

1-1-2013

The Stethoscoop, Issue 1

Mennonite College of Nursing

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The Stethoscoop



Issue 1: February 14th, 2013

Happy Valentine's Day
from MCN!

●●● Hello fellow Mennonite College of Nursing (MCN) Students!

I am thrilled to present to you the first issue of the MCN Stethoscoop. This newsletter is sponsored by the Student Government Association (SGA) at Illinois State University (ISU). The SGA is the official governing body for students at ISU. SGA advocates for student concerns and offers an array of programs and services designed to enhance your experience as an ISU student. The MCN students involved in making this possible are outstanding leaders in their classes and have taken the initiative to provide you with the latest news at MCN. Please feel free to contact the MCN Stethoscoop or myself if you have an interest in becoming a member of the newsletter committee or SGA at ISU.

- Lynnae L. Braker, Academic Senator for MCN and CFA

A Message from Dean Krejci...



Welcome to the first edition of the Stethoscoop! Such a great idea! I am delighted with the opportunity to share a few words in this new newsletter! Getting to know students is one of the highlights of my role as your dean. Every semester we set up some "eat and greet" sessions with Dean. I wanted to remind you that we have scheduled a lunch on February 28th and a dinner on March 26th for students to meet with me (and possibly other administrators). Would love to see you there! Sign up sheets are outside Edwards 312. I am also planning to bring pizza to the SNA meeting on February 19th. Hope to see you at these events!

Special thanks to all of you that helped with the PINK "Play for Kay Game". We are making a difference! Over \$20,000 was raised to fight cancer. Have a great semester and I will look forward to upcoming editions.

Meet The Team



Casey Vinyard
1st semester senior



Lauren Norton
1st semester senior



Natalie Pecha
2nd semester junior



Christine Larson
1st semester senior



Mallory Steffen
1st semester senior



Lynnae Braker
2nd semester senior



Jenna Daugherty
1st semester senior



Maggie Tonkin
1st semester senior

Have
You Heard
About...

Student Nurses Association

By: Jenna Daugherty

The Student Nurses Association (SNA) at Illinois State is a student volunteer organization focused on improving our campus and surrounding community. The SNA members volunteer at multiple health-related events throughout the year and fundraise to support various organizations in the community. SNA also helps the students at Mennonite College of Nursing to progress in their development of becoming professionals in their future nursing careers by providing leadership opportunities, connections throughout the community, and career guidance.

The SNA meetings are held every second and fourth Tuesday of the month. At the meetings, many guest speakers come to talk to the students about different health issues, internship and career opportunities. Students also coordinate and plan for future events during the meetings.

This semester, SNA is involved in many events; included are Relay for Life at ISU, the MS Walk, Oakland Elementary School Health Fair, and Abraham Lincoln Memorial Hospital Health Fair. The association is also very supportive of ISU athletics, and many of our members may be seen at games sitting in the "N" section for nursing. Recently, SNA participated in the Play 4 Kay Women's Basketball game and helped raise over twenty thousand dollars to support research in the fight against breast cancer!

As you can see, SNA is a great way to get together with fellow Nursing students to make a difference in both our campus and our community. If you are not currently a member of SNA, you are warmly welcomed to attend the meetings to see what it's all about. We hope to see you there!

- Katie Watt, President, klwatt@ilstu.edu

Upcoming Events

By: Mallory Steffen & Christine Larson

February Events

- Feb. 17th – Redbirds basketball against Wichita State 7-9 pm
- Feb. 19th – Wellness Massage 10 am-2 pm, Bone Student Center
- Feb. 20th – Note taking and textbook reading 4-5 pm, Vrooman Center
- Feb. 22nd – Reggie Nites: Free Bowling, Billiards, and Karaoke 8 pm-12 am- Free food starts at 9:30 pm; Brown Ballroom
- Feb. 24th – Performance of [Oklahoma](#) at the Center for Performing Arts (click for times and cost)
- Feb. 26th – Manage your time to manage your goals 4-5 pm Vrooman Center
- Feb. 27th – National Eating Disorders Awareness Week Zumba Class 6-7 pm Student Fitness Center

March Events

- Mar. 1st – MCN Simulation Lab Touring 3-4pm
- Mar. 3rd – Redbird Gymnastics vs. Ohio State 4pm
- Mar. 5th – [Women's Health Night](#) 3pm-7:30pm Bone Student Center (Free! Click for more info)
 - [Spirit Gone Wild](#) 9pm-12am @ Student Recreation Building (click for more info)
- Mar. 6th – Wellness Massage 10am-2pm @ Bone Student Center
- Mar. 9th – Beginning of Spring Break!!
- Mar. 14th – [Mennonite College of Nursing going to St. Louis](#) (click for more information)
- Mar. 15th – Redbird Baseball vs. Bowling Green



Did You Know...?

