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Indiana University of Pennsylvania

Department of Nursing & Allied Health Professions

ALEXA J. BOYER EMERICK NURSING SCHOLARSHIP

Application

Purpose: To provide scholarship assistance to outstanding and deserving junior and/or senior students who are enrolled in the nursing curriculum at IUP.

The criteria for eligibility include:

Junior or Senior standing in the nursing program

Grade point average of at least 3.0 or greater

Demonstrate participation in school and/or community activities as well as a commitment to serving or assisting others

Selection process: The NAHP Department Enrollment/Enhancement Committee invites applications. Selection will be made by the Enrollment/Enhancement Committee and by approval of the NAHP Faculty. Selection will be based on the review of the applications and essays. This scholarship is awarded in the fall and is applied towards spring tuition.

Name _____ Banner ID No. @ _____

Local Address _____

Permanent Address _____

Local Phone Number _____ IUP E-mail _____

Attach an essay addressing your school and/or community activities as well as your commitment to serving others.

Application & essay are due on Monday November 26th, 2012 by 12 noon to:

Dr. Joyce Shanty

Department of Nursing & Allied Health Professions

243 Johnson Hall

IUP

Indiana, PA 15705

Happy Halloween 



IUP DEPARTMENT
OF NURSING
AND ALLIED
HEALTH
PROFESSIONS



Welcome Back

Dr. Karchar

Dr. Dolores Karchar will be working for the PhD program, part time in nursing and part time in psychology. She is also working as the secretary for the Clinical Psychology Doctoral program. She will be here Mondays and Fridays and will also be working a half day on Wednesdays. Please join us in welcoming Dr. Karchar back!!



FIND YOUR MOTIVATION TO QUIT SMOKING

Finding your motivation is one of the keys to becoming smoke free. Start today and begin building your list of reasons to quit. If you can't think of reasons on your own, ask your family, friends, and co-workers. They can help you find your motivation to quit.

Still need more reasons to quit? Consider these five facts about tobacco and you may be inspired.

1. Smoking is expensive

2. Smoking kills

The Campaign for Tobacco Free Kids tells us that smoking kills more people than alcohol, AIDS, car accidents, illegal drugs, murders and suicides combined. According to the American Cancer Society report, *Cancer Prevention and Early Detection Facts and Figures 2005*, approximately 87 percent of lung cancer deaths can be attributed to tobacco.

3. Smoking causes many diseases and negative health effects

According to *The Health Consequences of Smoking, A Report of the Surgeon General*, smoking has been attributed to abdominal aortic aneurysms, atherosclerosis, bladder cancer, cataracts, cervical cancer, chronic obstructive pulmonary disease, coronary artery disease, diminished health status, esophageal cancer, hip fractures, kidney cancer, laryngeal cancer, leukemia, low bone density, lung cancer, oral cancer, osteoporosis, pancreatic cancer, peptic ulcer disease, pneumonia, stomach cancer and strokes.

4. Tobacco use is harmful to the brain

Several studies have shown evidence that chronic tobacco use promotes a decline of mental functioning, with or without a family history of dementia or Alzheimer's disease.

5. Smoking can cause blindness

Smokers are more likely to develop age-related macular degeneration. Macular degeneration can result in blindness because of the loss of 'straight-ahead' vision that we use for activities such as reading, hobby work and driving a vehicle.



Indiana University of Pennsylvania
 Department of Nursing & Allied Health Professions
ELLA B. SEANOR LEADERSHIP IN NURSING AWARD



Application

Purpose: To recognize and honor a graduating senior in the Department of Nursing and Allied Health Professions who has demonstrated a commitment to the high standards of professional nursing and who has demonstrated exemplary leadership and service within the graduating class of nursing students.

The criteria for eligibility include:

- graduating senior
- grade point average of at least 3.0 or greater
- demonstrates exemplary leadership within the graduating class
- demonstrates a commitment to the high standards of nursing



Selection process: The NAHP Department Awards Committee invites applications. Selection will be made by the Enrollment/Enhancement Committee and by approval of the NAHP Faculty. Selection will be based on the review of the applications. This scholarship will be applied towards your spring tuition.

Name _____ Banner ID No. @ _____

Local Address _____

Permanent Address _____

Local Phone Number _____ IUP E-mail _____

Attach an essay addressing your exemplary leadership within the graduating class and how you demonstrate commitment to the high standards of nursing. **Application & essay are due to Dr. Joyce Shanty on Monday November 26th, 2012 by 12 noon.**

ATTENTION:

Students will be assessed a late registration fee if their initial registration for Spring 2013 courses occurs during the following time frame:
\$100 will be assessed if the initial registration occurs after the last day of the Fall 2012 semester (Friday, December 14, 2012).
\$200 will be assessed if the initial registration occurs on or after the first day of the Spring 2013 semester (Monday, January 28, 2013).



IUP's Department of Nursing and Allied Health and Diamond Pharmacy are co-sponsoring an **IV Certification Course**. This course qualifies for 4 CEUs with a completion certificate given at the end of the course.

- Date:** Saturday, November 3, 2012
or
Saturday, November 10, 2012
- Time:** 9am to 4pm (registration at 8:30am)
- Place:** Putt Hall Ground Floor Nursing Lab
- Cost:** \$95, cash or check payable in advance to register

Offered to junior and senior nursing students. Will provide classroom instruction and practical lab experience. Each class limited to the first 20 students who pre-register and pay. Includes all materials and light refreshments. Lunch is on your own.

