



# ONTRACK

BON SECOURS MEMORIAL COLLEGE OF NURSING

## SERVING THE UNDERSERVED

### STUDENTS AND FACULTY UNITE FOR REMOTE AREA MEDICAL SERVICE TRIP



ON OCTOBER 2, 2015 CON FACULTY MEMBERS DEANNA Allison, Susan Massengill, Dr. Chrissie Perkins, Dr. Chris Turner, and Laura Vasel, along with students Allegrah Nguyen, Carolyn Hanzlik and Jennifer Jernigan traveled to Grundy, Va. to participate in a two-day Remote Area Medical (RAM) service trip.

RAM's goal is to provide free quality health care access through the Stop the Suffering in Appalachia Initiative so that at least 90 percent of those living in the "Distressed Corridor" during 2014 – 2016 will be in driving distance of a RAM clinic. RAM estimates that people are walking up to 15 miles for basic medical help. Today, 42 percent of those living in that region are in rural areas, compared with 20 percent of the national population.

During this initiative, RAM will provide clinic events, mobilize partners, and use health care provider abilities to offer free preventive, dental, and vision care required to help improve the quality of life of those in these underserved and impoverished areas. RAM intends to use the Initiative as a gateway to establish RAM Affiliates based in Appalachian states to provide ongoing services and health care access beyond 2016.

The BSMCON team provided services in triage. Our nursing students were responsible for the check-out desk; informal meet and greet and checked out each patient in the clinic. The computer system tracked the types of services, as well as the monetary value of the services provided.

### GO AHEAD, KNOCK!

HAVE YOU NOTICED THE NEW CAFÉ CARDS ON THE website? These are part of a new service called Cranium Café that allows real-time chat for our students between several departments and offices that include Admissions, Library, Registrar, Health & Wellness, Career Services, Financial Aid, and Advising for RN-BSN students. Students can "knock" on the door of their academic support team and receive immediate help regardless of location or ability.



To participate in Cranium Café, make sure to use Chrome or Firefox for your browser, have your web camera ready and activated and have a headset with microphone ready — your cell phone headset will work fine.

## LIGHT. LOVE. HAITI

## MISSION 2016

THE CHILI FUNDRAISER WAS ANOTHER SUCCESSFUL FUNDRAISING EVENT FOR THE 2016 HAITI Mission Team. The team served more than 130 bowls of chili and raised more than \$675.00. They are so grateful for everyone's generosity. Now that the Chili fundraiser is behind them, the team looks to the next event to raise money for their annual Haiti Mission trip. The annual Silent/Live Auction will be held Friday, January 22, 2016. It will be from 6:00 AM to 9:00 PM in the College Auditorium. Tickets will cost \$10.00 for students, \$15.00 for the general public. If you're interested in purchasing tickets or donating, please contact Kathy\_Faw@bshsi.org.



## GIVING BACK THIS SEASON

Black Friday. Cyber Monday.

#GIVING TUESDAY

December 1, 2015

THE STUDENT GOVERNMENT ORGANIZATION (SGO) is sponsoring an event for #GivingTuesday - the day after Cyber Monday (when many go online after Thanksgiving to shop). Now in its fourth year, #GivingTuesday kicks off the season of charitable giving. On December 1, the College will be making holiday cards for our veterans. Come to Classroom 2 from 11:00 AM to 1:00 PM to make a card, connect with classmates and enjoy a cup of cheer at the hot chocolate bar. 'Tis the season to give back!

## FACULTY NEWS

DR. CHRISSIE PERKINS, ASSOCIATE DEAN AND DR. Barbara Sorbello, dean of nursing, attended the Fall Semi-Annual American Association of Colleges of Nursing (AACN) meeting in Washington, D.C. from October 23 to 27, 2015. The focus of the meeting was on Amplifying Nursing's Voice: Passion, Purpose and Politics. The following picture was taken with Dr. Deborah Trautman, CEO of the AACN.



## BSHSI Tuition Waiver Program

Human Resources and Bon Secours Memorial College of Nursing are pleased to announce the Tuition Assistance Waiver Program. This new process allows BSHSI employees who are or will become students at the College to receive a waiver for tuition assistance—a tuition benefit found only at the College of Nursing.

Contact the Admissions Office for more information at (804) 627-5300.



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## THE COLLEGE REPRESENTS AT NAMIWALKS VIRGINIA



STUDENTS FROM NUR 3114 – CARLA JONES, Kathryn Burton, Noelle Loving and faculty member Teri Tench created a team called BSMCON Walkers and participated in 2015 NAMIWalks fundraiser on October 16, 2015 in Richmond, VA. The event was a family friendly 5K in Innsbrook that promotes recovery and improving quality of life for people impacted by mental illness.



NAMIWalks Virginia brings together family members, community leaders, neighbors, and friends to raise crucial funds for NAMI's (National Alliance on Mental Illness) Virginia's programs, promote awareness of mental illness, and celebrate recovery. NAMI Virginia and affiliates rely on funds raised from the Walk to provide free training and free programs to people searching for information, help, and hope. For more information visit <http://namivirginia.org>.

## FACULTY TAKES ON NEW ROLE

Q&A with Arlene Holowaychuk, MSN/Ed, RN



**Q:** Tell us about your role as nursing academic success coordinator. How does this role impact a student's success at the College?

**A:** The nursing academic success coordinator is an emerging role in the College. It is a liaison between nursing faculty and student success services to reach students who may be at risk.

