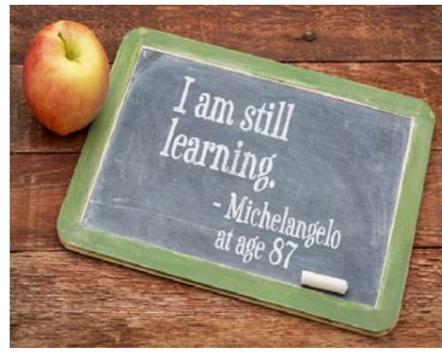


final thoughts...

"A college degree is not a sign of a finished product but an indication a person is prepared for life."

- Rev. Edward A. Malloy



Nashville Secondary Educational Center Opens!

Casa Loma College is excited to announce its expansion into Nashville, Tennessee. Through a partnership with Daymar College in Nashville, we will now be offering Diagnostic Medical Sonography, Magnetic Resonance Imaging and Allied Health Leadership & Management programs to the Nashville community.

Casa Loma College will share space with Daymar College, but we will bring in our own expert instructors, and the same quality education and comprehensive student support services that we have been proud to provide our students in California for over 50 years.

We have been busy staffing our new location and thus far have happily brought on board Jordan Tate, Admissions Advisor and Bethany Stearns, RT (R)(MR)(CT), Lead MRI Instructor.

We look forward to working with our partner, Daymar College, being a part of the Nashville Community and are excited to welcome our new students on April 12th!!

in this issue >>>

- Integrative Health - Where Art & Science Meet
- Keep on Starting
- Behaviors of Successful Students
- Following Nature's Lead – Sustainability Practice



1st
2021

Casa Loma Family Continues to Grow!

We are a tightly-knit team here at Casa Loma and are always on the lookout for new talent to strengthen our "family." We are pleased to introduce our newest team members who have undertaken our commitment to our students, the communities we serve, and our clinical partners. **Zackary Gilanyi MRI Career Services** was awarded a B.A. in Communication and comes to us with a background in talent management and acquisition. Originally from Ohio, Zack ventured to Los Angeles in 2014 and seems to have found his fit with us! **Jared Gordon Admissions Advisor** has a background in the entertainment industry with a stint in program services in a senior living environment. With a B.A. in Psychology Jared will be able to better understand the motivations and emotional triggers of our applicants and students! **Jordan Tate Admissions Advisor Nashville SEC** has five plus years in customer service, in addition to several years as an admissions advisor. Possessing a B.A. in Mass Communication will assist Jordan not only in enrolling our Nashville students but help to relay our message through social media. **Emma Glassel Administrative Assistant** is our new face at the front desk! With a B.S. in Sociology, Emma has a background in customer service while also volunteering at Good Samaritan Hospital for the last few years. As a side note ... she also makes a wicked cocktail after serving as a bartender at several Italian restaurants! **Bethany Stearns MRI Lead Faculty Nashville SEC** is a multi-modality registered radiologic technologist teaching MRI and CT at a Community College in Kentucky. She is also an experienced MRI Technologist and holds a B.S in CT and MRI from Morehead State University. Her excitement for the field of MR will surely be passed on to our Nashville students!

A Quarterly Insight into Casa Loma College

Casa Loma Now!

The Catalyst for the Healing of Others

The Integrative Health Science team are keenly aware of the mind-body connection and the amazing ability the body has to maintain health if given the right tools. With their collective vision to nurture innovation, they have designed a curriculum that utilizes a comprehensive approach to meet diversified and holistic health needs.

Our administrators, curriculum developers, and faculty are all leaders in the field of Integrative Health and Lifestyle Medicine, providing expertise that spans the fields of Functional Nutrition, Humanistic Psychology, Biofeedback, Ayurveda, Somatic Psychology, Guided Imagery, and more. Each member of our educational team brings a wealth of scholarly aptitude with peer-reviewed publications as well as published general health and wellness resources intended to enhance health literacy and expand healthcare policy. Our developers are sought after keynote speakers, educators, and specialists, providing scientific validation to the mechanisms of action involved in mind-body-spirit practices.

Our team has over 30 years of experience in residential and online education, program development, and administration. We developed the Integrative Health Science bachelor's degree program out of passion for the field and a deep desire to positively influence the rapidly evolving field of medicine. This curriculum will provide graduates with the tools and knowledge necessary to guide both individuals and organizations in integrative life-enhancing techniques.

