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The Stethoscoop, Issue 2

Mennonite College of Nursing

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The Stethoscoop



Issue 2: March 22nd, 2013

Happy Spring from Mennonite!

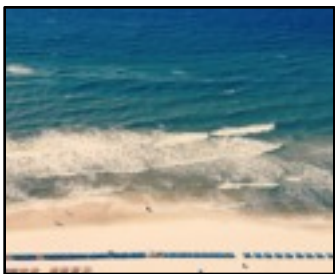
Welcome back, everyone! We hope you all had a nice and relaxing Spring Break.



Spring Break 2013

Kaylene Becker

Every spring break I head back to my home town for a little relaxation but this spring break I decided to end college with an actual trip to Panama City Beach, FL and had the time of my life. It was great weather, great friends, and an overall great experience. Most of my trip consisted of sunbathing on the beach, eating at great restaurants, attending concerts, and dancing. My favorite part of the trip was getting to see my favorite country artist, Luke Bryan while relaxing on the beach! I have always wanted to see him in concert and didn't realize he was going to be in Panama at the same time as me. I also got to see Florida-Georgia Line and Lupe Fiasco. On this trip, I met new people and became closer with my friends from here at Illinois State as well. Spring Break was not only a great week filled with sunshine and the ocean breeze but I also made memories that I will forever hold close to me!



March Madness

March 23rd, 2013



Feeling the need to be highly entertained and not spend too much money?

Come to this years March Madness Philanthropy event and support the Make-A-Wish Foundation on March 23rd! Hosted by the Rho Kappa Chapter of Chi Omega, March Madness is a competitive dance competition held in memory of fellow Rho Kappa sister, Jody Swanson. Since 2003, their chapter has donated over \$90,000 to the Make-A-Wish Foundation of Illinois all thanks to this one-day event! March Madness takes place on-campus in the Bone Student Center and tickets are running out fast! See which Illinois State chapter will win this year's competition!

Meet Our Newest Members



Lauren George & Laura Milas

Have
You Heard
About...

Student Nurses Association

By: Jenna Daugherty

The Student Nurses Association has quite a few fun events to finish up this semester. Saturday, April 6th is the annual Student Nurses Association formal and will be held from 8:00-10:30p.m. at the Marriott Hotel and Conference Center in Uptown Normal. Tickets are thirty five dollars and all SNA members and nursing students and dates are welcome to attend. There will be dinner provided, free drinks, dancing, and a photo booth! Hope all can attend!

SNA will be attending two last walks for the semester. The first is ISU's Relay for Life, which is Friday, April 26th starting at 6:00 p.m. and going all night! There will be a booth set up for the Student Nurses Association members and all students are welcome to attend. The second walk is on Sunday, May 5th at 12:00 located at Tipton Park (off College Avenue) for the McLean County MS Walk. This is a great event to attend and a good study break from finals! If you are interested in joining our group to either attend or fundraise, please contact Katie Watt (at klwatt@ilstu.edu) and join the Student Nurses Association group!

Upcoming SNA Events

Mar. 19th – SNA Meeting; Speaker Molly Rodden (Mental Health Internship)

Apr. 2nd – SNA Meeting: Speak Sara Gleckler (Memorial Hospital)

Apr. 6th (Saturday) – Student Nurses Association Formal at the Marriott Hotel and Conference Center from 8:00-10:30 pm. Tickets available for \$35, dinner and open bar included.

Apr. 13th – Free Dental Clinic; starting at 7:30 am

Apr. 16th – SNA Meeting: Speaker Michelle Phillips (Army Recruiter)

Apr. 26th – Relay for Life on ISU Quad at 6:00 pm

May 5th (Sunday) – MS Walk at Tipton Park at 12:00 pm



Upcoming Events

March Events

Tues. Mar. 19th - Redbird Baseball vs. SIUE 3pm @ Duffy Bass Field

Wed. Mar. 20th - Study Tools and Test Taking 3-4pm @ Vrooman Center

Thurs. Mar. 21st - [Wellness Massage](#) 10am-2pm @ Bone Student Center (must book appointments ahead of time online)

