Nursing Department Happenings…

October 2008

SNAP Trip to Harrisburg
October 7

SNA General Meeting
October 7

Clinical Weekends
October 11-12
October 25-26

Fall Break
October 13-14

SNA Dine & Discuss
October 21

SNA Recruitment Fair
October 30

November 2008

Election Day
November 4

Clinical Weekends
November 8 & 9
November 22 & 23

Deadline for Course Withdrawal
November 10

Thanksgiving Break
November 26-30

Nursing Office Hours:

Monday and Friday
8:30am—4:30 pm

Tuesday-Wednesday-Thursday
8:30am—9:00 pm

Saturday
Hours will vary
**School Nurse Certificate Program**

SNC Facts:
Snc380 is the first half of the pair of School Nurse certification courses that are the capstone experience of the certification program. It covers the methodology of school nursing and introduces the student to the school system through the conduction of a community assessment on a school district using Dever's Community Assessment model.

Many people ask about the availability of employment in the school nurse field, this year, as in the last 2 years, a local school district is looking for someone currently in the program to start work now under emergency certification, and stay in a full-time position after completion of the program. One of the student's has accepted the opportunity and the district will work together with the program to help the student complete the requirements of the program.

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**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.**

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**Coming in November....**

**Deadline for course withdrawal,**  
**November 10, 4pm**

**Thanksgiving break,**  
**November 26-30**
News from the Graduate Nursing Program

The students in the graduate nursing program have been busy settling into the routine of being “back in school’! This group of extraordinary nurses includes some of the best and the brightest the Valley has to offer. Over the summer, interviews were conducted with nearly 50 applicants and a cohort of 24 students was chosen. The cohort is comprised of 10 students in the Nurse Administrator track and 14 students in the Nurse Educator track.

These students represent a variety of diverse backgrounds and experience levels. Students are employed in some of the finest area agencies including: the Allentown School District, Easton School District, Lehigh Valley Hospital and Health Network, St. Luke’s Health Network, Good Shepherd Rehabilitation Hospital, Blue Mountain Health Systems, Coordinated Health Systems, Wernersville State Hospital, Aetna, pediatric and long term care facilities. We are excited they have chosen Cedar Crest College for their graduate studies and look forward to the wonderful contributions they will make to the profession of nursing in the upcoming years.

Money, Money, Money ~ MONEY!

It is a great time to be a student studying Nursing Education! In June, Pennsylvania Higher Education Assistance Agency allocated nearly $19,000 to be awarded as scholarship money to students currently enrolled in the Nurse Educator track of a graduate program. We recently learned that PHEAA Foundation has made an award in the amount of $37,500 to be awarded to students pursuing a graduate education in a Nurse Educator track. We are very excited about the scholarship opportunities for our graduate students and hope to continue to award more scholarships in upcoming semesters. To date our students have received over $56,000 in financial awards!

Check it out ~ Our Graduate Students have been doing GREAT things!!

Jill Hinnershitz RN, BSN, Patient Care Coordinator of the Neuroscience Unit at Lehigh Valley Hospital presented at the 40th Annual Education Meeting for the American Association of Neuroscience Nurses in March of 2008. Jill along with the Director of the Neuroscience unit presented, “Improving Stroke Teaching Compliance: Recording Teachable Moments”. An action plan that included DVD production and stroke packet information was presented at the conference to other neuroscience nurses.

Cathy Renhert RN, BSN has been instrumental in the development and implementation of an integrated computer video system at St. Luke’s Hospital operating rooms. Cathy, who has been an operating room nurse for approximately 15 years, was the lead nurse responsible for the implementation of this high tech innovation. She has recently shared her experiences with this system for other nurses involved in the use of SKYTRON’s new video computer system via a publication on the manufacturer’s website.

She and her peer Wendy Strohl, RN, BSN, also a student in our graduate nursing program, presented a poster on this topic at the Walter W. Buckley, Jr. Annual Cardiac Nursing Symposium in September, 2008.

Rachel Dries RN, BSN, CMSRN has been awarded a grant assistantship position with the Nursing Department for the Fall 2008 semester. In this role, Rachel will have the opportunity to actively participate in a range of instructional and research activities that serve to promote mastery of knowledge in the field of nursing science. Rachel was also a recent nominee for the Friends of Nursing Medical Surgical Nurse Award sponsored by Lehigh Valley Hospital and Health Network.
News from the Student Nurses Association:

SNA will be participating in the Breast Cancer Expo
October 17th

SNA general meetings
Oct 7th and Nov 4th from 12-12:50 in HBB 9

Dine 'N Discuss featuring 2 Nurse Anesthetists
October 21 from 12-12:50 in HBB 9

Dine 'N Discuss featuring a Flight Nurse
November 18 from 12-12:50 in HBB 9

SNA will be holding various fundraisers throughout the year.
Contact sna@cedarcrest.edu for more information

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…**

**Dr. Wendy Robb** will be a presenter in the Plenary session at Lehigh Valley Hospital and Health Network’s *Research Day 2008: How Research Impacts Practice*. Dr. Robb’s presentation of her dissertation research, *The Lived Experience of Registered Nurse Reiki Practitioners: A Phenomenologic Study Using Computer Mediated Communication*, was selected in a blinded panel review as one of the Top Four abstracts and was chosen to be a closing plenary presentation.