Call 724-357-4789 or email Scott Gibson @ sgibson@iup.edu for questions or to register.

REMINDER: If you're planning to graduate this upcoming May, it's time to apply. To apply for graduation in May of 2013, go to: <http://www.iup.edu/page.aspx?id=17023> or you may find the website by logging into URSA, go to Student Services and Financial Aid, then Academic Records, then Apply for Graduation.

***Deadline is November 15, 2012.**



Indiana University of Pennsylvania
 Department of Nursing & Allied Health Professions
DR. F. PHIUP GORMAN NURSING SCHOLARSHIP

Application



Purpose: To provide scholarship assistance to outstanding and deserving junior and/or senior students who are enrolled in the nursing &/or allied health curriculum at IUP, who are independent and/or self sustaining.

The criteria for eligibility include:

Junior or Senior standing in the nursing or allied health program

Grade point average of at least 3.0 or greater

Demonstrate/participation in work life while enrolled in the nursing program at IUP.

Selection process: The NAHP Department Enrollment/Enhancement Committee invites applications. Selection will be made by the Enrollment/Enhancement Committee and by approval of the NAHP Faculty. Selection will be based on the review of the applications and essays. This scholarship is awarded in the fall and is applied towards spring tuition.

Name _____ Banner ID No. @ _____

Local Address _____

Permanent Address _____

Local Phone Number _____ IUP E-mail _____

Please identify how many hours of work you are working in your field of employment per week _____
 GPA _____

Attach an essay addressing your school and work activities as well as your commitment to serving others.

Application & essay are due to Dr. Joyce Shanty on Monday November 26th, 2012 by 12 noon.

FLU SHOT MYTH BUSTERS



Many people believe some existing myths about the flu shot.

Below are FACTS to help overcome those myths!

MYTH: If I get the flu shot, I'll get sick.

FACT: The flu shot is an inactivated virus, not a live virus, so it can't make you sick! You may experience mild side effects including soreness, redness or swelling at the site of vaccine; aches, fatigue, low grade fever and headache. These side effects are mild and are not the flu.

MYTH: If I get the vaccine too early in the year, it won't protect me.

FACT: You should get the flu shot as soon as it's available, it takes 1-2 weeks to become active and it lasts about a year.

MYTH: If I'm allergic to eggs, I can't get the vaccine.

FACT: The flu vaccine is made using eggs. As a result, the vaccine has tiny amounts of egg protein in it. However, this doesn't necessarily mean that if you're allergic to eggs that you can't get a flu shot. In many cases, flu vaccines can be given safely to someone with an egg allergy. **If you've had a reaction to eggs in the past, talk to your doctor before getting a flu vaccination.** Your doctor may send you to a physician who specializes in allergies. A skin test may be needed to see if you truly are allergic to eggs. A nurse or doctor will scratch a tiny amount of egg protein on your skin and watch to see if your skin reacts to it. (Mayoclinic.com)

Important Contacts within the Department of Nursing and Allied Health

Dean HHS	Dr. Mary Swinker	Zink 216	7-2555	Mary.Swinker@iup.edu
Asst. Dean HHS	Dr. Dolores Bryzcki	Zink 104	7-2088	Dolores.Bryzcki@iup.edu
Dean's Associate	Dr. Mary E. Williams	Zink 222	7-2560	mew@iup.edu
Chair NAHP	Dr. Lisa Palmer	SJH 211	7-2279	Lpalmer@iup.edu
Asst. Chair NAHP	Dr. Julie Greenawalt	SJH 222	7-3256	jgreen@iup.edu
Coordinator of Allied Health	Dr. Joyce Shanty	SJH 243	7-3257	Joyce.Shanty@iup.edu
Coordinator of PhD Program	Dr. Teresa Shellenbarger	SJH 246	7-2559	TShell@iup.edu
Coordinator of MSN Programs	Dr. Kristy Chunta	SJH 233	7-2408	KChunta@iup.edu

Staff

Department Secretary	Mrs. Jenny Anderson	SJH 213	7-2558	jlander@iup.edu
PhD Secretary	Mrs. Dolores Karcher	SJH 248	7-3269	d.karcher@iup.edu
MSN/Allied Health Secretary	Ms. Sherry Kelly	SJH 244	7-7647	Sherry.Kelly@iup.edu



SAVE THE DATE !

2012

- 10/23/12** Students able to view Mid-term grades, 8 am
- 11/5/12** Individual Course Withdrawal Deadline
- 11/9/12** Total Semester Withdrawal Deadline
- 11/19/12** Thanksgiving Recess!
- 11/26/12** Classes Resume from Thanksgiving Break
- 12/10/12** Classes End for Fall
- 12/11/12** Finals Begin
- 12/14/12** Finals End
- 12/15/12** Commencement!
- 12/21/12** Grades available for viewing

2013

- 1/2/13** Winter Session Begins
- 1/25/13** Winter Session Ends
- 1/28/13** Spring 2012 classes begin



The Newsletter is a bi-monthly publication dedicated to informing nursing students, faculty and staff of critical information as it relates to nursing activities, organizations, and happenings within the department. If you have anything that you would like posted please contact Dr. Julie Greenawalt, Asst. Chair, at jgreen@iup.edu.

