



February Edition

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I Happy Valentine's!



Kelly Y.

Associate's
Degree in Nursing
Student of the
Month!
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**Delicious Creamy Tuna Pasta
with Peas and Parmesia**
Recipe for busy College Students
Check it out on page 5

In Memory of
Tad McDowell
Amazing Teacher, Loving Husband and Father,
Faithful Friend.



Pages 6, 7

New Teacher Introduction

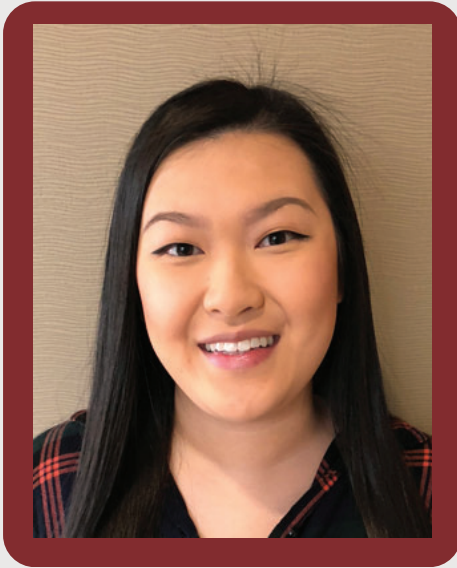
*Meet our newest addition
to the Sumner Team Page 4*



"NURSE: Just another word to describe a person strong enough to tolerate everything and soft enough to understand everyone."



Student of the Month



Kelly Y.

Kelly is proud to be a first generation Chinese-American who was born and raised in Portland. She was inspired to become a nurse because of the kindness and compassion shown to her by nursing professionals when she was a child. As her parents spoke limited English, she started serving as an "interpreter" when they had medical appointments. Kelly has worked as a nursing assistant at Kaiser Sunnyside post acute rehab for the past five years. She is completing her preceptorship at Adventist Medical Center in Labor & Delivery and her future goals include completing her BSN and then becoming a Midwife. While totally focused on preparing for the NCLEX exam she also finds time to volunteer at Doernbecher's Children's Hospital in oncology. Kelly selected Sumner after a referral from a friend. She appreciated the welcoming environment and the fact that staff knew her name from day #1! She values the faculty who have been supportive role models.

These are some of the characteristics and comments shared by the faculty and staff at the College on why Kelly has been selected as December ADN Student of the Month:

"Articulate, hard working and "rock solid" when it comes to collaboration."

"An individual with goals and the determination to achieve them!"

"Caring, upbeat and always helpful."

"Goes out of her way to be kind, friendly and acknowledge others."

SUMNER MERCHANDISE



Backpacks

Retractable Handle & Wheel for Rolling
Adapted for Heavy Loads
Laptop Compartment

\$59.00

Purchase Your Backpack at the Front Desk Today!

Fleece Jackets



- ✓ Light, yet warm
- ✓ Maroon or Gray Colors to Match Scrubs
- ✓ Designed to match your Sumner Scrubs
- ✓ Durable: Lasts through washes



\$35.00

What's Going On?



February

Education with Integrity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 	3 	4	5	6 	7 	8
9	10 	11	12	13	14 	15 
16	17 	18	19	20  FRESenius MEDICAL CARE 12 PM	21 	22
23 	24 	25	26	27	28	29 

2/3, 2/10, 2/24 Info Session
Interested in the Associate's Degree in Nursing Program? Secure your seat at an Info Session to get an overview of the application

2/6-2/8 Portland Winter Light Festival
Brilliant art installations and performances illuminate locations throughout the city. Free. pdxwlf.com

2/14 Valentine's Day
Wear something Red or Pink! There will be sweet treats around the School.

2/15 Zwickelman
Over 100 of Oregon's 200+ best breweries open their doors, with special events, free tastings, and tours. oregoncraftbeer.org

2/17 Presidents Day
School will be closed. Enjoy your three day weekend!

