink.
- Course requests are in "reserved status" until approval by Records and Registration.
- Registration windows dates are based on your **current (Spring 2012)** classification.

## Affiliated Course Schedules

Any student taking a Summer 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 2C01) after registering for CSCC or OSU classes.

All students must submit their CSCC or OSU course schedules to MCCN every term they take classes at either institution. This insures accuracy of MCCN student records.

## Editor's Note

The *Carmel Rapper* editorial staff extends appreciation to those who regularly submit important information, photos, and inspiring insights for our readers:

**Alyncia Bowen, Colleen Cipriani, Karen Greene, Stevo Roksandic, Kathy Walters, Kathy Blanchard** and the **dietetic interns**. We also thank all of the students, faculty, and staff who took the time to participate in interviews or photos.

Special thanks to **Brenda Binkley** and **Theresa Williams** for their support.

Kudos to designer Carol Stokes and to photographer **Chris Steel** for their creative input.

Wishing a rejuvenating and relaxing summer to all! *The Rapper* will resume publication in the fall.

## Columbus Youth Foundation Grant Helps MCCN Bring Family Health and Wellness to Franklinton

The Mount Carmel Foundation received \$5,000 from the Columbus Youth Foundation and is matching that amount to continue the health and wellness program titled FAN (Fitness and Nutrition) for Avondale Elementary children and their families in the Franklinton neighborhood. The funding will help support the program's fourth year.

The FAN program is implemented by Mount Carmel College of Nursing, which established an anti-obesity program at Avondale Elementary. The afterschool program provides exercise classes and nutrition programming three times a week (90-minute classes) during the school year. The goals of this program are to facilitate the development of healthy attitudes, knowledge, and behavior for students and their parents — all designed to create a healthier school and family environment.

## 2012 Faculty and Staff Recognition Awards cont'd

### Ann Waterman, PhD, RN — Faculty Recognition Award 2012 (RN-BSN Program)

- *Enthusiastic in helping students learn about the nursing profession and always willing to help out if needed.*
- *A challenging and supportive educator. She sets the bar high and provides examples and multiple opportunities and ways for students to learn. Ann has embraced online education with abandon, always willing to grow and change. She is achieving the same success as an online educator as she has in the traditional face-to-face environment. Ann is a stellar, caring nurse educator regardless of the venue.*
- *Represents the essence and spirit of nursing — demonstrating compassion, passion, understanding, caring, and dedication to the nursing profession. She ALWAYS has something positive to say and helps her students to gain confidence in their chosen profession. The world needs more nurses and people like Ann Waterman.*



### Theresa Skybo, PhD, RN, CPNP — Faculty Recognition Award 2012 (Graduate Program)

- *In her kind and patient way always keeps the student motivated to learn. She is active not only in the classroom but also with online programs.*
- *Very supportive in her role with practicum placement and meeting with mentors.*
- *Outstanding in what she does. She is supportive of students and demands their very best effort. She is an excellent resource for all topics educational and a great support to less experienced faculty.*



### Alyncia Bowen, PhD, MSA — Staff Recognition Award 2012

- *An excellent resource in health policy. Dr. Bowen is always professional and has great communication skills. The students enjoy her classes.*
- *A very caring and down to earth person to talk to. She seems very approachable, which is good, because sometimes students get nervous when asking for financial help. She is patient and understand and does everything in her power to see that all issues are resolved, taking the time to listen to the problem and find a solution.*
- *Visited our Cultural Competency class and discussed the subject of death and dying with us. It was a very informative unexpected dialogue between her and my class. I believe it was unplanned, but had the feeling of one of our normal lectures with Prof. Ferrell. I enjoyed the time the Dr. Bowen spent with us and didn't really realize she was the Director of Financial Aid until afterward, which shows how impressive she was as a "guest lecturer."*
- *As an instructor in one of the courses required in the SDAP program, she was very informative and knowledgeable on all financial aid subject matter. She was always welcoming, optimistic and enthusiastic during all lectures. She is a true leader and inspiration.*



## MCCN Faculty, Staff and Students! Stay in touch this summer via Facebook

Like us TODAY!