Integrative Health – Where Art & Science Meet

"When it comes to art and science in medicine, it's not that one is right and the other wrong. Both perspectives are right, but incomplete on their own..." Brian Berman, MD

Integrative health care often brings conventional and complementary approaches together in a coordinated way. It emphasizes a holistic, patient-focused approach to health care and wellness—often including mental, emotional, functional, spiritual, social, and community aspects—and treating the whole person rather than, for example, one organ system. It aims for well-coordinated care between different providers and institutions. (*National Institutes of Health*)

According to the Institute of Medicine, "Advancing integrative health care will enable the U.S. to move from the current healthcare system that is sporadic, reactive, disease oriented, and physician-centric to one that fosters an emphasis on health, wellness, early intervention for disease, patient empowerment, and focuses on the full range of physical, mental, and social support needed to improve health and minimize the burden of disease."

The use of integrative approaches to health and wellness has grown within health care settings across the United States. And once again, Casa Loma College is at the forefront meeting this demand with our newest and most innovative bachelor degree in **Integrative Health Science (IHS)**. Designed to meet the increasing and widespread interest in exploring and understanding the benefits and application of integrative health principles and practices, this full-bachelor degree program can be completed fully online in 2 ½ years.

Students will learn alongside professionals across more than twenty health and wellness fields. Students personalize their studies through an option of General Integrative Health offering an applied overview of the most relevant knowledge, skills, and practices in the field of Integrative Health, or Women-Centered Studies which includes the core curriculum, then culminates with courses that are significant to women focused integrative health. The program culminates with a personalized capstone course project providing the opportunity to focus on incorporating integrative health practices into a students' profession and/or health care organization. Graduates will be uniquely educated and qualified to effectively participate in shaping the changing face of health and wellness.

Dates to Remember

February Is:

- American Heart Month
- Black History Month
- 2/14: Valentine's Day – Dress in Red & Pink
- 2/13-2/15: Closed for President's Day
- 2/17: Program Information Session

March Is:

- Women's History Month
- M.S. Awareness Month
- 3/1: PTA 2103 Cohort Starts
- 3/5: App. Deadline DMS April Start (VN)
- 3/17: Program Information Session
- 3/17: St. Patrick's Day – Dress in Green
- 3/19: App. Deadline DMS & MRI April Start (Nashville SEC)
- 3/26: App. Deadline MRI April Start (VN)

COVID-19 Vaccine Myths >>>

- MedicalNewsToday

Today, a significant percentage of the United States population, and the world at large, are nervous to take a shot that could save their lives. Some of the most common myths associated with the COVID-19 vaccines are discussed below.

COVID-19 Vaccines Can Give You COVID-19: The COVID-19 vaccines cannot give an individual COVID-19. Regardless of the type of vaccine, none contains the live virus. Any side effects, such as headache or chills, are due to the immune response and not an infection.

The Vaccine Contains a Microchip: There is no evidence that any of the COVID-19 vaccines contains a microchip.

People Who Have Had COVID-19 Do Not Need The Vaccine: According to the CDC, "Due to the severe health risks associated with COVID-19 and the fact that reinfection with COVID-19 is possible, a vaccine should be offered to you regardless of whether you already had COVID-19 infection."

After Receiving The Vaccine, You Cannot Transmit The Virus: COVID-19 vaccines are designed to prevent people from becoming ill following a SARS-CoV-2 infection. However, a person who has been vaccinated may still be able to carry the virus, which means that they might also be able to transmit it.

People With Compromised Immune Systems Cannot Have The Vaccine: Because the vaccine does not contain a live pathogen, it will not cause an infection. Therefore, individuals who have a compromised immune system can still take the vaccine. However, they may not build up immune protection to the same degree as someone with a fully functioning immune system.

To learn more about the myths of COVID-19 Vaccine visit [Addressing 13 COVID-19 vaccine](#)

4 Key Behaviors Successful Students Do - Kari Allen-Hammer & Students of Casa Loma College

Are you ready to join one of our programs and be a successful student?

Prioritize School. Successful students make a specific and clear plan ahead of starting academic and vocational programs to make all studies and course work a priority in their lives. Having designed a suitable school, work, and family schedule sets a foundation for success. Prioritizing also includes *determining in advance* personal boundaries with others (i.e., setting limits on giving energy to others) and with distractions (i.e., social media, gaming, Netflix binging, socializing, alcohol or cannabis use, etc.). There is a time and a place for everything. Prioritizing school helps students clarify the right timing and place for other endeavors.

