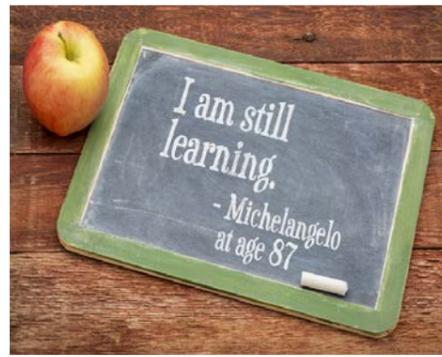


final thoughts...

SOMETIMES THE SMALLEST STEP IN THE RIGHT DIRECTION ENDS UP BEING THE BIGGEST STEP OF YOUR LIFE.



did you know >>>

Casa Loma College has:

Two Bachelor of Science Degree Completion Programs (Allied Health Leadership & Management and RN to BSN)

One Associate of Science Degree Program (DMS)

Two Associate of Applied Science Degree Programs (MRI and PTA)

Has partnered with LiveLife Resources to offer the best in health and healing education

Has partnered with Michael Crowley, RDCS, AE and Dr. Ivan Mino, RDMS AB, OB/GYN, RDCS, AE, RVT, VT to offer Adult Echocardiography (ECHO)

in this issue >>>

- > Career Services - Under Utilized
- > Leadership in Allied Health
- > Fighting the Flu from Your Kitchen
- > New Partnerships Benefit Students



Issue ONE

Casa Loma Partners with LiveLifeResources

Casa Loma College is pleased to announce its recent collaboration with [LiveLifeResources](#). LiveLifeResources (LLR) is a 501(c)(3) not for profit educational organization committed to socially beneficial research and advocacy. Their research aims to advance understanding and education of the traits and characteristics that contribute to resilience and other life-enhancing potential within individuals, families, and communities.

LiveLife Resources partnered with Casa Loma to provide both in-person and online courses designed for health professionals as well as individuals who are interested in furthering their own knowledge in the areas of health education and integrative health practice.

LLR has top professionals teaching their courses, public service providers, first responders, emergency management personnel, psychologists, researchers, educators, and integrative health professionals, who bring their expertise, compassion, and commitment to the delivery of their mission

Current courses include Plant Medicine, Interprofessional Team Leadership for Allied Health Professionals, Integrative Health and Wellness, Workplace Violence and Prevention, Integrative Nutrition, and Basic Meditation.

Interested in learning more? <https://casalomacollege.edu/certificate-programs/>

A Quarterly Insight into Casa Loma College

Casa Loma Now!

current topics >>>

Leadership in Allied Health

The demand for a bachelor's degree is becoming the entry-level standard credential for most healthcare management and leadership positions.

Why? Because, the healthcare system is rapidly changing. Increases in the use of technology and a shift of focus to more patient-centered care is increasing demand for healthcare providers to work with more inter-disciplinary and inter-professional precision and cohesion. Individuals who possess effective and progressive leadership skills are and will continue to be in demand as systemwide changes are strategized and implemented.

Casa Loma College is helping to meet this demand in their Allied Health Leadership and Management bachelor's degree completion program - designed specifically for individuals' already in the Allied Health professions. The program includes basic leadership and management skill sets while also exploring specialized processes for interprofessional team leadership, organizational and systems analysis, and crisis response.

We believe that Allied Health professionals are perfectly positioned to play a pivotal role in policy change and implementation, providing valuable insight as multidisciplinary cross-system connectors and bridges.

Career Services – The Most Under-Utilized Aspect of a Student's Education

Casa Loma College prides itself on providing a nurturing and educational environment for its students to succeed. It is our goal for a student to enroll in a program, successfully complete the program and leave fully prepared to obtain certification and employment. But none of this happens overnight – it is a process, and it takes commitment and dedication to that process from not only faculty and staff but that of the student as well.

Career Services is a practical department, with one goal in mind - to get our students and graduates employed. All the resources and help needed to transition from school to employment is found in Career Services. Therefore, Career Services becomes one of the most important offices on campus and, students who utilize Career Services become the best possible marketable job candidate.

Professionalism is one of the most important factors in career success, and we do not take the subject of professionalism lightly, in fact, professionalism can make or break your career. And that is why so much of our focus in Career Services is on professionalism, from our workshops on developing a professional image, communication skills, mindfulness, managing time efficiently and effective work habits to building skills in writing resumes, cover letters and job interview preparedness.

The demands of the healthcare field can be exhausting and draining for someone new in the field, and the resources, tips and tools provided by Career Service is imperative to the continued success of students and graduates. At Casa Loma College, and likewise across the nation, Career Services is likely the most under-utilized aspect of the students' educational sphere. We are trying to increase our presence through workshops and drop-ins so that our students are well rounded professionals when the time comes to start their careers.

