



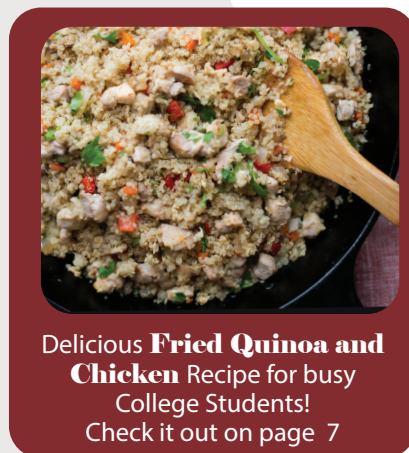
THE Pulse

Welcome 2020

January Edition

2020 Issue #8

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Next Medical Club Events

- 1/11 Mother & Child Center
- 1/18 Children's Healing Art Project
- 1/18 HomePlate Youth Services
- 1/27 Oregon Food Bank

More information on page 4, or please contact cbreakfield@sumnercollege.edu

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



Student of the Month

Makaeyla P.



Makaeyla has been an Assaultive Behavior Management Specialist at the Center for Autism and Related Disorders for the past four years. She had an "A-ha" moment when she escorted a client to a doctors appointment and realized how important her training would be as a nursing professional. Prior to that role she was a certified X-ray technician in a veterinary clinic. Her goal is to continue working with a pediatric population, especially those diagnosed with characteristics on the spectrum disorder, and remaining a life-long learner. Makaeyla is confident that she will eventually earn her Doctorate as a Nurse Practitioner. She is eager to get into a fast-paced nursing career and appreciates the "hands on" experiences gained from clinical rotations in the Practical Nursing program. She currently teaches dance classes, primarily jazz, tap, hip-hop and tumbling.

These are some of the characteristics and comments shared by the faculty and staff at the College on why Makaeyla has been selected as November Practical Nursing Program Student of the Month:

"An excellent role model for her peers!"

"Understands the special traits that makes a clinician a wonderful nurse."

"Upbeat and maintaining a great GPA."

"Makaeyla consistently has a positive attitude, great personality, calm demeanor and strives to do her best in all classes."

SMERCHANDISE

Backpacks

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

\$59.00

Purchase Your Backpack at the Front Desk Today!

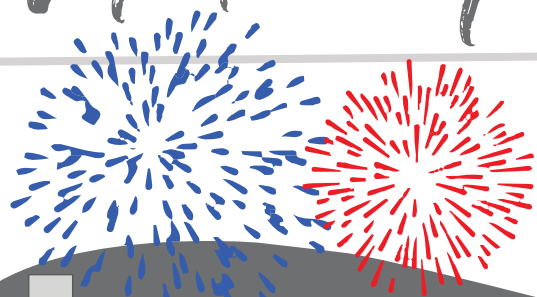
Fleece Jackets



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


\$35.00

What's Going On?



January

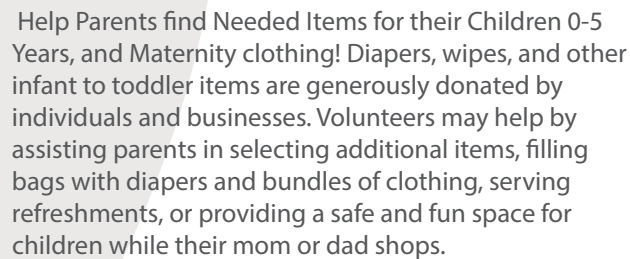


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---------------------------------|--|--|
| | | | 1  | 2 | 3 | 4 |
| 5 | 6 | 7 Matilda the Musical  | 8 PN Info Session 4 - 5 PM | 9 | 10  | 11 Mother & Child Education Center 9:00 AM - 12:00 AM |
| 12 Portland Girl Fest 2020  | 13 ADN Info Session 10-12:30 PN Info Session 4 - 5 PM | 14 | 15 HomePlate 9 AM | 16 ADN Info Session 10-12:30 | 17 | 18 HomePlate 9 AM CHAP Art Project |
| 19 | 20 SCHOOL CLOSED Martin Luther King Junior Day  | 21 | 22 | 23 | 24 | 25 Portland Coffee Beer Invitational  |
| 26 | 27 ADN Info Session 10-12:30 PN Info Session 4 - 5 PM Oregon Food Bank 1:30-4:30 | 28 | 29 | 30 | 31  About a Nursing Student "My friend here is an experienced nurse, and I'm in nursing school. I was hoping you could put her brain in my head, just until I graduate." | |

Education with Integrity

How do I join Medical Club?