Design Effective Systems. In addition to prioritizing school, successful students design effective systems (i.e., routines) to support their goal of graduating and passing board exams for board certifications. Using planners to plan out study and coursework, due dates, and exams is one method. Tailored study methods enhance learning. Successful students follow impulses to meet their own needs whenever there is a gap in their learning process (i.e. isolated students reach out to peers to form study groups). Successful students design effective systems for their learning, graduation, and board exams. A general motto for successful students is WIT --- *Whatever it takes!*

Commitment. Successful students fix their commitment to accomplish their goal of graduating from the program and passing board exams. They keep their agreements with themselves and show up every day to do their work, no matter how they feel or what obstacles showed up that day. Plain and simple, their desire to learn is the guiding light through the adversity that inevitably arises in pursuing important goals. When prioritizing school and designing effective systems, *commitment is the glue that holds it all together.*

Integrity. Successful students are honest in their work and personally accountable for their learning and progress in the program. They deal with problems directly and with a positive attitude that *problems are made for solving.*

Adapt. Finally, successful students adapt to challenges that arise. Adapting is expected and even enjoyable for successful students because it adds variation to their learning process and is part of growth. They enjoy the additional "learning" that develops agility, flexibility, endurance, and strength – physically, mentally & emotionally.

"Success isn't something that just happens – success is learned, success is practiced, and then it is shared." - Sparky Anderson

Resolution 2021 – Grant Cuellar



Make 2021 the year that you utilize your *FICO* score as a point of leverage for future purchases. For example, if you know that you will need to replace your current vehicle with a newer model in 2 years or less, that process begins in January or ASAP.

As a family unit, resolve to lower your balances on any installment debt(s) you may have. Of course, this means that the plastic must be placed in a safe place and not utilized. Recall that as on-time payments are made and balances are lowered, the 2 primary focal points of a *FICO* score are directly impacted.

This family united effort will serve to lessen financial stress as you begin to see 'the light at the end of the tunnel,' such as an increased *FICO* score! The impactful reward is a competitive annual percentage rate (APR) on that pending major household purchase.

Translation: Hundreds of dollars saved in non-redeeming interest expense.

Following Nature's Lead – Sustainability Practices Revealed

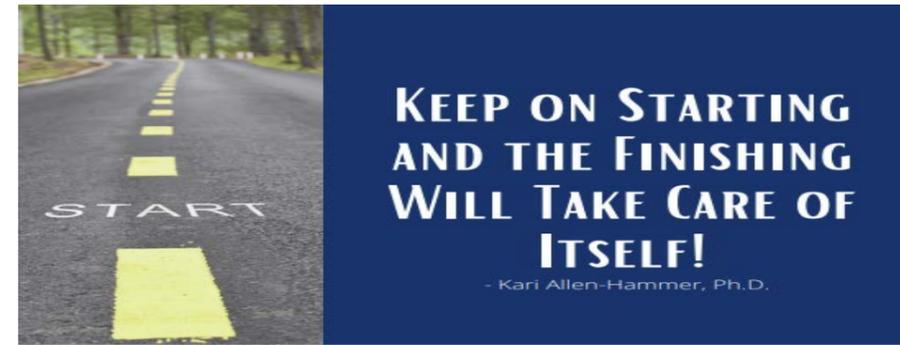
- Stephanie Shelburne, Ph.D.

Living an environmentally sustainable lifestyle begins with connection and relationships to the land. Don't be afraid to let the lines blur between reality and imagination; often, that's right where meaning emerges.

Rising Awareness. When collecting herbs, collecting eggs from chickens, getting meat from a hunt, or fish from a stream, an awareness regarding sustainability naturally rises as conscious thought. I become mindful of taking just what I need and giving credence and recognition back to Nature for providing it to me. When I gather and process the various lifeforms for our family's use, I use less and am more careful about using everything I can from the lifeforms. Doing so causes me to be more mindful about everything I do because a particular kind of sacred efficiency rises in my awareness. Naturally occurring knowledge about sustainable practices does not have to be taught. It more or less happens and is a consequence of doing the work of gathering and processing with my hands.

When I can buy something from the market, say, an herbal tincture, for instance, there is a subtle awareness in my thoughts that I can easily replace the product if I damage it, overuse it, or misplace it. While not proud of this way of thinking, I notice it as a product of convenience living. Whereas when I make medicinal remedies, I am careful about the entire process, from collecting the raw material to processing it for use to storing it for future use, and even when choosing to use it.

Yielding to the Emergence of Ethics in Sustainable Ways. And herein is where my choice to gather our food and medicine subtly begins to transform into an obligation to live lightly as a member of the natural world. I've become aware through processes like gathering and using wild herbs and fishing in the rivers for sustenance, of the gentle, pervasive life-giving qualities of Nature. I have come to think of my relationship with Nature as having a sacred obligation to choose the more considerate, longer way of doing things. The obligation at this point doesn't feel like a burden, but rather an enlightened choice. What's more, I notice that by living this way, I feel more attuned with life, and more whole within myself. I feel at peace; open, accepting, present, and accountable to Nature. This way of being, creates a sensation, of an active, lived kind of spirituality. By each of us learning to listen and follow the ways of Nature, there is hope that we will once again find our way to living in right relationship with Nature, ourselves, and even one another. May we find our way...



