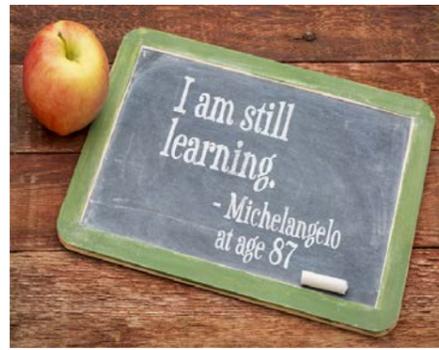


final thoughts...

"There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning."

- Jiddu Krishnamurti



Go the Distance to Get a Better Education

Growing by leaps and bounds, Casa Loma College's **distance education** may be your solution to obtaining your bachelor's degree. By transferring in your associate degree and professional training, your time to your degree is considerably reduced, as is your tuition!

Already with two fully online bachelor degree completion programs – Allied Health Leadership and Management and Registered Nurse to BSN, we are expanding our offerings in the fall to a full bachelors program in Integrative Health and Nutrition. And, with the recent surge in telehealth presence in healthcare, we are expanding the Allied Health Leadership and Management curriculum to include courses in telehealth and digital health.

We have expanded your access to learning. Learn at any place at any time with our tailor-made degree programs!

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- > Learning to Fall So You Can Fly
- > Go the Distance



July
2020

Academic Updates

As we continue to find our way through this pandemic our academic departments continue to move forward in support of our students.

DMS is continuing to work with clinical sites to return our students to externship. Recently we have had several students return to clinicals and have had positive feedback from other clinical sites who indicate they may open back up in July. While students await their sites, they are either participating in simulations or, with the campus now open for labs, are coming in for live scanning in preparation for their return to clinicals. Students have expressed and shown their desire to return by manifesting their continued dedication and commitment to their studies and scanning practice.

ARDMS and ARRT are beginning to catch up on their backlog of testing applications. Although the applications are now being processed, testing centers are still quite behind and not able to accommodate testing until as far out as November. Some graduates have taken drastic measures and driving as far as northern California or Las Vegas to test sooner.

It is crucial that graduates continue to practice their scanning and studying while waiting to take their certification exams. Mr. Dhillon highly recommends that DMS graduates stop in for scanning practice and to stay in touch and reach out for help in studying for the exams. It is easy to forget ... we can help you remember!

A Quarterly Insight into Casa Loma College

Casa Loma Now!

Healthy Summer Smoothies

One Cup Wonders!

Iced Coffee Protein Shake

Ingredients (for 1 serve)

- 1 tsp instant coffee (or 1 shot of the good stuff)
- ½ cup milk of choice
- 1 scoop vanilla/chocolate/espresso pea protein powder (or sub with whey powder)
- ½ frozen banana (peel and cut into chunks before freezing)
- 8 ice cubes

Throw everything in the blender and blend until smooth and creamy. Enjoy!

Carrot Oatmeal Cookie Smoothie

Ingredients (for 1 serve)

- 1/2 cup unsweetened cashew milk
- 2 tbsp walnut pieces (or almonds)
- ¼ tsp ground nutmeg
- ½ cup diced carrots or baby carrots
- 1/2 medium banana, frozen
- 1 scoop cinnamon protein powder (or 1 scoop vanilla protein powder + 1/2 tsp ground cinnamon)
- ¼ cup oats, regular or quick
- ¼ tsp vanilla extract
- ¼ tsp almond extract

Blend to the desired consistency. Serve in a glass and enjoy!

A Pandemic Changes Teaching

We are living through unprecedented times and Casa Loma College – students, faculty and staff have gone above and beyond in response to the COVID-19 pandemic.

Casa Loma College was well positioned to transitioning to exclusive online classes as we had already a considerable online presence; however, getting all residential faculty and students prepared to teach and learn via Moodle, Zoom and Teams was no small feat.

We are extremely proud of all our faculty and students who accomplished this so quickly!! We had to face some challenges converting to online learning – from clarity on schedules, attendance, assessment – to student's finding it incredibly difficult to concentrate and participate in exclusively online classes while facing the challenges of a more distracting home-based setting. On the other hand, campus administrative functions had to comply with the required state regulations regarding the COVID-19 imposed guidelines. However, through all these challenges we have maintained our goal which is to preserve the integrity and quality of our programs, as well as, to maintain the academic rigor and to ensure student learning outcomes are met, while supporting our students and reducing any anxiety they may feel.

As the pandemic continues, we at Casa Loma College are not yet back to our regular operations, however we continue to provide high standard education while implementing and following the local and state COVID-19 precautionary guidelines, - from social distancing, specifying ingress and egress procedures to providing personal protective equipment- therefore able to have our students back on-campus for laboratory classes. Additionally, many externship sites that suspended our students from practicing at their clinics during the pandemic surge are now slowly starting to accept them back, and our clinical coordinators are working frantically to get our students placed once again.