We encourage students and graduates to drop-in – don't miss the opportunity to receive insight and guidance that could be a key factor in what doors open for you!

~ Article by Kelley Malone & Janessa Reyes

Sleep & Dream Facts

You have no sense of smell when you're sleeping.

Sleeping less than 7 hours each night reduces your life expectancy.

You can go without eating for weeks without succumbing, but eleven days is tops for going without sleep.

The colder the room you sleep in, the better the chances are that you'll have a bad dream.

In a year on an average person sleeps for 122 days out of 365 days.

You burn more calories while sleeping than you do when watching television.

April Events at the College >>>

March 17: St. Patrick's Day – luck of the Irish to you all! Join as for ice cream.

April 1st: April Fool's Day – All Fools Day a day full of playing pranks and trying to get people to believe ridiculous things.

April 3: Allied Health Leadership & Management Application Deadline

April 7 & 11: Campus Fire Drill: Students and employees participate and respond quickly, calmly and safely.

April 15: Open House and Program Information Session. Come meet faculty and staff and learn about the College and degree programs – your future lies with us!

April 25: Center for Assault Treatment Services (CATS) Victory for Victims 5K/10K/ Walk Run. Join us as we walk/run to help make the vision of every child and adult free of abuse, neglect, and exploitation a reality.

Employee Profile >>>

Two words ... *French fries* ... curly, crinkled, waffle, seasoned, or beer-battered, all are the guilty pleasure of our newest employee, Janessa Reyes. You will find Janessa in the Career Services Office preparing our students and graduates for their upcoming transition from college to the next phase in their lives – meaningful employment!

After working several years in the entertainment industry in social media marketing, Janessa became disenchanted and burnt out leading her to reassess her future. What she had lost sight of was her love of school and her passion for working with and helping students. This led her to us – “*Being a Career Services Advisor allows me to make actual impact on students’ lives.*” Janessa knows that planning for your future can be overwhelming – so she says, “*Don’t go it alone - I am here to help you – from putting together a resume, building your network, or preparing for an interview.*”



Janessa has a competitive edge and values the relationships she builds. These traits will serve our students and graduates well as she leverages her skills, networking abilities and knowledge with their education, training, perseverance in pursuit of their dream job!

When Janessa is not at work, you can find her gallivanting around farmer’s markets and flea markets as well as enjoying popular smorgasbords in downtown Los Angeles. Her more local hangouts are the malls and outdoor shopping centers. And when she doesn’t want to be tempted to spend, Janessa ventures over to the park or gym for strength training or yoga. Also, worth mentioning is Janessa’s creative side, “*I’m really good at drawing and being creative – I like to explore different craft projects such as candle making, card making and clay trinkets.*” And, to pass on the best advice she was given when she made a mistake, “*It’s ok, it isn’t brain surgery.*”

Rave Review Given to DMS Program

Great place to receive a degree in sonography. Best professionals ever! They do not tip toe around you; you will have to prove yourself. I quit my job. But it was well worth it. The program director is a scanning encyclopedia. Super helpful in the lab. Other instructors also are very knowledgeable and ready to help. Super pleasant people in admissions. Great clinical coordinator Mr. Colin’s. He takes time to find you an externship according to your preferences, personality and scanning skills. He is personable and caring. If you make Casa Loma your choice, please make acquaintance of Mr. Cuellar. He is very helpful with student loans and other financial issues one might encounter. With that being said, studying at Casa Loma is not a walk in the park: tons of quizzes, tests, and passing all the competencies on a deadline. Yet, I had no problems passing all of my boards one after another and landed a job in 2 months after graduating. Anyway, in a nutshell: great college, very recommended!!!

-Mayya M.

Departmental News >>>

Clinical education is an inherent part of the total educational experience of our MRI students. Students develop the attitudes, manners, values, and beliefs of the magnetic resonance imaging professional as they interact with, assist and guide patients through MRI scans.

The MRI Academic Clinical Coordinator of Education (ACCE) is responsible for the clinical education portion of the MRI program and is the liaison between the College and affiliated clinical sites and between the student’s and the clinical facility, and we have been fortunate over the last month to have two exceptional individuals, Nicole Chung and Khamsay (Sai) Sasengbong, join our Casa Loma family and MRI Team as our new MRI ACCE’s!

