

Student Nurse Association Raise Money for Pat Kracker Breast Cancer Fund

The students in the North Central State College Student Nurse Association recently held their annual Walk-a-Thon to benefit the Pat Kracker Breast Cancer Fund on October 1, 2011. Even though the weather was cold and rainy, a total of 50 brave souls participated in the event. The students were able to raise \$1,695 in donations for the fund.

The Pat Kracker fund helps to provide education to the public regarding the benefits of early detection of breast cancer in its earliest stages of development. They also refer women to local, state, and federal breast cancer assistance organizations, and provide needy Richland County residents financial assistance with the cost of breast cancer-related expenses.

The Student Nurse Association would like to express their gratitude for all the generous contributions made to make this event a great success.



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Health Sciences
Division

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Nursing Grant

Congratulations to the nursing programs for their grant award from the College Foundation in the amount of \$20,500. The grant will be used to continue the tutoring program for nursing students in need.

Upcoming Student Nurse Association Activities:

The SNA is spearheading the "Feast of Love" food drive in the Health Sciences building for the week of November 1st. Collection items will include cans of green beans, corn, and sweet potatoes.

There will be a fund raiser to assist in raising money for student nurse delegates to attend the National Student Nurse Associate Convention in Pittsburgh in April, 2012. The SNA will be selling t-shirts, hooded sweatshirts, and sweatpants in the coming weeks.

Occupational Therapy Assistant Program Updates

Bathrooms and Volunteers

The Occupational Therapy Assistant program will be graduating its first class this year. The Program Director, Ann Davies, and both the first and second year students have been very busy making modifications to their lab space in the Health Sciences Center.

In addition to organizing all the new equipment that has been coming in for the program, the second year students volunteered their time and resources to install a whole mock bathroom in the lab (*pictured below*). With a generous donation of supplies, including the bathtub, from Bill Frederick, a second year OTA student, the students were able to complete a majority of the installation in just one week in August!

The new mock bathroom has already been used in classroom and lab activities this quarter for simulating treatments in clinical and home environments. Students are now able to take fabrication skills that they had been learning in smaller doses and put them into real life, real work applications.



The OTA program also had 23 student volunteers at the Ohio Occupational Therapy Association meeting held October 13-15, 2011. Our students represented one third of the total 70 volunteers. In addition, Jennifer Krupka, OTA student, was accepted to do a poster presentation of a class project at the meeting.

The Health Sciences Division will be welcoming the Accreditation Committee of Occupational Therapy Education on November 7-9, 2011. The visit is the final step in the three step accreditation process. Best wishes to Ann Davies, who has been working hard to ensure the visit will be a complete success!

Student Announcements

Jason Burton, Respiratory Care student, was recently published in the October issue of the *AARC Times*, the official publication of the American Association for Respiratory Care. His article, *Lessons Learned*, focused on life lessons he has learned during his clinical experiences in the Respiratory Care program. Copies of the article are available from Robert Slabodnick, Program Director for the Respiratory Care program.

Therese Backowski, pre-Occupational Therapy Assistant student, submitted the winning essay to Pearson's 2010-2011 Writing Rewards Student Essay Contest. Her essay, *Designer Dogs: Fabulous Fact or Fiasco?* will be included in a future Pearson publication.



PTA Students Raise Money for A Special Wish

The second year Physical Therapist Assistant students completed a fundraiser for the Galion chapter of the Special Wish Foundation, serving Richland, Crawford, and Ashland counties. The students, under the organization of Amie Myers, class vice president, worked with other community businesses and volunteers at Nicky T's Cruise In on September 11, 2011.

The event featured a car show, cornhole, door prizes, and a 50/50 raffle, with all proceeds being donated to the Special Wish Foundation. Together, they raised \$600 to help make wishes come true for children with life threatening illnesses.



Faculty Announcements

Jim Hull, Dean, was recently seen in the Mansfield Area Y Running Club newsletter *Running Strong* for his participation in organizing in the Red Dress Run 5K. The event raised \$2,155 for the MedCentral Health Systems Cardiac Education program, which provides heart-healthy education in the community.

Congratulations to **Ann Davies**, OTA Program Director, for completing her Master's of Science degree through Capella University!

Anne Seifert, Community Health Worker faculty, was honored by the Ohio Associate for Two Year Colleges for being chosen as the North Central State College Adjunct Faculty Member of the Year.



Anne Seifert

Holidays, Sneezes, and Sniffles

The holidays are quickly approaching, and with them, cold season. We have all seen the flyers around campus with tips on preventing exposure to common colds telling us to wash our hands, sneeze into the bend of our elbows, etc. But should you run to the doctor and demand a bottle full of antibiotics? Absolutely not!

The common cold is a viral infection and can be caused by just one of over 200 different viruses. Antibiotics are used to treat bacterial infections, while antivirals are used to treat viruses. Because



antibiotics are used a lot, antibiotic resistance is becoming a common problem in many parts of the United States. It occurs when the bacteria in your body build up an immunity to antibiotics through repeated exposure. This can also happen when bacteria are left in your body after you have been taking an antibiotic (such as when someone does not take the full course of their antibiotic medicine). These bacteria can multiply and become strong enough to resist the antibiotic in the future.

Although you may have a friend or relative who claims to have a "cure for the common cold," the best treatment for the normally healthy adult is rest and plenty of fluids. Over-the-counter medications can be used to help ease the discomfort caused by symptoms of the illness.

For more information, visit the *Center for Disease Control and Prevention* website at <http://www.cdc.gov/>.