

*100 College Drive
Allentown, PA 18104
Phone: 610-606-4606
Fax: 610-606-4615*

Cedar Crest Nursing News



Nursing Department Happenings...

December 2009

Clinical Weekends

December 6 & 7
December 20 & 21

Fall Classes End

December 8

Winter Term Begins

December 19

Nursing Office Closed

December 24 through January 1

January 2009

Clinical Weekends

January 3 & 4
January 17 & 18
January 31 & February 1

Spring Classes Begin

January 19

Winter Pinning Ceremony

January 23



Nursing Office Hours:

Monday and Friday
8:30am—4:30 pm
Tuesday-Wednesday-Thursday
8:30am—9:00 pm
Saturday
Hours will vary

Women's Opportunity Award

The Soroptimist Women's Opportunity Award gives women the resources they need to improve their education, skills, and employment prospects. Eligible applicants must be women who provide primary financial support for their families, and who are enrolled in or have been accepted to a vocational/skills training program or an undergraduate degree program.

Each year, Soroptimist clubs in 19 countries and territories assist women in overcoming personal difficulties and bettering their lives through education and skills training. The program begins on the local club level, where the Soroptimist International of Emmaus club is issuing a \$1500 award. This cash award may be used to offset any costs associated with their efforts to attain higher education, including books, childcare and transportation. Club recipients become eligible to receive region-level awards, which are granted through Soroptimist's 28 geographic regions. Currently, each Soroptimist region grants one first-place award for \$5,000. The 28 first-place recipients then become eligible to receive one of three \$10,000 finalist awards.

For applications contact: Jeannie Vogt (610-349-2310)

Student Survival Tips... on test taking

- ◆ Determine what the questions are really asking. Look at the stem.
- ◆ Do not guess too soon! Read the question and all the answers before giving the final answer.
- ◆ Be aware of questions containing absolutes such as: never, always or guarantees.



Need a quiet place to study?...
Need to meet with a study group?...

*Enjoy the reading room located off
the North Entrance HBB.*

*Please remember this is a quiet
area, so please respect other
students who may be using the
room.*



SNAP Trip to Harrisburg

On October 7, 2008 Students in NUR 334 traveled to Harrisburg to attend *Capitol Hill: Step by Step* program hosted by SNAP and sponsored by Pinnacle Health

of Harrisburg. Students spent the morning hearing informative and timely presentation by Danielle Calabrese, RN, BSN, former SNAP President on Legislative Issues and what nurses can do to affect policy or legislation. In addition, David R. Ranck, MEd, RN, President of TLC Institute, Inc. and consultant to the SNAP Board, on Health Policy and the Political Process presented an overview of what is health policy, the structure of congress and the legislative process. Students were given an opportunity to ask questions of both presenters. Following the group was given a tour of the Capitol visiting the Senate and House Chambers. In addition the Pennsylvania Supreme Court Chamber was visited. For many in attendance this was their first visit to the State Capitol.



News from the Student Nurses Association:

SNA will again be sponsoring a family for Christmas. Here is the information on our family along with their wish list.

Please bring the items in as soon as possible.

Maritza- 36/F- Ladies Mediums shirts, pants/jeans 9/10, brown work boots-size 5

Queen bedding sheets, Burgundy towels

Matthew- 13/M- Shoes Mens 8, Pants/Jean 38/40, shirts/sweaters x-large

Dvd player, video games for Wii, MP-3 player

Justin-4/M- Shoes 9 1/2 boots, Pants/shirts- 5 toddler

Educational toys- Leapfrog/Fisher Price, Fire trucks

This is just a wish list, you can buy anything you feel you would like to give this family.

If you would like to donate money, we are also interested in getting the family a gift certificate to Giant or other food store. Thank you all for your help!

The Nursing Department is also sponsoring a 1yr old with Leukemia. Here are a few items that Russell would love:

clothes - 18 months - 24 months (2T)

Toys - Learning Toys and Noisy Toys (yes, he likes to make a lot of noise)

His foster family is very appreciate of what we are doing for him.

Items can be brought to the nursing office.

Please specify which family your gifts are to go to.

Student Nurses Association

Medical Clipboards are on sale in the Nursing Office. Each clipboard includes a calculator! **Cost \$20.**

Stop by and check them out!



Change of Name?

Change of Address?

Change of Phone Number?

Please contact the Registrar's Office to make the appropriate changes. You must also contact IT to make sure your email reflects your name change.

Remember to...

...check your Cedar Crest e-mail daily—the Nursing department sends 95% of it's communication via electronic mail.