Nursing students aren't allowed to speak to their professors in Vietnam. They learn through lectures, textbooks and recitation drills, having no experience with real patients until they're on the job.
Aren't we lucky?!

Forty-eight percent of nurses at a Chicago hospital believe that saying the word "quiet" aloud will jinx them and make their shift more difficult.
What do you think?

Within the United States and Canada, only 168,181 nurses are men, making up only 5.8% of the total nursing population.
Power to the nurses!

In a study at a U.S. Hospital, more than 80% of ED nurses believe the phase of the moon affects patients and their mental health.

Nurses at ill-funded Chinese hospitals have to reuse supplies such as gloves and even syringes.
Talk about contamination!

Source: scrubsmag.com



Student Spotlight



By: Casey Vinyard

This week, I wanted to kick off the first issue of the Stethoscoop with a bang. I interviewed a student I admire for her hard work and dedication to nursing school while still having a full time job as a mother. Mennonite College of Nursing is both challenging and time consuming. With that, having a family to provide for and take care of can be as equally challenging. To all nursing students, here's a little inspiration from Angela.



- **Name:** Angela McCrary
- **Semester:** Senior/Class of December 2013
- **Age:** 28
- **Nursing area of interest:** Labor & Delivery, Public Health
- **Favorite class:** Mental Health Nursing

- **Favorite hobby:** Doing just about anything outdoors
- **Favorite movie:** National Lampoon's Christmas Vacation. It's a family tradition to watch it on Thanksgiving; it never gets old.

What has your journey in nursing school been like? Has it been stressful, beneficial?

Becoming a Registered Nurse was a personal goal that I had to place on hold for several years. When I was able to apply and get accepted to MCN I was ecstatic. It hasn't been easy, but I'm happy that I am finally doing it. Not only have I learned a lot in school, but I have been introduced to some opportunities outside of MCN. I volunteered at the Community Health Care Clinic in Normal last summer, my family and I hosted a Russian nursing student who came to visit MCN last fall, and next summer I will be working at Advocate BroMenn in the labor and delivery unit as a nurse intern. The experience has definitely been beneficial.

What is it like to have a son and still be successful in nursing school?

Having a family and going through nursing school has been challenging, but it also helps me focus. My priority is to lead by example for my son. I want him to see me complete this and do it with as much grace as possible. There are times when I feel guilty for not focusing on his activities as much as I would like, but I know this is temporary and will benefit him in the long run.

If you could give advice to upcoming semesters, what would it be?

Listen in class, stay organized, and when in doubt think of all the students that have completed this program. You can do it too.

What advice have you been given that has kept you driven and motivated?

It's not advice so much as an observation. My husband also went to ISU after having our son. He worked full time on third shift, was in the Army National Guard, dealt with two deployments and was able to graduate at the top of his class. Not to mention he is the first college graduate in his family. I'm really proud of all he has accomplished and I want to continue to do well so he can be proud of me too.

Want to be in the spotlight? Tell us at: MCNStethoscoop@gmail.com

Need a Last Minute Valentine's Idea?

- ♥ Take a hike down Constitution Trail
- ♥ Have an indoor candlelit picnic
- ♥ Create an at-home spa day
- ♥ Create an at-home movie theater with popcorn, soft drinks, and candy.
- ♥ Present IOU Valentines to your partner (ex: "IOU dinner", "IOU a movie night")
- ♥ Plan a scavenger hunt that leads your valentine back to you
- ♥ Turn a simple deck of playing cards into a '52 Reasons Why I Love You'
- ♥ Send a Valentine E-card-- it's free and easy! Check out [123Greetings!](http://123Greetings.com)



Extra! Extra!

WE Want to Read All About It!

Are you traveling or doing something cool for Spring Break that you want to share with The Stethoscoop?

E-mail your story and picture to us at MCNStethoscoop@gmail.com to have your vacation shared in the next issue!

We want to know!



Questions? Comments? Suggestions? E-mail us at: MCNStethoscoop@gmail.com