Nicole has an educational background in Nuclear Medicine and became interested in MRI after attending a Nuclear Medicine convention and hearing a lecture about PET/MRI, realizing at that time that multi-modality imaging was a possibility and she wanted to be a part of that. Nicole has worked in the field of nuclear medicine and imaging since 2011 and holds licensure in multiple modalities including MRI, CT and Nuclear Medicine Technologist. Nicole has been where her students are – and understands what they experience in externship, and hopes by sharing her experiences, they can have their best possible externship.

Sai became an MRI Technologist not only to be a crucial part of a patient’s medical team but also because he wants to inspire the next generation of healthcare workers. With Sai’s background in radiology, CT and MRI along with his 10+ years of experience in the imaging field, he will be the one that helps our students achieve their goals!

For more insight into Nicole and Sai, [click here](#) and check out our News/Blog ... get to know them a little bit better!

Fighting the Flu from Your Kitchen

~ Article by Stephanie Shelburne, PhD, NHD



With all the attention on the Coronavirus and other flu viruses that seem to be wreaking havoc out there in the world, it seems valuable to explore some tried and true opportunities for wellness straight from your kitchen. Because let’s face it, your first line of defense for any ailment is always going to be your own immune function. The stronger your system, the better equipped you are to avoid or fight off any of those lurking bugs and viruses. And, what’s the hands-down, best way to build a strong foundation for immune function? Lifestyle! Which means food, movement, and other means of naturally strengthening your body’s response. So, let’s start flu busting with what you put in your belly!

To discourage any of those pesky bugs or viruses from setting up camp in your body, you will want to be sure you aren’t feeding them when you’re feeding yourself. This means you will want to significantly decrease your intake of manufactured foods, especially low nutrient density/high calorie processed products. Instead focus on fresh, whole foods, as close to the fruit and root as possible. Eat a rainbow of fresh, nutrient-dense, natural foods, things like dark green leafy vegetables, root vegetables, and lower sugar fruits. Whole foods provide plenty of antioxidants and vitamins and minerals to help strengthen your system. Also, be sure to include high-quality meats and animal products, as well as, natural fats for more opportunity for nutrient density (B Complex Vitamins, Vitamin D, Zinc, Iron, Protein, Amino Acids, etc.) Eating seasonally is also a good guide. What foods would naturally be available in the Fall, Winter, and Early Spring? Things like root vegetables, squashes, cruciferous vegetables, and winter onions and shallots. All of these foods contribute to a strengthened immune function. Paying attention to seasonal aspects of diet can ensure you don’t run low on things like Vitamin D and zinc, which can suffer during winter months if you’re consuming mainstream, low quality food options.

In fact, some research suggests that the reason we believe there is a “flu season” isn’t necessarily because flu shows up at a particular time, but because our immune system takes a dip and things can get a better grip on us.

Vitamin D is a perfect example. While it would be impossible to say that supplementing with Vitamin D in the winter will keep you from getting the flu, it is possible to say that our immune systems are diverse and complex, and Vitamin D plays an active role in our ability to adapt and overcome certain immune system insults. But wait! Before you reach for a bottle of Vitamin D, how about trying to add more Vitamin D rich foods to your ‘plate’? For example, **mushrooms, egg yolks, salmon, sardines, and other cold-water oily fish** have so many other amazing flu busting properties (keep reading and you’ll find out more) that’s it’s worth making them part of your meal or snack. For more amazing tips on beating the flu and how you can stay healthy [click here](#) or visit [bodecology.com >kitchen witchery!](#)



People will forget what you said, people will forget what you did, but people will never forget how you made them feel.
- Maya Angelou

For healthcare workers, work can become routine. However, it’s not routine to patients: it may be overwhelming, frightening, and intimidating. In that context, kindness can make the entire experience easier for the patient. Think about being kind first and clinical second.

Kindness and compassion can be difficult to define, but it may be helpful to keep three essential elements in mind when working to practice compassion: recognizing that the patient is suffering, emotional resonance (the sense of connection with a patient), and actually moving to address the suffering.

Student Loan Default Rate at An All Time Low at Casa Loma!

Understanding Student Loan Default- Federal student loan borrowers typically must begin repaying their loans six months after graduating, leaving school, or dropping below half-time enrollment. If borrowers make no payments for any period of 270 days, or roughly 9 months, they will default on their student loans.

Default rates for a given federal fiscal year encompass the cohort of borrowers who entered repayment during that year. The U.S. Department of Education (ED) calculates annually the percentage of borrowers who default for each college that has participated in the federal student loan program.

Thanks to the incredible efforts of Grant Cuellar, CLC’s Financial Literacy Manger and the cooperation of our students and graduates, our 2017 Default Rate is 1.4%. The national average rate of all colleges is in the 10%-11% range. Incredible Feat!