<http://www.facebook.com/mccnedu>



# Rho Omicron 2002-2012: a Decade of Distinction

In just ten years, the Rho Omicron chapter of Sigma Theta Tau International (STTI) at MCCN has achieved significant growth and international recognition.

## Achieved International Recognition

As a relatively new chapter in 2008, Rho Omicron was recognized by STTI for outstanding achievement in nursing and innovative representation in the honor society's three strategic directions: knowledge, service, and leadership. This was a major milestone in the development of the chapter as Rho Omicron was recognized on an international basis. Rho Omicron received two individual chapter awards:

- An award for the *Let's Stay in Touch Campaign* that addressed the issue of member retention and communication with new inductees.
- An award for the creation of the *Induction 2007 Ceremony Theme: Past, Present, and Future* — an overview of the history of STTI and the creation of Rho Omicron chapter and an overview of the present status of STTI and the Rho Omicron chapter.
- Also in 2008, Rho Omicron received two awards for being part of the Central Ohio Consortium.
- In 2010, Rho Omicron received the Community Service Star Award from STTI for partnering with the Susan G. Komen Foundation for the *Race for the Cure* event, in which Rho Omicron members approach race participants prior to the race to offer instructions and guidance about breast health.

## Hosted the First Region Nine Conference

The first Sigma Theta Tau International (STTI) Region Nine Conference was held at Mount Carmel College of Nursing on April 18, 2009, attended by STTI members from Region Nine, which consists of chapters from Ohio, Kentucky, and Indiana. The theme for the program was *Leadership and Vision 2020: Essential Skills*. Karen Morin, DSN, RN, then president-elect of STTI, presented future strategies for STTI and ways to contribute to the implementation of the vision and goals of the organization by using effective leadership skills.

## Enhanced Nursing Knowledge

To enhance nursing knowledge, Rho Omicron participated with the Central Ohio Consortium and offered educational programs featuring nationally known nurse leaders:

- Patrice Rancour, MS, RN, CS, the author of the book *Tales from the Pager Chronicles: Readings from the Bedside*
- Ann Peden, DSN, CNS, RN presented *The Evolution of a Nursing Intervention*.
- Nurse researcher Juanita Reece-Kline, PhD, RN, CNS presented *Academic Misconduct among Nursing Students: Suggestions for Prevention and Fostering Student Integrity*.
- The 2008-2010 President of Sigma Theta Tau International, Carol Huston, MSN, MPA, DPA, FAAN visited the College when Rho Omicron hosted the Founders' Day Event and presented *Nursing Image: Advocacy, Voice, and Change*.

## Promoted Professional Development

To promote professional development, the chapter devoted sections of the newsletter to articles focused on members with leadership positions and offered a program on leadership strategies. Rho Omicron sponsored members to attend the Chapter Leader Academy, an opportunity for interaction with nurse leaders from around the world.

## Initiated Community Service Programs

Rho Omicron initiated community service programs in collaboration with Mount Carmel Hospice.

- *Honoring our Veterans* — members make special stars and recognition boxes for men and women who served in the military and were receiving hospice care.
- *Hospice Christmas Tree Program* — members decorate table top Christmas trees with ornaments for clients in hospice and palliative care. A former military officer delivered the trees to the veterans.
- Breast health education — provided by members to participants in the Susan G. Komen Global Race for the Cure.

## Hosted Central Ohio Consortium Events

- Spring Scholarship Evening (April 20, 2011)
- Founder's Day Event (October 5, 2009)

## Awarded Scholarships

The chapter raises funds, primarily through an annual silent auction prior to the Induction Ceremony in November, and awards scholarships to deserving members each year.

Rho Omicron Luncheon 2012



Congratulations to  
Rho Omicron!