Fri. Mar. 22nd - Redbird Baseball vs. Eastern Illinois 3pm @ Duffy Bass Field

- [Up Late @ State's Casino Royale](#): A Masked Affair
9pm-12m

Sat. Mar. 23rd - March Madness, 7:30pm @ Braden Auditorium

Sun. Mar. 24th - Family Swim 1:30-3:30pm @ Metcalf Pool (Reservations are required)

- Men and Women's Glee Club Concert 3-5pm @ Center for the Performing Arts

Tues. Mar. 26th - [Tye Dye](#) 12-3:30pm on Quad (Schroeder Plaza)

- Note Taking and Textbook Reading 3-4pm @ Vrooman Center

Wed. Mar. 27th - Study Tools and Test Taking 3-4pm @ Vrooman Center

- Redbird Softball vs. Illinois 4pm @ Marian Kneer Softball Stadium

Fri. Mar. 29th - Good Friday

Sun. Mar. 31st - Happy Easter to all!

April Events

Tues. April 2nd - Wellness Massage 10am-2pm @ Bone Student Center
- SNA meeting- Speaker Sara Gleckler (Memorial Hospital)

Wed. April 3rd - [A Zoo to You](#) 11am-3pm on Quad (Schroeder Plaza)
- [Procrastination Domination](#) 2-3pm @ Vrooman Center Room 108

Thurs. April 4th - Study Tools and Test Taking 3-4pm @ Vrooman Center Room 108

Sat. April 6th - [Halfway to Homecoming Tailgate](#) 1pm @ Redbird Baseball and Softball Fields (Corner of Gregory and Adelaide)
- Student Nurses Association Formal- at the Marriott Hotel and Conference Center from 8:00-10:30p.m.
- Family Swim 1:30-3:30pm @ Metcalf Pool

Wed. April 10th - [Sunset Paddle Registration Deadline](#) (scheduled for Wed. April 17th 4:30-7:30pm)

Thurs. April 11th - [Spring Cookout, Play, and Paddle Registration Deadline](#) @ 12pm (Scheduled for Sun. April 14th 10am-3pm)

Sat. April 13th - Family Science Day 11am-5pm @ Redbird Arena

Sun. April 14th - Family Swim 1:30-3:30pm @ Metcalf Pool

Tues. April 16th - [Social Moves and Soapbox Series Kickoff](#) 1-5pm @ Bone Student Center (Brown Ballroom)

- Redbird Baseball vs. Illinois 6-9pm @ Duffy Bass Field
- SNA meeting -Speaker Michelle Phillips (Army Recruiter)

Thurs. April 18th - Procrastination Domination 4-5pm @ Vrooman center
- Wellness Massage 10am-2pm @ Bone Student Center

Fri. April 20th - [Siblings Weekend!](#)

- [Gamma Phi Circus Spring Show](#) 6-9pm @ Redbird Arena
(Tickets on sale now through Ticketmaster and Braden Box Office)



Faculty Focus



By: Casey Vinyard



"I come from humble roots and I remain humble."

It is hard to believe that all of our mentors started out exactly the same way we did, as students. This week, the Stethoscoop has decided to feature a highly recognizable face by the end of graduation. She is driven, intelligent, personable, and kind; she has been committed to patients and students alike as her previous role as a Psychiatric Mental Health nurse, and now serves as our Undergraduate Program Coordinator and Psychiatric Mental Health theory faculty at Mennonite College of Nursing. Learn a little bit more about Dianne Clemens by reading on.

Professor: Dianne Clemens

Location of birth: North Dakota

Favorite color: Blue

Favorite quote: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference." –Serenity prayer

Favorite movie: Jane Austen's "Pride and Prejudice" (the original with Colin Furth)

Favorite food: Popcorn

What is your favorite unit to work on? Psychiatric

What is your role in Mennonite College of Nursing? My job is Instructional Assistant Professor; I teach and coordinate NUR 314 Psychiatric-Mental Health Nursing and the rest of my workload is Undergraduate Program Coordinator. As Undergraduate Program Coordinator, I provide leadership over the traditional nursing program, accelerated option, and RN-BSN program. I work with finding faculty, clinical sites, and the scheduling of it all. I am a part of the leadership team of the College of Nursing. I've been with Mennonite since 1998 and have taught theory and labs/clinical in Health Assessment, Adult I, and Leadership. When there was an opening in Psychiatric-MH nursing, I jumped at it!