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**Thursday, October 23**

**Wear Purple Day**

Tell everyone you know to wear purple to show support for victims of domestic violence.

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**Student Survival Tips… on test taking**

- Determine what the questions is 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.

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**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!
**Student/Alumnae news:**

**Making a Difference**

*Catherine Waltemyer, RN,* current RN to BSN has recently published another article. *Take baby Steps to Reach breast feeding Goals* can be found in the September 2008 edition of Nursing2008, 38(9), pp.21-22.

Congratulations to all the newly elected college officials who are Students in the Nursing Department!

**Class of 2009:**
Honor and Judicial Board Representative: *Gwendolyn Mayhew*

**Class of 2010:**
Honor and Judicial Board Representative: *Brianna Powell*
Commuter Senator: *Leandra Logan*

**Class of 2011:**
Resident Senator: *Kayla Barker*

*Michele Norton,* RN, BSN has accepted the position of Patient Care Specialist for 7A at Lehigh Valley Hospital, a neuroscience unit. In her new role, Michele will be responsible for coordination and facilitation of the orientation program for all licensed and unlicensed personnel hired to 7A. Additional responsibilities include assuring that staff members receive mandatory education components throughout the year, assisting the bedside nurse to manage the complex neuroscience patient population and to help provide education to patients and their families. Congratulations, Michele on this exciting opportunity!

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**Student Scholarship**

We at Coursey Enterprises are offering first year nursing students a scholarship. We are offering (1) $250 Fall scholarship and (1) $250 Spring scholarship for 1st year RN students. Students who wish to apply must meet the following criteria:

- Be a US citizen
- Submit Name, Address, Phone Number
- Submit School Name, Address & Phone Number
- Write a 200 word essay on “Why I want to be a Nurse”
- Agree to send a picture of you and an instructor handing you the scholarship
- Agree to allow Coursey Enterprises to use your name and picture on our website

Those who apply for the Spring scholarship must apply between September 1 and December 1. The scholarship will be awarded on January 1st.
Those who apply for the Fall scholarship must apply between February 1 and May 1. The Fall scholarship will be awarded on June 1st.

Please submit applications to Coursey Enterprises, PO Box 683, Idabel, OK 74745 marked RN scholarship.
Living Out Her Dream: 35-Year Old Soccer Mom and Ex-Penn State Field Hockey Star Joins the Varsity Team — Stepping Back on the NCAA Field for One Last Year of Eligibility ... And Excels!

Allentown, PA (September 16, 2008) — In 1993, Heather Atkinson Gallagher was flying high. She was one of the nation’s top forwards at Penn State, then nationally ranked as the number one NCAA Division I field hockey team, and she had realized her goal of playing championship-quality hockey. But shortly after wrapping up an exciting year in the national spotlight — and proving she truly was one of the team’s standout players — Gallagher called it quits and stepped off the field for good. She left Penn State early, got married and started a family. But that’s only half of the story.

Now, 15 years later, soccer mom Gallagher is using the year of eligibility she had remaining from her Penn State years to get back on the hockey field — not as a seasoned coach, but as a player on Cedar Crest College’s Varsity Field Hockey Team. Today she is running alongside women nearly half her age not only helping a fledgling, but promising, Division III team earn respect within their division but also gain valuable lessons about the sport and about life.

“The heart of a competitor never dies,” says Gallagher, now 35 years old and a senior nursing major at Cedar Crest College. “I am learning true passion for the game from my teammates and our coach, Marci Lippert. These women really love the game and it shows. Together, they are so dedicated to making the Cedar Crest program grow and improve. I am very grateful to have this opportunity and that Marci and my teammates have accepted me. It is so exciting to be out there again. I feel like a bear after hibernating, or like someone riding a bike after so many years. It all comes back, although, maybe a little slower, than I would like.”

As an adult student, Gallagher’s life experience is deep. Now the mother of two sons, 11 and 14, and a full-time student working to finish her nursing degree, played three seasons for Penn State (1991-93), and helped the Nittany Lions advance to the NCAA semifinals in both 1991 and 1993. Gallagher stayed home with her sons for five years, but kept involved with local field hockey by officiating and sometimes coaching at area high schools. When she returned to the career world, she noticed there were good job opportunities in nursing, and she decided to enroll at Cedar Crest College to finish her bachelor’s degree.