# Calcium and Vitamin D: Why Both Are Equally Important For Bone Health

By **Mary Jane Earnest**, Dietetic Intern

Everyone seems to know that calcium is good for bones and teeth; however, the hype surrounding calcium consumption has overshadowed the importance of its synergistic counterpart, Vitamin D. Indeed, calcium is a major component in the infrastructure of the bone matrix, but Vitamin D also plays an important role in the construction of bones. Long-term deficiencies of Vitamin D, calcium, or both can lead to osteoporosis.<sup>1</sup>

Vitamin D can be obtained through sun exposure and the diet. It not only facilitates the intestinal absorption of calcium, but it also helps communicate the body's need to mineralize the bones with calcium and phosphorus.<sup>2(pp.398)</sup> Approximately 600 IU of Vitamin D is recommended for individuals age 1-70 years old.<sup>1</sup>

The body's oil glands produce a form of the vitamin, which is converted into the usable form upon exposure to sunlight.<sup>2(pp. 393-394)</sup> Because the UV rays must be strong enough to break the bonds, various factors such as season, time of day, and windows inhibit the production of the vitamin.<sup>2(pp.399), 4</sup> With five to 30 minutes of sun exposure to the arms, legs, or face at least a few times per week, an individual can produce a sufficient amount of Vitamin D.<sup>1</sup>

There is evidence that suggests 1,000 IU of the vitamin should be the minimum for those who are unable to get time in the sun.<sup>5</sup> Harvard University reported a recent study in which the results discovered that the consumption of 800 IU of Vitamin D per day reduced non-spinal and hip fractures in elderly individuals by greater than 20%, while 400 IU provided no benefit with regard to these injuries.<sup>6</sup> Dietary sources of the vitamin include milk, beef, egg yolks, tuna, herring, salmon, and cheese. Some breads, cereals, and orange juices contain added Vitamin D.<sup>2(pp.392)</sup>

Calcium consumption has been emphasized for the past few decades and for good reason: it makes up 99% of bones and teeth.<sup>3(pp.431)</sup> The RDA suggests 1,000 mg per day for proper bone maintenance in individuals age 19-50 years old.<sup>3(pp.430)</sup> Good sources of calcium include milk, yogurt, cheese, turnip greens, broccoli, kale, cauliflower, mustard greens, tofu, and fortified juices. Vegetables containing oxalic acid, such as Swiss chard, spinach, and rhubarb are not good sources, because the oxalic acid prevents the intestines from absorbing the calcium. Oxalic acid can also be found in blackberries, blueberries, strawberries, beets, squash, eggplant, beets, and cocoa.<sup>3 (pp. 431)</sup>

Drinking three glasses of milk each day is a simple start for meeting daily needs for both calcium and vitamin D. Cooking with any of the rich sources listed above would also be great for adding variety and nutrients into the day. Keep bones strong with both calcium and Vitamin D.

## References:

1. Dietary Supplement Fact Sheet: Vitamin D. Office of Dietary Supplements, National Institutes of Health Web site. <http://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/> Accessed March 3, 2012.
2. The Fat-Soluble Vitamins. In: Groff JL, Gropper SS, Smith JL. eds. *Advanced Nutrition and Human Metabolism*. 5th ed. Belmont, CA: Wadsworth, Cengage Learning; 2009: 392-400.
3. Macromineral. In: Groff JL, Gropper SS, Smith JL. eds. *Advanced Nutrition and Human Metabolism*. 5th ed. Belmont, CA: Wadsworth, Cengage Learning; 2009: 430-431.
4. Dietary Supplement Fact Sheet: Vitamin D. Office of Dietary Supplements, National Institutes of Health Web site. <http://ods.od.nih.gov/factsheets/vitamin-d-quickfacts/> Accessed April 25, 2012.
5. Holick M. The Vitamin D Epidemic and its Health Consequences. *J Nutr* 2005; 135: 2739S-48S. <http://jn.nutrition.org/content/135/11/2739S.long> Accessed April 25, 2012.
6. The Nutrition Source: Vitamin D and Health. HARVARD School of Public Health. <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vitamin-d/#new-vitamin-d-research> Accessed April 25, 2012.

# Students, Faculty, and Staff Enjoy Free Finals Week Breakfasts

Provided as a Gift to the College  
Community by the Mount Carmel  
Alumni Association



## ATTENTION STUDENTS: Opportunity to Earn Credit for Summer Camp Nursing Seminar or Community Service Hours

### Flying Horse Farms

Flying Horse Farms (FHF) is a camp for children with serious illnesses that annually serves over 1,500 campers with cancer, heart disease, heart surgeries, Crohn's, asthma, arthritis, sickle cell, hemophilia, and other blood related disorders. For most of these children, the typical summer camp experience is impossible, but with FHF's state of the art medical facilities and 24/7 medical staff, campers can have a "spectacularly average" camp experience. Sophomore and junior students may take a camp nursing seminar for credit while assisting at the camp or volunteer for community service hours. If interested in the summer camp nursing seminar or volunteering at FHF, contact **Hannah O'Handley** at [hohandley@mccn.edu](mailto:hohandley@mccn.edu) or 614-234-3874.