With every project I take on, I have a mantra I use to help me along. It's just one mantra, one that brings me back to focus day in and day out. One that gets me to work when I'm uncertain about how I will accomplish a goal. I picked it up from a writing reference book titled *Writing in Flow* by Susan K. Perry (1999). "*Keep on starting and the finishing will take care of itself*" (p. 212).

Since first stumbling on the mantra and scribbling the words out on a post-it note, it has subtly crept into my thinking. I've used the idea like a pair of jumper cables to jump-start my work progress when I'm stalled. The suggestion, 'keep on starting' embedded itself into my repetitive thoughts and set the course for a more diligent and creative way of approaching my tasks and projects. I just start, and that's enough to get the ball rolling and things moving and sometimes that's all that's needed.

I credit these words for being the motivating advice behind completing my doctoral dissertation among several other projects I've taken on. I've been a firm believer in the influence of self-talk since before I even knew it was a thing. Over time, this mantra became part of my self-talk repetitions, which motivated my working behaviors. Just the influence from a small sticky note stuck on the side of my desk, and my near-daily read of it while glancing away from my work, helped set the stage for it to permeate into my thought patterns.

Keep on starting and the finishing will take care of itself. Like a flagship sailing through my daily thoughts, this mantra now leads the way into my daily work. I begin my days with the idea whispering in the back of my mind. *Keep on starting and the finishing will take care of itself.* When I am still barely functioning and moving through the first fifteen minutes of being awake, I hear that mantra making its way into my conscious thoughts.

Keep on starting and the finishing will take care of itself. The first time I came across the mantra in Perry's 1999 book, touting the keys to enhanced creativity, I was struck by the resonance of the words in relation to my plight at the time. I was knee-deep in my doctoral research, feeling immobilized by the sheer volume of everything I didn't know how to do. The learning curve was steep, and the price of failure was more than I could fathom. Desperate for a guiding idea to light my way through the dense forest of my ignorance, 'keep starting' was the idea I needed to make my way out of being stuck. And it worked! Like a charm. Not only did I finish, but I finished with honors (something I hadn't even imagined as possible). It turns out, I'm not the only one who gets stuck, blocked, or feels immobilized in their work. It's something that happens to most writers and other creatives at one time or another; rather, most people in general! It may be happening to you right this moment and you, like I was, are searching for a guiding idea to sift through the massive mulch of inspiration and ideas. Well, here is one I offer up to you. *Keep on starting and the finishing will take care of itself.*

People have a tendency to focus on what they want to finish. But finishing is the ending of something. Finishing closes doors, wraps up, completes. It has its place, but not at the start of something, nor when you're caught in the middle of a piece of work and simply just stopped. When amid some small or large piece of work, just getting started is enough to get the ball rolling. Just getting started focuses energy on the process of actual doing and making progress, even if it's just one step at a time.

Whether it's a pile of laundry you want to fold, a paper you want to write, a yard you want to beautify — it gets finished when you keep on starting. *Keep on starting and the finishing will take care of itself.*

Coming Home: Alumni Return to Teach

Casa Loma College is a place where anyone can achieve their professional, educational, and personal goals. Our students, faculty, staff, and alumni make the college an exceptional place to learn and grow and it's no secret that Casa Loma College's reputation for graduating skilled, knowledgeable, competent, and ethical healthcare professionals is a major draw for prospective students. And it's also been pulling some of our alumni back to serve as members of our faculty.

We are proud to have so many talented alumni return as faculty members, bringing with them their energy and fresh thinking that enriches our academic programs. All of our alumni faculty agree that there is a satisfaction to teach what they know, of coming back and sharing with the students their knowledge and experience.

Alumni who have returned as faculty include Brian Anhalt, MRI; Ashley Bakhaj, PTA; Frank Roseto, MRI; Timothy Schell, DMS; All Velasquez, MRI; Miguel Valdivia, MRI; and Amy Williams, PTA.

Surprising Health Facts

1. Drink something hot to cool down. When you drink a hot drink, your body produces sweat to cool down your body temperature.
2. You can physically see high cholesterol through cholesterol filled bumpy yellow patches on the inside corners of your eyelids or around your eyes.
3. If you are tired, exercise will help. Blood & oxygen flowing through the body will give you more energy and improve your mood.
4. Bananas can help improve your mood. A banana has approximately 30% of your daily recommended vitamin B6, which helps the brain produce serotonin, which is considered a mood stabilizer.
5. The strongest muscle in our body to exert the most pressure is your jawbone with a force as great as 200 pounds!
6. Optimism may help you live longer. There is a correlation between increasing levels of optimism with decreasing levels of death from cardiovascular disease, cancer, infection & stroke.