- If you are interested in joining the Sumner College Medical Club, simply speak with a Student Services Representative! You can also request to join Medical Club on facebook by visiting:
[Facebook.com/groups/sumnercollegemedicalclub](https://www.facebook.com/groups/sumnercollegemedicalclub)



CHAP Art Clubs provide engaging art experiences outside the hospital to children and teens with medical challenges.



COMMUNITY SERIES

Volunteer Day at the Oregon Food Bank

MONDAY, JANUARY 27TH, 2020, 1:30PM - 4:30PM

Interested in these opportunities?
Contact studentservices@sumnercollege.edu

Word Search
Happy New Year

| Midnight Family Beginning | | | Fireworks Countdown Celebration | | | | January Clock New Year | | | Friends Parties Parades | |
|---------------------------|---|---|---------------------------------|---|---|---|------------------------|---|---|-------------------------|---|
| X | L | F | A | U | M | T | V | S | G | V | L |
| R | F | B | E | G | I | N | N | I | N | G | O |
| F | J | S | F | A | D | F | A | M | I | L | Y |
| I | A | F | R | X | N | W | C | A | C | P | U |
| R | N | Q | I | M | I | G | L | W | L | A | L |
| E | U | O | E | S | G | R | O | S | G | R | L |
| W | A | J | N | F | H | J | C | I | C | A | E |
| O | R | B | D | Q | T | F | K | V | P | D | C |
| R | Y | B | S | A | P | A | R | T | I | E | S |
| K | N | E | W | Y | E | A | R | A | A | S | T |
| S | C | O | U | N | T | D | O | W | N | N | X |
| C | E | L | E | B | R | A | T | I | O | N | J |



By Barbara Quinn, MS, RD, CDE

It's the new year. Time to turn the page and start fresh. Never mind that half the people who make new year's resolutions abandon them within six months. Make this the year you reach your goals by looking at RESOLUTIONS in a new way:

Reflect on the changes you will need to make to reach the goals you have for this NEWYEAR. It is true that "if nothing changes, nothing changes." So, as you turn the page on this calendar year, set your mind on one or two lifestyle habits that you may want to approach differently for the next 365 days.

Expect progress, not perfection. Go ahead. Try that low-fat milk. Take an apple to work for an afternoon snack instead of grabbing a candy bar. Order a salad instead of cream soup at a restaurant. Each step along the way will get you closer to your preferred destination.

Specify what you will do. Educators say we are more likely to accomplish goals that are SMART---specific, measurable, appropriate, realistic, and timely. For example, instead of vowing to "get more exercise," a SMART goal is to "walk for 20 minutes on Monday, Wednesday, and Saturday this week." This approach makes it easier to track your progress as well.

Organize your calendar. We schedule appointments and lunch dates; why not set aside time to accomplish the goals that are important to us? Taking some "me" time is not only smart, it's essential for long-term health and well-being. Like the old adage says, "If you don't take time to be well, you will have to take time to be sick."

Let go of "all or nothing" thinking. I only set myself up for failure if I vow to "never eat sugar" or "always exercise an hour a day." Set goals to be achievable, not impossible.

Understand how your diet, exercise, and medications work together to improve your health and well-being. When it comes to understanding complex medical issues that affect our day-to-day functioning, it's true that we "don't know what we don't know." For example, if it's been awhile since you had an update in how to manage your diabetes, this would be a good year to schedule an appointment with your doctor and/or diabetes educator.

Take time. Life happens. Not every day of every week will go as perfectly as you plan. Changing habits takes time and patience. Aristotle said: "We are what we repeatedly do. Excellence, therefore, is not an act, but a habit."

Invest in a pedometer. It is one of the simplest---and cheapest---ways to track your physical activity goals. Think you need to accomplish 10,000 steps a day, as many health experts suggest? Use a step counter to see where you are on a typical day. Then you can set weekly goals and track your progress over time.