#### Flying Horse Farms 2012 Camp Dates

Camp	Check In Date	Camp Shift Days
Heart Camp	June 16	June 17, 18, 19, 20
Hematology/Oncology Camp	June 24	June 25, 26, 27, 28
Hematology/Oncology Camp	July 7	July 8, 9, 10, 11
Pulmonary/Nephrology Camp	July 15	July 16, 17, 18, 19
Rheumatology/GI Camp	July 28	July 29, 30, 31, Aug 1

Go to [flyinghorsefarms.org](http://flyinghorsefarms.org) and apply.

### Community Service Opportunity

Fight breast cancer by participating in "I am the Cure," a community education opportunity during the *Race for the Cure* held on **Saturday, May 19, 7:30 a.m. – noon**, in downtown Columbus. You will distribute breast health educational materials to race participants. Participants will receive an "I am the Cure" t-shirt. Please email **Sherry Hull** at [shull@mccn.edu](mailto:shull@mccn.edu) and include your t shirt size.

### Student Oncology Interest Group Forming for Fall

**Students:** be on the lookout for more information regarding a Student Oncology Interest Group that will form and meet monthly after the start of the 2012-13 academic year. All students are welcome to join. **Peggy Shaw** will lead the group.

## Lunch and Learn



**Rachel Muha**, founder of Run the Race Club, shared her inspirational story of loss, healing, violence, and peace at a recent Lunch and Learn presentation.

## Summer Library Hours

Please note change in hours for the summer:

Monday Friday	8 a.m. – 5 p.m.
Saturday	8 a.m. – 12 p.m.
Sunday	Closed

### Library News

From **Noreen L. Mulcahy, MLIS**  
Health Sciences Librarian, Technical Services

Your library staff congratulates the class of 2012 on achieving success! We wish all of you the best as you pursue your careers in nursing. Remember that we have a great resource to help you prepare for your Board exam: Exam Master. Look for it at your library website: <http://www.exammaster2.com/wdsentry/mchsnurse.htm>.

We welcome MCCN students and faculty participating in the summer 2012 semester! Accessing e-books through your library website will make your studying easier and less expensive than purchasing them. Check *Doenges Nursing Care Plans* and *Townsend's Psychiatric Nursing Care Plans*, which are now available electronically. Check the library TV screen displays for the QR code that takes you directly to the links for these e-books. Don't you love technology and your library services, which are connecting you faster to your resources through your portable devices?!

**Library summer opening hours will be effective starting Monday, May 7, through Monday, August 13.**

Library opening hours are:

**Monday – Friday** 8 a.m. – 5 p.m.  
**Saturdays** 8 a.m. – 12 noon

Stop in for great movies when you need a break. Newest available titles are *We Bought a Zoo*, *Mission Impossible 4: Ghost Protocol*, *Courageous*, and *War Horse*.

Catch up on "summer reading" with our newest leisure books titles. We have *The Hunger Games* trilogy and many other new easy summer reading choices.

# Money Matter\$

## May Graduates: Congratulations on reaching this momentous milestone!

**2012-2013 Academic Year Deadlines:** Financial aid for the 2012-2013 academic year will be based on your 2011 tax return. This academic year covers: Summer 2012, Fall 2012, and Spring 2013. If you plan to take classes in any of those terms, please complete your FAFSA by the following deadline dates:

- Summer – April 15, 2012
- Fall – July 1, 2012
- Spring – December 1, 2012

**SDAP Students:** Please prepare to complete your 2012-2013 FAFSA for the Summer and Fall disbursements by June 30, 2012.

