



McLean travels to help Haitians

When it comes to helping those most in need, Ushona McLean feels it is her duty to go above and beyond. This has never been more true since the January 12 earthquake that struck Haiti.

McLean, who is the Senior Residence Director in the Residence Halls, has volunteered to travel to Port-au-Prince, Haiti over Spring Break to do humanitarian work.

"We will be doing social work projects in orphanages as well as giving out food and water at different stations for Habitat for Humanity projects," said McLean, who is traveling with eight other members from the Association for Black Social Workers, an affiliation with SUNY Albany. "With the children, we will be hosting activities while are designed to help counsel them."

A Brooklyn native, McLean earned her Associate in Applied Science in Human Services from MVCC in 1999 before going on to complete her Bachelor of Science in Community Human Services at Empire State College. She is currently finishing up her Masters work in Social Policy.



"I really want to be able to help the children who are going through a tough time. Simply by offering them hope and helping in the process of rebuilding the community, means I would have made a difference," said McLean, who will be in Haiti from March 27 through April 2. "I do

a lot of volunteer work and I find a lot of things to do with Social Workers."

The Association of Black Social Workers is sending a team of nine people with the help of Spring Break in Haiti, a non-profit organization which helps groups volunteer for relief work throughout the world.

"I've never flown before and going to a foreign country which is unstable is a bit scary, but I have a passion for helping other people which will help me overcome that," added McLean.

Along with preparing herself for the work that awaits her, McLean is also seeking donations to cover expenses as well as items such as bandages, Tylenol and toiletries which can be given to the Haitian people. Donations can be made at the Residence Life Offices.

Along with her duties in the Residence Halls, McLean is the manager for the Institutional Advancement Telethon, the liaison between the Residence Halls and the Office of Disabilities along with a MVCC Alumni Board member.

March Institute to give employees new tools

On Monday, March 15, MVCC's Staff Development Committee will take over the IT building for the March Institute—a day long series of events designed to give MVCC employees new tools for using technology, supervisory techniques, understanding students' experience, and more. As always, a free, casual lunch with music will be offered in the IT Lobby.

March Institute is part of the College's expanding series of professional enrichment activities for faculty and staff. The mid-March session is organized mainly around topics from the professional environment outside the classroom. Sessions are open to all faculty and staff; offices that have front-line student service responsibilities are asked to maintain sufficient staff levels while inviting all team members to one or more March Institute sessions. Complete details and registration are at www.mvcc.edu/training/march.

The day's lineup is as follows:
9:30-10:45 a.m., IT 225: Alternatives to Tomato Fighting—a look at performance evaluation for supervisors with CSL Consultants Founder Robert Brancato.

9:30-10:45 a.m., IT 116: Before the Fall (Safe is never having to say Oops!)—a briefing on preventing slips, trips, and falls in the office with George Aylesworth.

9:30-10:45 a.m., IT 148: Can We Meet Sometime After the Next Full Moon? A competency extender in Microsoft Outlook Calendar with Jim Lynch and Norma Chrisman.

11 a.m.-12:15 p.m., IT 116: When a "Good Talk" Just Won't Do—a supervisors' guide for performance correction notices and planning progressive discipline with Kim Evans-Dame.

11 a.m.-12:15 p.m., IT 148: Why Won't My Columns Add Up? A Microsoft Excel

competency extender with Jim Lynch and Norma Chrisman.

11 a.m.-12:15 p.m., IT 225: Voices Carry - a panel of students honestly exploring their experience at MVCC, hosted by Jennifer DeWeerth.

Noon-1 p.m., IT Lobby: free, casual lunch of pizza, wings, and veggies with musical entertainment.

1-2:15 p.m., IT 116: When It's Not OK to Chew Gum—a thought-provoking study of adventures in cultural competency with Peter Vogelaar, CEO of the Mohawk Valley Center for Refugees.

1-2:15 p.m., IT 225: Getting There from Here—an update on the master plan process with President Randy VanWagoner and master plan architects Jim Braddock and Scott Page.

For full program details or to register, visit www.mvcc.edu/training/march.



SPREADING THE WORD - Shelly Sokolowski, currently a Lab Corp. (Centrex) phlebotomist, inquires and receives information on MVCC Surgical Technician Certificate program from Jamie Cuda and Mark Williams.