Offer yourself rewards along the way. Behavior that is rewarded is more likely to continue, say experts. Improvement in A1c values (a measure of our average blood sugar levels), weight, cholesterol lab values, or energy levels are all reason to celebrate the progress we are making.

"Never, never, never give up," said British statesman Winston Churchill. Each day is a new opportunity to practice what and how we want to be. With practice, we can learn to respond in new and better ways to the challenges of life.



**BELIEVE
YOU CAN
AND
YOU ARE
HALFWAY
THERE**

Barbara Quinn, MS, RD, CDE is a registered dietitian and certified diabetes educator in Carmel Valley, California. Ms. Quinn writes a weekly column ON NUTRITION for the Monterey County Herald. She is the author of The Diabetes DTOUR Diet, Rodale, 2009.

TIP\$

when applying for scholarships



How to Find Legitimate Scholarship Opportunities

Finding legal scholarship opportunities is very easy. There are many reputed websites which provide a database of dozens of available scholarships. You can search the websites by going through certain categories such as academics, religious- based scholarships, gender-based scholarships, and more. Your biggest job is to find a scholarship according to your eligibility.

While going through the website try to determine the legitimacy by going through these tests:

- Go for the about pages to learn about the company
- Look for an explanation about how the scholarship information is gathered
- Do they ask for your financial information or your personal account? (they shouldn't)
- Check whether the website is updated on a regular basis
- Do they try to sell something? (they shouldn't)
- Contact and get in touch with the academic advisor or financial aid counselor within that company

Watch out for these!

If any of the following are required by any company offering scholarships, run the other way, its a scam!

Fees

If they are asking for any processing, handling, origination fees or advanced fees, then you should take precautions.

Pre-Approvals

On any occasion if you are told you have been pre-approved for financial aid or a scholarship, it's not the process of a scholarship.

Purchases

Companies offering legitimate scholarships will never ask or require you to buy a product.

Complication in the Process

Scam organizations will say that it's a very complicated process to fill an application and only experts can fill it out for you in order to gain access and make sure you get a scholarship. Don't fall for it! Legitimate organizations will make up an application that is simple enough for prospective applicants to fill out on their own.

How to Protect Yourself from Scholarship Scams

Follow these guidelines to protect yourself from phony scholarships.

Is it too Good to be True?

If you feel that the offer on the scholarship seems to be too good to be true, then it might be a false offer. If something is just too good then a little more research on it will bring you the truth.

Never Pay Money

You should never pay any money to the companies up front. For example, fees for application, service fees, etc. Legal scholarships are free to apply.

Get in Contact

If you get any scholarship offers that are asking you for money up front, then try to get in touch with the real person by personally contacting them. Try to get hold of them through phone or physical address. If you sense hesitation with your inquiries, it signals the company has something to hide. Legal companies will try to provide you with any information you seek.

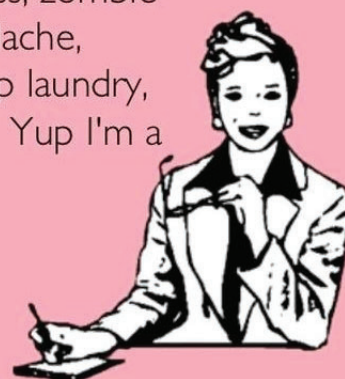
Go for References

A google search of the company and the word "Scam" can save you a lot of time and potentially money. If others have been duped by the company, they likely have posted a warning about it somewhere on the web.

Important Basics Breakdown

- Never share any financial or bank account related information to anyone
- Don't give money for applying or receiving a scholarship
- Look into a reputed source for scholarship information
- Beware of the websites who trick you and get your financial information
- All the information related to scholarships should be freely given

Weight gain, stress, zombie appearance, headache, backache, piled up laundry, loss of social life... Yup I'm a Nursing Student!



someecards

Recipes for Busy College Students

QUINOA FRIED RICE WITH STICKY SPICED CHICKEN

About a Nurse



"I don't think that's exactly what your doctor meant when he said to limit your caffeine to one cup of coffee a day."