**Consolidation:** Consolidation typically is sought to reduce the number of loan repayments made by one individual. It is not unusual for a graduating student to have two servicers for Stafford loans. If you would like to consolidate your loans, please follow the directives provided at [studentloans.gov](http://studentloans.gov). Please note that you do not want to forfeit your six-month grace period; initiate the process around month five of the grace period.

**Book Grant Applications:** Book Grant Applications for the summer semester were due to the financial aid office by Friday, April 20. Book Grant Applications for the fall semester will be due to the financial aid office by July 15, 2012.

**Work Study Positions:** If you will be enrolled in classes this summer and would like to work, please complete the Work Study Application in the Financial Aid Office.

Likewise, we are accepting applications for the 2012-2013 academic year (fall and spring).

The 2011-2012 academic year began with many exciting new opportunities. With all of the recent discussion in Washington we will be watching to make certain that you are positioned to have a successful year. It is paramount that you plan ahead. If you think you will need additional money, work hard to secure it before classes start in the summer and the fall. Financial reform requires lenders to hold loans for a brief period of time before funds are disbursed. You should plan on the entire process taking at least two weeks from start to finish.

If you have a unique financial need (i.e., your parents are no longer employed, you need part of your private loan earlier than the dates disbursed, etc.), contact the financial aid office as soon as possible. Remember, it takes time to process your aid and to review your unique circumstances.

The financial aid office is open year round. This means that we are open in the summer time. Please schedule appointments should you desire assistance over the summer.

### Alyncia M. Bowen, PhD

Director, Financial Aid  
[abowen@mccn.edu](mailto:abowen@mccn.edu)



## 2012-13 SNAM Officers



Introducing the 2012-13 SNAM officers (l-r): Vice President — **Jillian Zimmer**, Secretary — **Katie Holland**, Breakthrough to Nursing Director — **Mackenzie Gram**, Membership Director — **Stephanie Reinschield**, President — **Lauren Dortmund**, Community Health Director — **Tina Marie Cerra**, and Treasurer — **Renee Dicke**.

## MCCN Nightingales Softball Schedule — Come Support the Team!

Games are played at Berliner Park on Thursdays.

<b>May 10</b>	6:15 p.m.	Ber 21	Just For Fun	MCCN Nightingales
<b>May 17</b>	6:15 p.m.	Ber 22	Jimmy V's	MCCN Nightingales
<b>May 24</b>	7:15 p.m.	Ber 26	MCCN Nightingales	Lady G's
<b>May 31</b>	7:15 p.m.	Ber 26	MCCN Nightingales	Vivian Cleaning Services
<b>June 7</b>	6:15 p.m.	Ber 21	High Beck	MCCN Nightingales
<b>June 14</b>	Berliner Tournament — No games this week.			
<b>June 21</b>	6:15 p.m.	Ber 22	MCCN Nightingales	Just For Fun
<b>June 28</b>	6:15 p.m.	Ber 21	Jimmy V's	MCCN Nightingales
	7:15 p.m.	Ber 21	MCCN Nightingales	Primrose School at Pinnacle

## Congratulations to...

Associate Professor **Theresa Skybo, PhD, RN, CPNP**, whose article, "An Evaluation of Mother-Centered Anticipatory Guidance to Reduce Obesogenic Infant Feeding Behaviors," has been published in the *Pediatrics Journal*.

## Mount Carmel College of Nursing Faculty, Staff and Students,



The Student Government Association (SGA) focus for the 2011-12 academic year was improving our current programs and initiatives and facilitating conversations between students and administration on issues brought to our attention by our peers. I would like to take this opportunity to share with you some of SGA's accomplishments for the academic year 2011-12:

- The collaboration between the Columbus Coalition against Family Violence and SGA remains a strong presence at MCCN. The campaign is a peer-to-peer relationships abuse awareness campaign that strives to break the silence about abuse on college campuses. SGA coordinated and sponsored "It's Abuse" events at both the fall and spring festivals. SGA "It's Abuse" chair **Devon Baldwin** and SGA advisor **Colleen Cipriani** were invited as panelists for the "It's Abuse" campaign workshop at Otterbein University's Woman and the New American Dream event.
- SGA encouraged continued discussion to bridge communication gaps and enhance mutual respect among all members of the MCCN community.
- SGA sponsored class meetings in both fall and spring to facilitate communication among the classes.
- SGA sponsored "Cram for Your Exam" in the Library for both midterm and final exams.
- SGA senior representatives met with President/Dean, **Dr. Ann Schiele**, regarding the issue of six graduation tickets per student.
- For the second year in a row, SGA sponsored a "Stop 2 Text" campaign at the Spring Festival. College community members received a thumb band to wear to show their support of the initiative.