We are still having to deal with several challenges. For instance, many of our student's graduation dates have been delayed due to their inability to complete their internships and externships as initially scheduled. Or, the disappointment of not been able to have a graduation ceremony to celebrate the student's success. Not to mention the delay in the ability of our graduates to sit for their certification examinations due to the closure of testing sites. And, lastly but not least, an unpredictable job market. The future is uncertain. Yet, we must remember this current reality is not permanent. "There is no time for despair, no place for self-pity, no need for silence, no room for fear." – W.K.

Summer Fun Facts

Americans eat enough hot dogs on July 4th to stretch from Washington D.C. to Los Angeles five times!

July 4th Sparklers can heat up to 2,000 degrees enough to melt your skin.

Vanilla was the first ice cream flavor. The beach ball was invented in 1938. The most sold item in the summer is the swimsuit.

The most dangerous time to go to the hospital is in July, especially if it is a teaching hospital where new doctors are trained. July is the month seasoned medical residents leave the hospital and new med students arrive. Death rates increase between 8 to 24 percent in July.

Summer Events at the College

- July 1: PTA Application Deadline
- July 2: DMS PM Application Deadline
- July 3: Campus Closed for Holiday
- July 4: Independence Day! Happy 4th of July!
- July 13: National French Fry Day – also known as Janessa Reyes Day as she loves ALL FRIES!
- July 14: DMS Workshop with Director & National Nude Day – clothes not optional 😊
- July 15: Virtual Open House
- July 21: BSN Virtual Townhall Meetup
- July 24: MRI Application Deadline
- July 29: National Chicken Wing Day – now let's eat some spicy wings!
- July 30: World Against Human Trafficking Day
- Aug 4: National Chocolate Chip Cookie Day – bring in your favorite chocolate chip cookies!
- Aug 17: National Non-profit Day!
- Aug 19: Virtual Open House and World Humanitarian Day
- Aug 20: National Lemonade Day
- Aug 24: Kobe Bryant Day
- Aug 30: National Beach Day

Employee Profile >>>



If you have ever stepped into the office of **Nicholas Walsh-Davis**, our Director of Student Affairs, you would immediately know that he is the *biggest fan* of Harry Potter and Hogwarts ... and as he says, *“Team Slytherin All the Way!”* And while that may be one of his greatest loves – he would also have to put “food” and “awkward dancing” at the top of his favorites list. Ask him in the morning what he’s having for lunch and dinner and he already knows! And if you see some guy just lettin’ lose in the middle of the lobby – that would be Nicholas performing his solo dance party! Nicholas also has a serious side and an emotional side as many have witnessed. His passion and energy for his work and students surpasses non other – his desire to see our students succeed and cross “the finish line” is above reproach. As much as he loves his job, you will be surprised to know that admissions was not Nicholas’ first calling, in fact it was a fluke that he fell into it – and lucky for us he is a natural and has never looked back. After being in the Admissions and Student Affairs Department at a vocational college, *he would like to see the stigma of vocational training eliminated. He believes there is a cultural bias in favor of four-year degrees that pressures many people into thinking four years of college is the only viable route for students to take. But there are educational routes to well-paying jobs and fulfilling careers that do not require a baccalaureate degree and it’s important to build recognition and support for these other options that lead to successful careers.* When Nicholas is not working – he spends time at home in the kitchen with his hubby whipping up some of their favorite dishes and with his 16 nieces and nephews! And if that’s not enough, he spends a great deal of time studying as he is currently attending CSUN and will be graduating in Spring 2021 with a B.S. in Sociology. And, in true Nicholas style, he will not stop there as he is eagerly looking forward to starting his master’s program with a focus on Public Health. One of his favorite Harry Potter quotes is, *“Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.”*

If you want to get to know Nicholas even more, visit our website and look at his Employee Profile!

Glowing Reviews to MRI Program & Assistant Director

“Ms. Quinto has been a great addition to the MRI Team. With her knowledge and experience in the MRI field, the future classes will be blessed. I just completed the MRI program and was well prepared for my future career. I had a great experience at this school and created an endless circle of friendships with the staff and faculty. I was lucky to complete my clinical hours at a hospital ... All the while making great connections within my field of study. Check this school out!”

- J. Peterson

“The new assistant director for the MRI program, Simone, went way above and beyond in assisting me and all of my classmates in being successful. I’d recommend the MRI program to anyone considering it and you can be assured that Simone will take care of you.”

-A. Lawrence

“Throughout my education at Casa Loma I’ve gained a better understanding of the field I will be going into. Not only what I should expect, but what the expectations are of me as a tech; the knowledge and skills that are required, the quality of my work, the level of care I need to provide to patients.”

- A. Crane

Learning to Fall So You Can Fly

- Kari Allen-Hammer, Ph.D.

Stop resisting the inevitable and prepare yourself properly.

Our lives have abruptly and drastically shifted. For some, this can mean the ground is actively shuffling beneath your feet, and you are having to alter your positioning to avoid falling. Or you may get a much-needed respite from the demands of an over-scheduled, stretched-too-thin lifestyle, but you may also be beginning to feel the stuckness of inactivity.

