



# Toward Excellence

November 14, 2011

Issue #11

# Weekly Bulletin

## Annual "Well Elder" Tea Planned

Faculty and first year students in the nursing program will be hosting their annual Well Elder Tea this Friday, November 18.

The Well Elder program pairs members of the first year nursing class with healthy senior citizens who volunteer to allow students into their homes throughout the semester to practice their assessment techniques. The unique program has been a part of the nursing curriculum at NMCC for more than a decade. The culmination of the project involves bringing all of the students and well elders together for a celebratory appreciation tea.

"This is a very important component of the first year of our nursing program," said Mary Cornelio, first year nursing student coordinator. "This project allows the students to not only understand the importance of assessment, communication or history gathering, it allows them to gain a new appreciation of all the accomplishments and contributions made by the older generation. It is very effective in terms of helping our students to understand the critical importance of listening to the patients they will care for in the future."

A total of 43 students from the Presque Isle campus and an additional 8 students participating in the NMCC nursing program offered at a distance at the Houlton Higher Education Center are currently engaged in the well elder program. The Well Elder Teas will take place concurrently at 9:30 a.m. in the Edmunds Conference Center and at the HHEC.

## Native American Presentation Slated for Nov. 16

In honor of Native American Heritage Month in November, the library will be hosting a presentation on Wednesday, November 16, from 12:00 - 1:00 p.m.

Gail Gagnon from financial aid, who is vice chief of the Wesget Sipu Tribe from the St. John Valley, will be talking about native edible and medicinal plants and their uses.

"As a child, I never went to a doctor or clinic, as my mother treated me at home. Because modern medicine is so convenient and readily available now, many of us who knew the old ways of treating illnesses have stopped using those methods," explains Gagnon.

"I am very proud to share my mother's and grandmother's traditional ways

of healing. This knowledge was passed along from generation to generation, and I want to keep this information alive by sharing what they knew."

According to Gagnon, they had to use native medicine in secrecy, because it was frowned upon by the Catholic Church. "When I was a little girl, my mother would tell me not to let anyone know what we were picking and using. My grandmother had been taught not to speak of any aspect of her native background, and she took this seriously to her death."

To learn more about some of the native edible and medicinal plants in the region, stop by the library at noon on November 16.

## NMCC Focuses on Community Wellness & Fitness

Out of concern for the health and wellbeing of its student body, and in turn the future workforce of the region, NMCC has launched a number of initiatives.

Among them is a program led by students and faculty in the medical assisting program, whereby students and employees can have a free, comprehensive health risk assessment conducted. Every other Monday, from 11:00 a.m. to 1:00 p.m., medical assisting students open their lab on the second floor of the Edmunds Building.

Each assessment begins with participants taking an electronic risk assessment questionnaire that can be done by the person confidentially or with a medical assisting student reading the questions and completing the survey. Once complete, a score is generated and printed and the medical assisting students, based on the results, educate the participant on the "at risk" areas and further provide them with possible resources that can be helpful to them.

One of those resources may very well be a new NMCC website created by in-

structor Lori Googins, along with Robert Smith in the IT office. The site provides information on various areas of wellbeing, including physical, emotional, spiritual, social, psychological, intellectual, occupational, and environmental.

A feature on the site is "Campus Dish," which provides a listing of foods served in the dining commons with nutritional and caloric information on each item. It is among the new initiatives undertaken by campus dining services, Aramark, to encourage healthier eating. The same information is posted in the dining commons as well. Aramark has also added several new features at each mealtime, including a vegetarian or vegan entrée and zero calorie hydration station.

Moving forward, a committee is looking at how to transform the fitness center so that more students take advantage of exercise opportunities. Another group is working on producing a logo that will be placed on healthy food options in the bookstore to help students and employees with choices.

## Lunch Menu

### Monday

BBQ Beef Brisket Sandwich  
Vegetable Chimichanga  
Paella Station  
Peas & Carrots  
Potato Wedges  
Buffalo Chicken Sandwich  
Bistro Chicken Sandwich  
Four Cheese Penne Casserole  
Oriental Beef Noodle Soup  
Boston Clam Chowder  
Cheddar & Cauliflower Soup

### Tuesday

Classic Chicken Parmesan  
Moroccan Vegetable &  
Couscous Stew  
Smokin BBQ  
Steamed Veggies  
Mashed Potatoes  
Buffalo Chicken Sandwich  
Bacon Bleu Burger  
Linguine with Beans &  
Roasted Red Peppers  
Chicken & Wild Rice Soup  
Boston Clam Chowder  
Butternut Squash Soup

### Wednesday

Chicken Andouille Gumbo  
Baked Potato, Chili  
Green Bean Amandine  
Couscous  
Buffalo Chicken Sandwich  
B T & Cheese on Texas Toast  
Rigatoni & Meatballs  
Casserole  
Swiss Crab Soup  
Boston Clam Chowder  
Cheesy Soup

### Thursday

Southwestern Jerk Chicken  
Vegetable Enchilada  
General Tso's Chicken  
Yellow Squash  
Egg Noodles  
Buffalo Chicken Sandwich  
Grilled Cheese & Tomato Sand.  
Extra Cheesy Lasagna  
Chunky Potato Chowder  
Boston Clam Chowder  
Black Bean Soup

### Friday

Fish & Chips  
Szechuan Tofu  
Corn  
Buffalo Chicken Sandwich  
BBQ Beef Quesadilla  
Sweet Sausage, Mushroom  
& Pasta Casserole  
Chunky Potato Chowder  
Boston Clam Chowder  
Black Bean Soup

### AVAILABLE DAILY

Salad, pizza, hamburgers,  
garden burgers, hot dogs,  
chicken sandwiches, grilled  
cheese sandwiches, french  
fries and assorted desserts

## SNA Raffle Winners to Date...

The Student Nurses Association fundraising raffle is currently underway. As many know, the students sold tickets and are doing drawings each day throughout the month; the winner on a given day wins a set amount of cash, with prizes of either \$25, \$50 or \$100.