Faculty news...

Adjunct Nursing Faculty member, **Ginna Dietrick** is training to run a marathon on April 25th with Team in Training. She will also be raising money for the fight against blood cancers through the Leukemia and Lymphoma Society. If anyone is interested in donating the website can be reached through the following link: <http://pages.teamintraining.org/epa/cm09/gdeitrick>

Dr. Wendy Robb was a presenter at the 35th National Conference on Professional Nursing Education and Development in Kansas City, MO. The focus of the conference was "Creating Jazz: Transforming Exchanges in Education & Practice". Dr. Robb's presentation, "Traditional Testing vs Collaboration: Use of the Cooperative Exam as an Evaluation Method" was based on work conducted with senior nursing students enrolled in the Complex Health Problems course.

Dr. Robb was also interviewed by an editor of the *MidAtlantic Nurses Magazine* for an informational article focusing on burn-out in nurses. Look for the interview in an upcoming issue.

Student/Alumnae news: Making a Difference

Chris Feist-Heilmeier, CCC BSN Graduate from 1984, received her MSN from Walden University recently published an inspirational book called "Nurses are from Heaven." It takes a deep, spiritual, realistic view of nurses and their daily struggles, their lack of recognition in most workplaces, the aging nurse sages, life issues, etc. Visit the website at: www.NursesAreFromHeaven.com

Rogerian Conference

Two Cedar Crest College nursing majors, **Elizabeth Stiemel**, Aug 2008 graduate, and **Daniele Lodics**, senior, Jan 2009 grad, were accepted and presented a poster entitled "The Well Being Picture Scale in the Context of Rogerian Theory: A Baccalaureate Student Perspective". Elizabeth and Daniele presented a Well Being Workshop at the Spring Health and Wellness Conference here at Cedar Crest.





News from the Graduate Nursing Students

The graduate nursing students have been very busy during the first semester of their journey here at Cedar Crest. Amidst all the writing of papers, critiquing research articles, and presentations, they hosted a visit from renowned nurse theorist Dr. Betty Neuman in mid October. Dr. Neuman assisted Alicia Afif, Alexa Sweeney and Fran Miranda in their presentation of the Neuman Systems Model of Nursing. Another highly regarded nurse theorist, Rosemarie Rizzo Parse – currently a consultant and visiting scholar at New York University College of Nursing – spoke to students in class via telephone in early November. Several students were interviewed by a representative of College Relations and asked to share their perceptions of the note-worthy guest speakers. Look for this interview in an upcoming issue of local nursing magazines.

Student News

Rachel Dries, RN, is a member of the RN Advisor Committee at Lehigh Valley Hospital. As a member of this committee, Rachel was recently invited to share her experiences related to LVH's Shared Governance Model with other hospitals who are not certified as Magnet hospitals. This opportunity was part of a unique initiative funded by a HRSA grant that sought to pair up 6 Magnet hospitals with 6 non-Magnet hospitals. Rachel also presented a poster titled "Hourly Patient Rounds" at this meeting.

Fran Miranda, RN, a nurse administrator at Lehigh Valley Hospital, recently presented on the topic of perinatal safety to the Perinatal Impact Project of the Institute for Health Care in San Diego, CA.

Rachel Dries, BSN, RN, CNSRN was recently interviewed and quoted in the most recent issue of **Advance for Nurses**. The article entitled, "The Best of Both Worlds: The Lehigh Valley offers nurses a great mix of city atmosphere and rural tranquility" focuses on why area nurses love to work in the Lehigh Valley.

CCC Nursing Alumni Sandra Bastidas, BSN, RN and Daniel Zica, BSN, RN were also interviewed. To read more about why CCC nurses love the Valley, access the article at www.advanceweb.com/nurses or pick up the November 24, 2008 issue.

My Cedar Crest . . . your Cedar Crest finances at your fingertips

My Cedar Crest (my.cedarcrest.edu) is the intranet that replaced Campus Web in the Fall of 2007. It is designed for the Cedar Crest college community to provide easy access to all varieties of educational information. It is your "one-stop shop" for information related to your Cedar Crest education.

The "Student" tab of My Cedar Crest is your home for information from the departments that are key to your educational experience. By choosing the "Student Financial Services" folder link listed on the far left of the Student page, you can access detailed information and forms pertaining to your student account and financial aid.

All students receive a statement of their account in the form of a Student Invoice approximately two months prior to the start of the semester. Payment is due on the date shown on the invoice. Students can check for updates to their tuition charges, fees and financial aid during the semester by clicking on "My Account Info" on the Student Financial Services page. To view your Student Invoice, click on the "Course and Fee Statement" link.