2/20 Lunch and Learn
Come join us for an hour of free lunch and a great opportunity to learn about the field of dialysis technology with Fresenius Medical Care!

2/21 Mount Angel Volksfest
Oktoberfest in the spring! Loads of first-rate German beer, sausage, polka, and family fun. mtangelvolksfest.com

2/29-3/1 Kid Fest!
It's a festival designed for parents and their kids! Storytelling, innovative games, healthy and delicious foods, and lots of fun. kidsfestnw.com

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Break	4 Break	5 Break	6	7
8 	9 	10	11	12	13	14
15	16	17 	18	19	20	21
22	23	24	25	26	27	29
30	31					

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2	3	4
5	6	7	8 Mid Terms	9 Mid Terms	10 Mid Terms	11
12 	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Career Fair	30		



Up and Coming Introducing a New Instructor

Rebecca Ashling



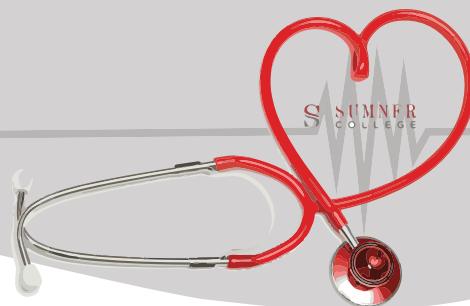
My name is Rebecca Ashling, I have a BSN in nursing from Walla Walla University and an MSN from the University of Phoenix. I have been in healthcare for 35 years and a nurse for over 20 years with most of my practice in hospice as a hospice senior manager/administrator. I have a smattering of other specialty care in my background including labor & delivery and home infusion. I have enjoyed seeing patients throughout their lifespan and getting the opportunity to attend their deaths and teach others about keeping them and their loved ones comfortable through the end of their lives.

I have a wife: Tina and a son: Matt who is 18. I enjoy painting, reading, cooking and the beach.

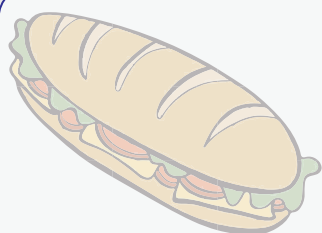
I am currently following other instructors around to learn the ropes and teaching Nursing 113 clinical on Thursdays.

I am so excited to start this new chapter of my nursing career and look forward to meeting folks.

We are excited to have you on the team, Rebecca!



"We are all just walking each other home"...Rumi.



Lunch and Learn

FRESENIUS MEDICAL CARE

Come join us for an hour of **free lunch** and a great opportunity to learn about the field of dialysis technology with Fresenius Medical Care!

Make connections. Help patients thrive. Be the difference. At Fresenius Medical Care North America, you'll find a community of more than 64,000 dedicated employees delivering the best possible care to people with kidney disease through our products and services. And, whether you join us in nursing, accounting, engineering, nutrition or management, your talents will make a difference with a global leader in healthcare. We offer the opportunity to grow your career alongside a collaborative and supportive team that goes above and beyond to deliver outstanding care to more than 190,000 patients.



Recipes for Busy College Students

CREAMY TUNA PASTA WITH PEAS AND PARMESIAN

INGREDIENTS:

- 8 oz. pasta (\$0.67)
- 2 Tbsp butter (\$0.26)
- 2 cloves garlic, minced (\$0.16)
- 1 cup frozen peas (\$0.38)
- 1 cup half and half* (\$0.75)
- 1/2 cup shredded Parmesan (\$0.95)
- 12 oz. can solid albacore tuna, drained (\$2.79)

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

SERVINGS: 4 of 2 Cups EACH

COST: \$6.01 recipe / \$1.50 serving

Posted On JUNE 13, 2018

FOUND AT: <https://www.budgetbytes.com>



Cook's Notes:

Peas are totally underrated. They're inexpensive, easy to cook or add to recipes, and packed with both protein and fiber. So they're an excellent item to keep on hand in your freezer to whip up quick and easy dinners, like this Creamy Tuna Pasta with Peas and Parmesan. You only need a few ingredients, about 20 minutes, and you'll have this warm, comforting dinner that will be equally as good the next day for lunch!