Congratulations to the following winners:

Nov. 1 - Janet Saucier	Nov. 8 - Everette Doughty
Nov. 2 - Vonda McNally	Nov. 9 - Joe Pryor
Nov. 3 - Roger Felix	Nov. 10 - Jim & Cricket Curtain
Nov. 4 - Vonda McNally	Nov. 11 - Warren Faulkner
Nov. 5 - Jonathan Post	Nov. 12 - Vonda McNally
Nov. 6 - Mike Cummings	Nov. 13 - Roger Felix
Nov. 7 - Valerie Perry	

## Thanksgiving Break...

Students and faculty are off next week on Wednesday, November 23, through the weekend for the Thanksgiving holiday. Campus housing will be closed during that time frame as well. Administrative offices will be closed on Thursday, November 24, and Friday, November 25. Enjoy a safe and happy holiday, everyone!

*The next edition of the Weekly Bulletin will be out on Monday, November 28, when the campus re-opens following the break.*

## Newsletter Items...

Do you have items that you would like printed in the *Weekly Bulletin*? If so, submit your information to the development office by calling 768-2809, e-mailing info@nmcc.edu or stopping by the office, just off of the lobby of the Christie Building. **The deadline is Friday by 10 a.m.**

# Events

### MONDAY, NOV. 14

**Thanksgiving Guessing Contest**, 8:00 am - 4:00 pm, Lobby  
**President's Cabinet Meeting**, 10:00 - 11:30 am, Martin  
3rd Floor Conference Room  
**Nursing Advisory Committee**, 11:30 am - 2:00 pm, Edmunds  
Conference Center

### TUESDAY, NOV. 15

**Thanksgiving Guessing Contest**, 8:00 am - 4:00 pm, Lobby  
**Little Feathers**, 10:00 - 11:00 am, Gym  
**Student Senate Meeting**, 12:00 - 1:00 pm, CHR 201  
**ASE Exams**, 5:30 - 10:00 pm, Edmunds Conference Center  
**AYBL**, 5:30 - 7:30 pm, Gym  
**Trade Tech Fall Advisory Committees**, 6:00 - 7:00 pm,  
Reed Commons

### WEDNESDAY, NOV. 16

**Thanksgiving Guessing Contest**, 8:00 am - 4:00 pm, Lobby  
**Student Organizational Meeting**, 11:00 am - 1:00 pm, Reed  
Commons Keegan Room  
**Native American History Presentation**, 12:00 - 1:00 pm,  
Library  
**Classic Movie Night**, 7:00 - 9:00 pm, Edmunds Conf. Ctr.

## Drop Deadline...

Friday, November 18, is the last day to drop a class without academic penalty. Students who feel it is in their best interest to drop a class must fill out and turn in the drop form by the end of the business day on Friday. After that date, drop forms will not be accepted, and you will receive a grade for the class in question, which will be calculated into your grade point average. Questions can be directed to the registrar's office in the student affairs area.

## Classic Film Series Continues

The Classic Film Series continues this Wednesday, November 16, at 7:00 p.m. in the Edmunds Conference Center. This week's film will be *City Lights*, a 1931 Charlie Chaplin film. All members of the campus community are invited to attend. Admission is free.

## Skating at the Forum...

Students who present their NMCC student ID card at the door can skate for free at the indoor rink at the Forum. Call the Forum for times at 764-0491.

*Courtesy of Student Senate*

## Swimming at the Indoor Pool...

NMCC students can swim for free at the Presque Isle indoor pool, located next to the Forum. Simply bring your student ID with you and sign in at the desk. To find out when the pool is open to the public, call 764-2564.

*Courtesy of Student Senate*

### THURSDAY, NOV. 17

**Thanksgiving Guessing Contest**, 8:00 am - 4:00 pm, Lobby  
**NESHM Meeting**, 7:30 - 9:00 am, Edmunds Conf. Ctr.  
**Maine CDC Computer Training**, 8:30 am - 4:30 pm, CED  
Classroom  
**Probus Meeting**, 10:00 am - 12:00 pm, Keegan Room  
**ASE Exams**, 5:30 - 10:00 pm, CHR 207  
**AYBL**, 5:30 - 7:30 pm, Gym

### FRIDAY, NOV. 18

**Thanksgiving Guessing Contest**, 8:00 am - 4:00 pm, Lobby  
**Well Elder Tea**, 9:30 - 11:30 am, Edmunds Conf. Center  
**Medical Assisting Mtg.**, 11:30 am - 12:30 pm, CHR 201

### MONDAY, NOV. 21

**Admissions Testing**, 2:00 - 4:00 pm, MRT 105

### TUESDAY, NOV. 22

**Little Feathers**, 10:00 - 11:00 am, Gym  
**Student Senate Meeting**, 12:00 - 1:00 pm, CHR 201  
**Investing in Innovation Meeting**, 12:00 - 1:00 pm, Keegan  
Room  
**Admissions Testing**, 12:50 - 3:00 pm, MRT 210