Faculty spread the word on surgical tech program

With the launch of the College's new Surgical Technician Certificate program, faculty members hit the ground over the past several weeks to promote the program to perspective students.

Back on Monday, February 22, Jamie Cuda, Coordinator of Allied Health, adjunct Mark Williams and surgical technician Betty Butler meet with potential surgical technician students at Faxon-St. Luke's Healthcare St. Luke's Campus to promote the Surgical Technician program.

"The Surgical Technician program is a new program which prepares entry level practitioners in surgical technology. Graduates may work in operating room suites assisting in the preparation of supplies and delivery of care to the surgical patient," said Cuda.

Throughout the day many people visited MVCC's information booth, not only to inquire on the Surgical Technician Certificate program but many other programs offered at MVCC. The event was a great success resulting in a large and diversified group of people expressing interest in the program. Many nurses' aides, phlebotomists, current practicing operating room technicians, and others requested information on the program.

The Surgical Technician Certificate program will graduate its first class Summer 2010.

Holocaust survivor to speak Monday

MVCC will host Holocaust survivor and local resident Helen Sperling for "An Evening with Helen Sperling: Holocaust Survivor, Historian, Teacher" on Monday, March 8, at 7 p.m. in the Theatre.

Sperling will recount her life growing up in a small Polish town that was raided by Nazis. She was relocated to a Polish ghetto, and later imprisoned at Ravensbrück and then Buchenwald.

The event is free and open to the public and is sponsored by MVCC's Counseling Center and the Diversity and Global View (DGV) initiative.

MVCC EVENTS

Monday, March 8

- 1:00 pm - Adult Learners Workshop:
Writing with Technology-Word, Email & Blackboard, AB 226
- 3:00 pm - Chess Club: Informal Games, ACC 114
- 5:30 pm - CCED: T'ai Chi, ACC 116
- 6:00 pm - Drinking & Driving Program Class, RA 306
- 7:00 pm - Counseling/DGV: "An Evening with Helen Sperling:
Holocaust Survivor, Historian, Teacher," Theater
- 7:00 pm - Performance: "Child's Play" w/Shawn Robison,
Magician, PC Auditorium

Tuesday, March 9

- 11:00 am - Adult Learners Workshop:
Writing with Technology-Word, Email & Blackboard," AB 130
- 12:00 pm - Lesley Pike, Acoustic Performer, MV Commons
- 5:00 pm - Workshop: MLA & APA Documentation and Citations,
PH Library Lab
- 5:00 pm - Relay for Life Meeting, IT 225
- 6:00 pm - Movie/Lecture: "The Twilight Saga: New Moon"
w/Lew Kahler, Theater
- 7:00 pm - Night Hawk Café, MV Commons

Wednesday, March 10

- 11:00 am - Spring Job Fair, IT Lobby
- 2:00 pm - Lecture: Sculpture Space Artists in Residence, IT 225
- 6:00 pm - Movie/Lecture: "The Twilight Saga: New Moon"
w/Lew Kahler, PC Auditorium
- 7:00 pm - Night Hawk Café, MV Commons
- 8:00 pm - Cultural Series Concert: Cludan, Theater

Thursday, March 11

- 8:00 am - W.I.C., ACC 116
- 10:00 am - Aids Community Research, AB Lobby
- 2:00 pm - Student Congress, ACC 212
- 6:00 pm - Strategic Gaming Club, ACC 212

Friday, March 12

- 12:30 pm - SUNY Canton/MVCC Dental Hygiene Program:
Eva Grayzel, Guest Speaker, PC Auditorium
- 2:00 pm - Poetry Reading/Lecture: Dr. Gary Leising, Theater
- 6:00 pm - Relay for Life Kick-off Event, IT 225

Saturday, March 13

- 7:00 am - Chess Tournament, IT 225
- 9:00 am - Defensive Driving Course, PC 205
- 10:00 am - CCED: Guitar Class, ACC 222

Sunday, March 14

- Daylight Savings Time Ends - Set Clocks Forward One Hour

**Submit information
for Communitas
to Rich Haubert
at rhaubert@mvcc.edu**

MVCC celebrates our health pros at 'Nurses Night Out'

MVCC's Center for Life and Health Sciences and Alumni Office collaborated on last night's Nurses Night Out, a community celebration of nurses and allied health professionals from across the Mohawk Valley. MVCC was a co-presenter of the event, which drew about 500 professionals to the Holiday Inn on Burrstone Road to network with other employees of local hospitals, doctor's offices, rehabilitation and senior centers, and other healthcare providers.