We are in the midst of a significant transition, which means uncertainty and change are afoot. Unfortunately, many of us prefer sameness to the unknown, so we fall back on reactive patterns of resistance rather than optimally respond to change. If you are scared, angry, confused, touchy, or jumpy, you are in reactive patterns of resistance. Reactive patterns commonly fall into two categories, rigidity, or collapse. Excessive rigidity is like a glass, and any hard hit will shatter that glass into a million tiny pieces. Excessive collapse is like warm jelly that slides right off a slanted surface to the next lowest ground and stays there. Whether rigid or collapse, a flexible spine is absent.

Change, when it happens upon us and provoked outside of our intentions, can feel like being blind sighted. Depending on your orientation towards such experiences, change activates resistance and struggle, or anticipation, and readiness.

When drastic change is imposed upon us, as it is now, maintaining balance simply is not enough. Maintaining balance can leave you sorely ill-positioned when this transition settles us into our new baseline of normal. Why? Because you would miss out on developing the skill and agility that comes with learning to master the experience of becoming wildly awake and present in your life.

When the ground moves beneath you, you’ve got to learn new ways to navigate your terrain. Learning to fall, being in dynamic stability, and using flow state consciousness are ways of meeting change as a conscientious participant in this adventure we call change.

To continue this article and learn more about “learning to fall” visit our [Casa Loma College News/Blog](#).

Stand Out with Your BSN



The primary goals of nursing education remain the same: nurses must be prepared to meet diverse patients’ needs; function as leaders; and advance science that benefits patients and the capacity of health professionals to deliver safe, quality patient care. At the same time, nursing education needs to be transformed in several ways to prepare nursing graduates to work collaboratively and effectively with other health professionals in a complex and evolving health care system in a variety of settings.

There is a need for a greater number of nurses to enter the workforce with a baccalaureate degree or to progress to this degree early in their career. BSN education is not a solution for all that is expected of nurses in the future, it does, however, relative to other educational pathways, introduce students to a wider range of competencies in such arenas as health policy and health care financing, leadership, quality improvement, and systems thinking. BSN graduates reported significantly higher levels of preparation in evidence-based practice, research skills, and assessment of gaps in areas such as teamwork, collaboration, and practice—other important competencies for a future nursing workforce.

Care within the hospital setting continues to grow more complex, and nurses must make critical decisions associated with care for sicker, frailer patients. Care in this setting depends on sophisticated, life-saving technology coupled with complex information management systems that require skills in analysis and synthesis. Nurses are being called upon to coordinate care among a variety of clinicians and community agencies; to help patients manage chronic illnesses, thereby preventing acute care episodes and disease progression; and to use a variety of technological tools to improve the quality and effectiveness of care. A more educated nursing workforce is better equipped to meet these demands. Health care organizations are now requiring more BSN-prepared nurses for entry-level positions. Absent a nursing shortage, nurses holding a baccalaureate degree are usually the preferred new-graduate hires in acute care settings.

In community and public health settings, the BSN has long been the preferred minimum requirement for nurses, given the competencies, knowledge of community-based interventions, and skills that are needed in these settings. The U.S. Army, Navy, and Air Force require all active duty RNs to have a baccalaureate degree to practice.

In summary, an increase in the percentage of nurses with a BSN is imperative as the scope of what the public needs from nurses grow, expectations surrounding quaiity heighten, and the settings where nurses are needed proliferate and become more complex.

Casa Loma College is delighted to announce its premier Registered Nurse to BSN cohort that will start in September 2020. To show our appreciation for the commitment and dedication of nurses during the current pandemic, we are offering an incredible First Line Worker Scholarship worth \$8,700!! Applications are now being accepted. Visit <https://casalomalcollege.edu/bachelor-of-science-in-nursing/> for more information – we have a seat saved for you!

-portions of this article were adapted from [NCBI Transforming Education](#)



When we think of people who work in healthcare, we tend to think of people who are caring, kind and patient. While this may be true, there is more to being a health professional than having a kind heart. There are certain traits, skills, and qualities that all great health professionals possess:

- *Passion for the Job*
- *Good Communication Skills*
- *Ability to Multitask*
- *Healthy and Physically Strong*
- *Good Analytical Skills*
- *Empathy and Compassion*
- *Flexibility in Your Approach*
- *Team Player*
- *Attention to Detail*
- *High Level of Honesty and Integrity*

Grant’s Financial Literacy Corner

Gas Buddy: This app helps you with gas pricing in your locale at the time.

While it is good for an immediate need, Costco and Sam’s Club seems to be the best prices for quality gas fill-ups. Go in the early morning hours.

Level Pay Plans: Check with your utility companies for *Level Pay Plans*. These help with monthly budgeting requirements, especially with summer usage upon us.

Cell Phone Coverage: Negotiate with your provider(s) for lower rates and the same services. They know about their competition and will work with you.

Credit Reporting Information: Historically, you were entitled to one free credit report per year. Due to the current situation we are all in, there is free weekly access to all three credit bureaus for the balance of the year. Go to: AnnualCreditReport.com.

‘Request Your Free Credit Reports.’
Value Mags: Check out this site for free digital magazines- with no ‘hooks’ besides agreeing to get some email notifications.

Have a safe and exciting summer!!