New to the top of the Student Financial Services page of My Cedar Crest as of Fall 2008 is the Federal Direct Loan Confirmation. This electronic form **MUST** be completed (at the beginning of the academic year by Traditional students and every semester by Lifelong Learning students) by students who receive federal Stafford Loans as part of their financial aid package. All students are required to formally accept, reduce, increase (if eligible) or decline the federal Stafford Loans which the College has certified. If eligible, students may request additional Unsubsidized Stafford Loan funds for the academic year. **(PLEASE NOTE that Lifelong Learning students enrolled in nursing clinical courses have already been awarded their maximum loan eligibility and are not eligible to request additional loan assistance through the Stafford Loan program.)**

My Cedar Crest also offers direct links to assist with the following financial items:

- Tuition rate information
- 1098-T information
- Free Application for Federal Student Aid application completion
- Tuition payment plan program enrollment
- Federal student loan Master Promissory Note completion
- Federal student loan Entrance and Exit Counseling completion

In addition, My Cedar Crest provides convenient access to printable student financial forms:

- Federal Verification Forms
- Employer Tuition Benefit Application
- Tuition Deferment Form
- Federal Direct PLUS Loan Request
- Academic Progress Policy

For assistance with your username, password or navigating the site, please send an email from your Cedar Crest email account to: registrar@cedarcrest.edu with a subject line of MYCEDAR-CREST.

From the Registrar's Office...

Important Dates to Remember:

January 19, 2009	-	Spring courses begin
January 27, 2009	-	Last day to drop/add spring courses (by 4:00p.m.)
April 14, 2009	-	Deadline to withdraw from spring courses (by 4:00p.m.)
May 5, 2009	-	Last day of spring courses (follow Friday schedule!)

Planning on Graduating? Please take note of the following deadlines:

- o May Graduation – Apply by February 15th
- o August Graduation – Apply by May 15th
- o January Graduation – Apply by September 15th

All students are required to complete an Application for Degree in order to graduate or complete a certificate program. **Students are now able to complete this application online via My Cedar Crest.**

Once you log on to <http://my.cedarcrest.edu>, please select the 'Student' tab and then 'Registrar's Office'. Click on 'Apply for Graduation' and complete the form. This application is also available at the Registrar's Office.

Please remember that there will only be a ceremony for May graduation.

Need to request a transcript? All you have to do is log on to My Cedar Crest!

To request a transcript online you must log on to <http://my.cedarcrest.edu> with your student ID number and password. Click on the 'Student' tab, and then 'Registrar's Office.' Next, click the link for 'Courses and Grading.' On the right side of the page, you will see a box titled "Transcript Requests." Simply click on the link, complete the form, and click to submit your request.

Please note: If you need to obtain your My Cedar Crest login credentials, you must either come into the Registrar's Office with photo ID, or request that your password be mailed to your home address. Passwords cannot be released by email, fax, or telephone.

Tristate Consortium



Ten students from NUR334 attended Sigma Theta Tau's Tristate Consortium at the Embassy Suites in Philadelphia on October 19. The consortium is a meeting of all members of the Nursing Honor Society's chapters in the eastern Pennsylvania, Delaware and New Jersey areas. During the meeting, students got to attend various concurrent sessions on honor society topics, and then listened to an address given by Elaine Taglierini, president of the National League for Nursing.

Introducing the Cedar Crest College Nursing Department Cultural Competence Team!

This team was developed in 2007 and is looking for student members! The **vision** of the Cultural Competence Team is to create a climate where diversity is honored and where all students, faculty and staff feel free to express their individual world views.

The **mission** of the Cultural Competence Team is to foster cultural awareness and competence among all students, faculty and staff.

Our current members include :

Sandi Axt	Nancy DalPezzo
Sandy Leh	Karen Lightcap
Kathy Fields	Diane Millick
Lisa Heelan	Wendy Robb
Roseann Flyte	Lisa Shustack

Did you know that diverse ethnicities make up 28% of our current nursing students? Students represent countries such as Columbia, Congo, Dominican Republic, Ghana, Haiti, India, Jamaica, Kenya, Nicaragua, Nigeria, Pakistan, Peru, Sierra Leone, United Kingdom and Venezuela.

We would welcome your involvement on this exciting team. Our next meeting is scheduled for Thursday, December 11 from 11-12 noon. If you would like to attend or have any questions, feel free to email Sandi Axt, Chair of the CCT at sdaxt@cedarcrest.edu.