Instructions:

1. Bring a pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender. Drain the pasta in a colander.

2. While the pasta is cooking, prepare the rest of the dish. Add the butter and minced garlic to a large skillet. Sauté the garlic over medium heat for about one minute, or just until it is soft and fragrant, but not browned.

3. Add the frozen peas and season with a pinch of salt and pepper. Sauté for a couple minutes more, or until the peas are heated through.

4. Add the half and half to the skillet and allow it to come up to a simmer, stirring frequently to keep a skin from forming on the surface or the bottom from scorching. Let the half and half simmer for about 3-5 minutes, or just until it reduces slightly.

5. At this point the pasta should be finished and drained. Add the drained pasta to the skillet and stir to combine. Sprinkle the Parmesan over the pasta and stir to combine again. Allow the heat to melt the Parmesan as you stir. Once melted, turn the heat off. Taste the pasta and add a pinch of salt and pepper, if needed.

6. Finally, add the drained tuna and fold it into the pasta. If you are using whole tuna chunks, break them up slightly as you stir. If you are using chunk light tuna that is already in small pieces, fold gently to avoid breaking the tuna up too much. Serve warm!



Nurses Station



"My husband does most of the cooking now. My family got grossed out when I gave a sponge bath to our Thanksgiving turkey."

In Memory of **Tad McDowell**

Amazing Teacher, Loving Husband and Father, Faithful Friend



Tad McDowell was a dedicated and passionate employee and member of the Sumner family for the past five years. He started his career at Sumner College as a pharmacology instructor. His ability to bring the curriculum to life and engage the students was limitless and he was quickly promoted to the school's registrar position. Again, his charisma, leadership skills, and empathy when working with the students helped him grow into his final role with the college as our Dean of Students. Tad was diagnosed with pancreatic cancer nine months ago. He was relentless about staying positive and being accessible to the Sumner team, while fighting the toughest fight of his life. On January 14th, 2020 he lost his battle to cancer and will be dearly missed by our Sumner family.

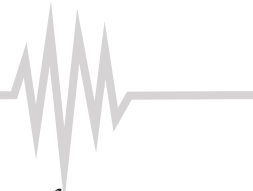
Tad grew up locally in North Portland and attended Jefferson High School. After graduating high school, he made a big move to Houston, Texas to complete his Bachelor's degree at Prairie View A&M University in 2003. Tad was a life-long learner and passionate about his professional growth, so he pursued his Masters of Science in Criminal Justice in 2010. Tad's original goal was to attend law school, however, he got bit by the teaching bug while teaching in the Pharmacy Technician Program at National Institute of Technology. He found his passion in teaching and the higher education environment and it was evidenced by his professional growth from a teacher, to an education chair, and finally a director of education at the school. Through all his promotions, he never lost focus of the student and strived to provide the best student experience. After 13 years in Texas, Tad and his family relocated back to Portland and he was thrilled to be back in his hometown. He immediately sought out a role in higher education upon his return and found an opportunity at Heald College, first as teacher and then as a director. In May of 2015, Tad joined the Sumner team and we were honored to be a chapter in Tad's life.

In addition to Tad being an amazing educator, he was also a loving husband, father to three daughters, and friend. Tad was strong in his faith and was present for the people in his life. Finally, Tad was a huge sports fan and loved the Texas Longhorns and Houston Texans.



**Tad and Student Services grilling for Student BBQ
July, 2019**

Reviews from Tad's Students



Tad is such a great instructor. He knows what he is talking about and is confident with the materials he's teaching.

A bsolutely amazing teacher. The time and effort in the organization, preparation and availability is amazing. I feel like I really learned quite a bit from the class.