Among the high-energy crowd were a core of MVCC alumni estimated to be at least 200. Together with the event's other attendees, many of whom inquired about themselves or a family member attending MVCC, alumni enjoyed the evening's networking opportunities with Nancy Caputo, assistant dean of life and health sciences, and nursing faculty Sue Perry, Sandy Davis, and Pam Fess.

MVCC employees also distributed information about the College's wide range of degree and certificate offerings, non-credit professional development courses, and Cultural Series.

The hit of the evening was a chocolate fountain arranged in partnership with Sodexo and the Hospitality Management program.



With dozens of nurses at a time flocking to the chocolate and staying for the conversation, Caputo, Fess, Perry and Davis were in high demand throughout the three-hour program, reconnecting with former students and answering questions about MVCC's wide range of allied health offerings.

The College also raffled off items donated for the event by CCED and the MVCC Bookstore, providing textbooks, MVCC paraphernalia, professional development courses, and other items designed to help nurses in the workplace.



ASC offers 47 scholarships

The College's Auxiliary Services Corporation is offering a series of scholarships for which applications are now available. Awards will be based upon applicant's service and participation in one or more of the following areas:

- * College services (Tutoring, college committees, special events).
- * Student Services (Student Congress, clubs, Athletics).
- * Community Services (Work with any service and religious organization).

These scholarships are for full-time and part-time matriculated students enrolled in a degree or certificate program at MVCC. There were 47 scholarships awarded last year ranging from \$75 to \$1,000.

● Applications are available at the following location:

- Advisement Center PH104B
- Alumni Office PH268
- Athletics GYM205
- Auxiliary Services ACC206
- College Works AB155
- Financial Aid PH120
- Institutional Advancement PH366
- Rome Campus PC A30
- Student Activities ACC208
- Student Congress ACC 102

Application deadline for the ASC Scholarship is Friday April 2.

If you know a deserving student, have them pick up an application as soon as possible.



Dr. Engel published in magazine

Sandra Engel, Ph.D., Director of International Education, has an article in the web edition of the University of New Hampshire alumni magazine. "Vietnam Redux" is at <http://unhmagazine.unh.edu/w10/vietnam.html>.



FEELING WELL ALREADY - There was an exceptional turnout for the Wellness Day 2010 event this week held in the MVCC Commons. Above, just a few of the exhibit tables can be seen. To the right, student Michele Uryniak learns how to use the aqua massage machine from Mike Kuhn of Body Solutions Salon and Spa.



CCED offers two new sessions of Zumba dance

It is the health craze which is sweeping the nation as participants dance their way into shape. It is Zumba® and Mohawk Valley Community College has added an additional two class offerings to the Spring schedule.

Offered through MVCC's Center for Corporate and Community Education, Zumba is a form of dance which fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will tone and sculpt the body while burning fat. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat. Add some Latin flavor and international zest and you've got Zumba.

The first new session will be offered each Saturday from March 20 through May 1, from 9–10 a.m. in the Alumni College

Center on the Utica Campus. The cost is \$45 and the instructor will be Sue Crawford, ZIN.

The second new session will be each Wednesday from April 7 through May 12, from 7:15-8:15 p.m. at the Jewish Community Center, 2310 Oneida Street. The cost is \$45 and the instructor will be Kim Maxwell, ZIN.

In addition to Zumba, MVCC will be offering a second session of health and wellness classes at the Jewish Community Center beginning March 15. Choose from yoga, aerobics, kick boxing, and strengthening classes.

For information or to register, call 792-5300 or visit www.mvcc.edu/cced.

Office hours are 8:30 a.m. – 7:00 p.m., Monday through Thursday, and 8:30 a.m. – 4:30 p.m. on Friday.

A&P students working on the F-4 Phantom