Who has been your biggest support in your career in health care? I had supportive parents and my husband is a great life partner who has been encouraging of my career.

Where did you start out? I worked as a CNA (nurses aid) at the nursing home during high school and decided I would be a nurse. When I was 16, I decided to become a psychiatric nurse because my grandmother was admitted on a psychiatric unit because she had dementia. The nurses on the psychiatric unit were so wonderful and showed me a whole new side of caring for someone with a dementia. I completed my 24 month diploma nursing program in Fargo, North Dakota at St. Luke's Hospital School of Nursing. Over the years I've learned I also like geriatrics. Geriatrics and psychiatric nursing go nicely together, but the bulk of my nursing experience has been on psychiatric units. I have worked in various psychiatric settings, in 4 different states. I saw nurses caring for patients with psychiatric diagnoses in general hospital settings but they didn't necessarily treat psychiatric patients very nicely. I saw a bias or a stigma and the care provided wasn't as high a quality as psychiatric patients needed. So, I decided that I could change how psychiatric patients were cared for by teaching psychiatric nursing. I believed if I could change student attitudes about psychiatric patients and teach them skills of communication and intervention, I could influence the quality of care. I've taught for over 30 years in 5 different programs and this remains my goal.

What has been your biggest influence that has helped you grow as a successful nurse/professor/mentor? I would say the person that cared for my grandmother on the day she was admitted to the psychiatric unit. That nurse has been my idol; I've always wanted to be like her and help other people just like she helped my grandmother and our family. I don't know her name but I do remember she wore a white blouse, red plaid skirt, hunter green knee socks, and penny loafers! I was 16 years old and what someone wore was very important! It was, however, the way she treated my grandmother that made the biggest impact; this nurse treated my grandmother with such respect and lack of judgment. We had not seen nurses caring for my grandmother outside of this psychiatric unit treat her with so much dignity due to her dementia. This psychiatric nurse's approach instilled a sense of trust in us as family; she made my grandmother and our family feel safe, listened to, and secure. I left the psychiatric unit saying: "I want to do this. I want to make a difference in someone else's life like this nurse has done for our family." That has always been my ideal, set so strong in my mind. That was very, very powerful for me.

What has been your biggest challenge in nursing/education? My biggest challenge now is to sustain the energy needed to keep all the moving parts of the undergraduate program running smoothly and make sure my teaching remains a priority in my week.

What advice would you give to future student nurses? Know that if you really want to be a nurse it is not an easy plan of study and it's not an easy profession. It takes a lot of passion, hard work, and continued learning to be the best.



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



Bloomington-Normal Spring Activities

- ✿ Walk or run on Constitution trail
- ✿ Have a picnic on the quad
- ✿ Go out for ice cream
- ✿ Ride a bike
- ✿ Go rollerblading
- ✿ Go see a film at Normal Theatre
- ✿ Do springtime crafts
- ✿ Spring Cleaning and Organizing!
- ✿ Gather up friends and play a sport outside
- ✿ Have a cook out

EGGcellent Easter Facts

- Americans buy more than 700 million MARSHMALLOW PEEPS during the Easter holiday, which makes Peeps the most popular non-chocolate Easter candy.
- In all, 90 million chocolate Easter bunnies are made for Easter every year. And, when taking a bite into one of those millions of chocolate bunnies, 76% of Americans prefer to bite off the ears first, while 5% eat the feet first and 4% eat the tail first.
- There are over 75 billion eggs sold each year. Although there is not a number provided for the Easter season, The egg industry's busiest time of year is the Easter season. After the holiday, "sales go down", hence "egg month" in May each year.