SGA recently held elections, and I am pleased to announce the results for the new officers for the 2012-13 academic year:

- President/Senior Class President – **Jena Verbance** (senior)
- Vice President – **Anne Hahn** (junior)
- Secretary of Records – **Symphony Voelkel** (junior)
- Secretary of Public Relations 1 & 2 – **Stephanie Reinshield** and **Brooke McCombs** (juniors)
- Treasurer – **Ashli Temple** (junior)

Planning for the upcoming year has already begun, as past officers met with next year's officers to pass on their knowledge and expertise, so that SGA can hit the ground running next year. Four SGA representatives are trying to raise funds to attend the National SGA Summer Conference in Orlando.

I am very excited about the future of SGA and what it can accomplish for our students and the campus community.

Anyone with questions, comments, or concerns regarding SGA, please feel free to contact me, as well as any of our new officers or our advisor, **Colleen Cipriani**.

It has been a great privilege and my great pleasure to serve as President of the Mount Carmel SGA.

Thank you,

**Brooke Waddell**, SGA President 2011-12

## Student Government Association (SGA) Officers and Representatives for 2012 13

*President*

**Jena Verbance**

*Vice President*

**Annie Hahn**

*Treasurer*

**Ashli Temple**

*Secretary of Records*

**Symphony Voelkel**

*Secretary of Public Relations 1*

**Brooke McCombs**

*Secretary of Public Relations 2*

**Stephanie Rienschild**

*Senior Class Representatives*

**Benjamin Moore**

**Molly Wake**

*Junior Class Representatives*

**Devon Baldwin**

**Brett Teiga**

*Sophomore Class Representatives*

**Katie Bradley**

**Sarah Brantley**

**Brielle Daugherty**

**Whitney Eal**

**Jenna Grunden**

**Will Taylor**

**Savannah Whitten**

*Freshman Class Representatives*

To be determined

*Advisor*

**Colleen Cipriani**

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*Managing Editor:*

**Robin Hutchinson Bell**

*Editor:*

**Elaine Kehoe**

*Photographer:*

**Chris Steel**

*Layout:*

**Carol Stokes**

Deadline for information is every other Monday at noon.

For information or to comment, contact Robin Hutchinson Bell at 614 234 1372 or rhutchinsonbell@mccn.edu.

# Summer Fun

Summer break has finally arrived, and we wish all of you a fun, relaxing, and rejuvenating time! Before break, our roving reporter and photographer, freshman **Katie Snider**, found out what some students and faculty are looking forward to in the summer of 2012.

## How do you plan to spend summer break?



*I will work as a nursing assistant at Fairfield Medical Center (FMC) this summer and go to Cedar Point.*

**Heather Fausnaugh**, MCCN-FMC sophomore (left)

*I will travel to Las Vegas to enjoy the indoor amusement parks with my nine-year-old son, Aaron.*

**Michelle Williams**, MCCN-FMC sophomore

*I will work on my doctoral dissertation this summer.*

**Shirley Cooley**, faculty member



*I am in the APP program and I will work at Mount Carmel West.*

**Christopher Samons**, Transfer Freshman



*I'm going on field trips with the kids at my day care and traveling to Texas and Arizona. I will also be relaxing and sleeping.*

**Devon Baldwin**, Sophomore



*I'm going to take summer classes.*

**Nichole Rogiers**, Junior (left)

*I am going on a family vacation to Pittsburgh and working.*

**Angie Elliot**, Junior

*I will take summer classes here and volunteer at the Red Cross.*

**Lauren Dortmund**, Junior



*I'm going to search for jobs, and study for our registration exams and hopefully take them. I am also going to Utah to live temporarily with my dad.*

**Andrea Burkley**, Dietetic Intern



*I will travel back home to Tennessee and Chicago to see family and friends.*

**Mark Richardson**, SDAP