**Q:** How has it evolved since you began working with Student Services?

**A:** The role has grown with the addition of the PowerUp series for both incoming sophomores and students progressing to the junior semester. With the initiation of both these services for CON students, student success services has become more visible and an integral part of the students' holistic success.

**Q:** You created PowerUp 2.0, tell us how it prepares our sophomore students?

**A:** PowerUp 2.0 series was created to help the incoming sophomores become engaged with the college before starting the nursing courses and an opportunity to meet their fellow peers while providing strategies for the student as they prepare for the rigors of nursing education.

## NEW FACES

ANGELIC SORRELL IS OUR NEW SIMULATION instructor. She joins us from Winston, North Carolina



where she worked for East Carolina University Brody School of Medicine as the program and operations manager in Clinical Simulation. Previously Angelic was on faculty at Wilson Community College LPN program. Her clinical background is in OB nursing. Angelic received her BSN (Bachelor of Science in Nursing)

from Barton College in Wilson, North Carolina, and her MSN (Master of Science in Nursing) from University of Phoenix.



## EARLY CAREER DECISION PROGRAM A SUCCESS

ON OCTOBER 20, 2015, 46 OF OUR December graduating seniors participated in the Early Career Decision Program. Twenty-eight nursing leaders from across Bon Secours Health System did nearly 150 interviews in one afternoon. This represented the largest event of its kind co-hosted by the College of Nursing and Bon Secours Human Resources. Within 2 weeks of the event, more than 40 seniors had accepted their nursing jobs and more job offers were forthcoming. Students were commended for their professional appearance, effective interviewing skills, enthusiasm for nursing, and motivation to succeed.



LYDIA (DIA) LISNER IS NOT REALLY A NEW FACE, BUT SHE DOES HAVE A NEW role at the College. Formally an academic counselor in the Office of Student Success, Dia recently transitioned to the role of Registrar. She enjoyed her time working with students as they journeyed to success, and now looks forward to being your contact for course registration, schedules, Reynolds Community College and graduation requirements. In preparation of her new role, Dia plans to attend the AACRAO (American Association of Collegiate Registrar's and Admission Officers) SEM Conference (Strategic Enrollment Management). She will be residing in the Registrar pod, Office 215. Come by and say hello.



## MEET CAROLYN HANZLIK, RN-BSN STUDENT

CAROLYN IS A CLINICIAN II ON THE SPINAL UNIT AT ST. MARY'S Hospital and enrolled part-time in our RN-BSN program. She had already earned her bachelor's degree in finance when she decided to become a nurse. Why did she decide to get a BSN too? "To broaden my knowledge and critical thinking skills so I can be a successful nurse practitioner one day," she said. While she admits it can be hard to achieve a work-life balance (she has 16 month old twin boys) she appreciates the flexibility of the program and the camaraderie of getting to know her online classmates. "There is nothing is like knowing people on Blackboard and then finally running into them at the hospital!" She expects to graduate next spring.



## COLLEGE ALUMNI AMBASSADORS RETURN

NEW 2015-2016 COLLEGE AMBASSADORS AND MEMBERS of Student Government Organization (SGO) were treated to a panel of special guests on November 9, as former College Ambassadors (CA's) who are now nursing graduates, spoke to the CA's about a number of topics that included employment, immersion, preceptors, and work-life balance.

Acting as moderator's, Sarah Brockman and Mollee Kennedy led the discussion. The alumni panel included new RN's Trami Nguyen, Vania Marannano and Colleen John. Colleen, who now works at St. Mary's Hospital, did her immersion with VCU Health System but said it was her PCT position with Bon Secours that helped with the transition to St. Mary's Hospital because she understood the internal hospital systems and workplace culture.

Vania, who works at Johnston-Willis, spoke about "being an advocate for yourself" once you've accepted a position and begin working. She also stressed to stay on orientation (as a new employee) for as long as possible. She said that her education provided critical thinking skills that she felt were crucial to feeling confident once you're "on your own."

Trami, now working at St. Francis Medical Center, discussed developing her personal nursing style during immersion and was thankful she had that time gain confidence. She said it's important to utilize your resources while they are provided, and to "never lose your eagerness to learn."

## HEALTH & WELLNESS

## UPLIFTING 15 Interfaith Prayer Time



### SEE THE SIGNS CAMPAIGN

DID YOU "SEE THE SIGNS" THIS FALL? The College kicked off a campaign of the same name to recognize the signs of domestic violence designed with a bystander intervention strategy. Sadly, intimate partner violence occurs in 1 out of every 5 relationships. "See the Signs" is a movement that encourages friends and other campus community members to stop and intervene when they see signs of intimate partner violence in a friend or family members' relationship.

### NEED A SPIRITUAL BOOST?

UPLIFTING 15 IS PRAYER TIME FOR STUDENTS, FACULTY, and staff of all faiths to come together to lift up thoughts and prayers on:

**Tuesday: 8:15 AM to 8:30 AM**

or

**Thursday: 4:15 PM to 4:30 PM**

Can't make the scheduled times? Submit your prayer request to Ms. Roberts by sending her an email ([becky\\_roberts@bshsi.org](mailto:becky_roberts@bshsi.org)), calling, or stopping by her office, 120. There is also a folder on her door with paper to write a prayer submission.



2016 HealthWEEK Be on the lookout in 2016 for the Spring Health Week – which will include a Health Fair for the College.