He is a fabulous teacher, very organized, and always willing to answer questions. No matter if you asked hundred questions, he always had patience and answered with a smile.

Mr. McDowell is a very good teacher, I would love to have him as instructor in all of my classes.

He is just great and we hope to have him next term as well.

Tad is an incredible instructor. He takes difficult to understand material and presents it in a way that is easily understood.

Tad is one of the best instructors I have had in all of my years of education. He is very thorough, makes understanding the subject/s easy. He listens and adjusts his teaching to fit us accordingly, he is open to hearing what makes learning and understanding things easier. He is very easy to approach. His organizational skills are top notch and his communication as far as keeping students updated on grades is very handy.

TAD IS AN AMAZING TEACHER! I wish we could have him for every class all year.

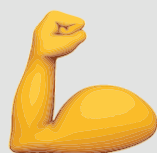
Mr. McDowell was a wonderful instructor he stuck to the course material and made sure that each student understood the material if they had any questions by spending extra time explaining answers thoroughly he helped the entire class.

Tad is an awesome teacher. He always came prepared for the lectures and was always there to answer any questions or if you had any concerns.

I love having Tad as a teacher. He knows his material, in both subjects, very well. I am able to understand what he says easily, and I am able to freely ask questions with the ease of knowing it will be explained clearly. I really hope I have him again as a teacher.



Employee Spotlight



Admissions Officer Lisa Armstrong

Serving Sumner College for
12 Years

larms@sumnercollege.edu



? What is your role at the college?

The best part of my job is seeing our students achieve success, start a career and graduate. Although I am not a nurse, I share the desire to help others and really enjoy getting to know each and every one of our students.

? What is the best part about what you do at Sumner College?

I am in the admissions department and have been for almost 12 years with Sumner and almost 24 years total. I am here to assist students navigate through the process of admissions in all programs.

? Favorite vacation spot?

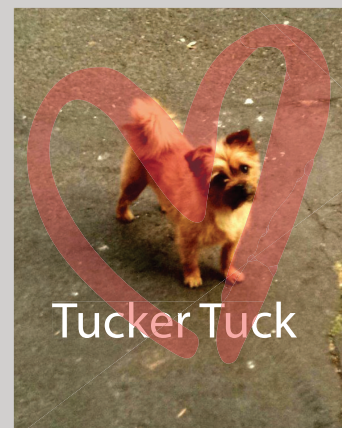
Turks and Caicos so far, but I just went to Thailand and absolutely loved bathing elephants. I have actually been to 27 countries and have found something to love in each and every one.

? What are some of your favorite activities outside of work?

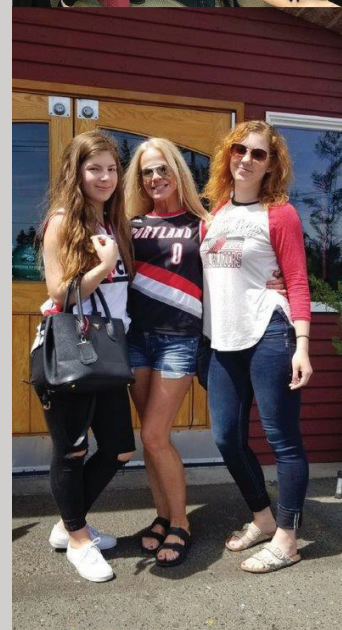
I am a runner, a mom, a SUP girl (stand up paddle boarder) a dog lover and I also love to travel and cook. There is absolutely nothing I won't try ounce so I guess you could say I am an extreme cuisine kinda gal. I have done the "Great balls of Fire" challenge 4 times and have been on the wall of fame all 4 times. (they are really hot!) I am also a huge Portland Trail Blazers fan! "Rip City"

? If you could have one super power...

... Flight so I could travel more..



Tucker Tuck



"For the one who continues, failure becomes impossible."