It didn’t take long before Gallagher’s husband piqued her interest in playing field hockey again when he mentioned that she probably had a year of athletic eligibility left. Lucky for Gallagher, Dr. Diane Moyer, one of her former coaches and mentors, worked as a professor in the College’s psychology department and she approached her with her husband’s idea. A former Olympian and silver medalist at the 1984 Los Angeles games Moyer is an accomplished hockey player in her own right. She thought the idea had merit and put her in contact with Lippert, Cedar Crest’s field hockey coach. Lippert and Gallagher met with the school’s athletics director, and worked out eligibility issues with the NCAA, which granted her a year to finish her playing career. What seemed a distant dream was suddenly a reality.

“Her body may not be able to do as much as when she was young, but mentally she is very strong,” says Moyer. “In order to be a good athlete you need to be a smart one. She has potential to share her wealth with the players we have. Heather knows what she can do and what can’t do. She knows the game and as a result, the other players are really learning from her.”

Lippert agrees. “The students like how she coaches quietly on the side. She is not like me as a coach, instead, she is a quiet leader. She encourages them to work on their skills and makes suggestions. They really respect her experience,” says Lippert, who notes that Gallagher is playing the cherry picker spot on the team and is getting a lot of shots on goal. She is definitely an offensive threat.

Gallagher’s teammates have received her with open arms, nicknaming her “Super Mom” and voting her one of the team captains, which really touched the veteran. Gallagher says that she feels lucky to be among them.

“I will say that just being a part of this team has made me feel like more of a Cedar Crest student and not just a nursing student going back for her degree. I have developed a real sense of pride for the college. But, this is it for me … no more second chances or third chances. I push myself as far as I can go and some days it is hard. I have to put things into perspective and appreciate this chance and opportunity. I am here to live out my dream. I admit my body may be hurting, but I also admit that I love this. I have definitely gotten back my competitive spirit again and it feels good.”
The American Nurses Association knows that your nursing students are the key to all of our futures.

ANA wants to expose students to all that ANA has to offer while they are in nursing school by giving them access to the Members Only section of Nursing-World.org at no cost to them!! This is not a membership type but will give them access to information that they can use in school and help prepare them for their nursing career. Highlights include:

- Full ANA Position and Policy papers on important nursing issues
- A chance to sign up for Smart Brief — our members only daily news feed that brings together nursing and healthcare news from around the country every business day
- Access to the current electronic versions of The American Nurse and the ANA columns in American Nurse Today
- Access to the OJIN — a peer reviewed electronic journal available to ANA members on the hot issues facing nursing today
- NurseSpace — ANA's new social network just for nurses!!
- Discount opportunities on a variety of personal and professional products

We hope you will share this special offer with your students. Click on this link to sign up: www.nursingworld.org/students

Note: Students will be asked for a Promo Code which will give them free access at the bottom of form when they sign up. The promo code they can use is "EDU".

Thank you for sharing this information.

American Nurses Association
## NLRC Open Lab Schedule - October 2008

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Holiday Evergreen Fundraiser
by Theta Rho

It’s back by popular demand for the 7th year! Theta Rho is sponsoring its holiday evergreen fundraiser.

Start a tradition by sharing a gift of nature or make holiday evergreens a part of your traditional celebration. Order your holiday evergreens from Theta Rho and help support the local chapter of Sigma Theta Tau, the International Nursing Honor Society!

Evergreen wreaths, door swags, garland and centerpieces are reasonably priced and available for the holidays. Please see the attached color brochure for a detailed description of the available items. The products are delivered via refrigerated trucks from the Pacific Northwest at just the right time for the holidays. Freshness is **guaranteed** by Sherwood Forest Farms, Seattle, Washington. You won’t be disappointed!

**You can also ship selected beautiful evergreens with a personalized holiday greeting to a loved one anywhere in the continental US! What a wonderful way to show you care!**

Orders will be taken until **November 1**. Payment is due at the time the order is placed. Checks payable to Theta Rho are tax deductible. Credit cards CANNOT be accepted. Items will be delivered to Cedar Crest College, Nursing Department between November 28 and December 5. Orders can be placed as follows:

Send an email to Lindsay Carbone at lacarbon@cedarcrest.edu
Call the Cedar Crest College Nursing Department at 610-606-4606
Or mail order sheet to Lindsay Carbone, Cedar Crest College Nursing Department, 100 College Drive, Allentown, PA 18104.

Get into the holiday spirit and support Theta Rho!