INGREDIENTS FOR THE QUINOA:

- ☐ 3 ¾ cups cooked quinoa roughly
- ☐ 1 ¼ cups uncooked quinoa
- ☐ ½ a red onion diced
- ☐ 1 red bell pepper diced
- ☐ 2 cups of broccoli florets cut in small bite size pieces
- ☐ 2 medium size carrots diced roughly the same size as the peppers
- ☐ 4 cloves of garlic minced
- ☐ 2 teaspoons of fresh ginger peeled & grated
- ☐ 4 eggs lightly beaten
- ☐ 1 cup frozen peas
- ☐ 1.5 tablespoons of low sodium soy sauce
- ☐ 1-2 teaspoons sriracha or chili sauce
- ☐ 1 teaspoon toasted sesame oil
- ☐ ¼ cup green onions finely sliced
- ☐ 1 tablespoon sesame seeds toasted if desired
- ☐ Kosher salt
- ☐ Fresh cracked pepper
- ☐ Veggie oil

FOR THE CHICKEN:

- ☐ 10 boneless skinless chicken thighs or 5 chicken breasts, butterflied (ask your butcher to do that)
- ☐ 2-3 tablespoons sweet chili sauce found in the Asian aisle of stores
- ☐ 2-3 tablespoons Chinese five spice powder
- ☐ Kosher salt
- ☐ Sesame seeds

COURSE: MAIN COURSE

CUISINE: CHINESE, JAPANESE

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 35 MINUTES

SERVINGS: 5 MEALS

AUTHOR: BOBBY PARRISH

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



This meal is easy on your budget, your wasteline, and your health. One afternoon's work in the kitchen can provide a week of nutritious, high protein, low carb meals for the stressful week of classes. Oh, and did we mention it is delicious? Enjoy!

INSTRUCTIONS

Cook's Notes:

It's best to boil the quinoa one or two days ahead of time, or at least 3 hours ahead of time. That way the quinoa will dry out and soak up the flavors of the pan when cooked. To cook the quinoa, bring two and two-thirds cups of water to a boil and add ½ a teaspoon of salt. Add the quinoa, stir well, reduce to a simmer, and cook for 20 minutes with the lid off. All the water should be absorbed and the quinoa will be fluffy. If it looks uncooked (has not unraveled) towards the end, add another ¼ cup of water and cook until the water evaporates and the quinoa looks cooked. Remove from the heat and fluff well with a fork. Add the quinoa to a large bowl and let sit at room temperature until it cools down, then place it in the fridge overnight, or until ready to use it. Or you can spread the quinoa on a sheet tray, and let it sit at room temperature for a few hours.

I buy the low sodium soy sauce and toasted sesame oil from Trader Joe's, they have great prices on pantry items like these. Chinese 5 spice can be found at spice stores, or in the spice aisle at your grocery store, but call ahead and ask if they have it.

Season the chicken

with a generous pinch of five spice powder and a good pinch of salt on each side. Let sit at room temperature for 15-20 minutes. Pre-heat a large non-stick pan or preferably cast iron pan over medium heat with 1 tablespoon of veggie oil for 2 minutes. Working in 2 batches, cook the chicken about 5-7 minutes each side, only flipping it once and not touching the chicken in-between flips. You will know the chicken is ready to be flipped when the meat turns opaque on the sides and the tops, and it's nicely golden brown. Cook another 6-7 minutes and remove the chicken from the pan. Immediately brush some of the sweet chili sauce then sprinkle over some sesame seeds.

Cook remaining chicken and set aside.

For the quinoa fried rice,

use the same pan as the chicken and pour off a little of the fat if it looks like there is too much, or add a little veggie oil if there is not enough. Pre-heat the pan over medium-high heat for 1 minute, add the onions along with the next 3 ingredients. ½ teaspoon of salt, and a couple cracks of pepper. Cook for 7 minutes, stirring a few times. Add the garlic, ginger, and cook another 2 minutes. Lightly beat the eggs and add them to the pan, stirring the whole time until the eggs look like a very soft scramble. Immediately add all of the quinoa and mix well. Add the peas, next 3 ingredients, and mix very well. The heat from the pan will warm the peas. Cook for 3 minutes, stirring often, so the quinoa soaks up all the flavors. Check for seasoning, there is a very good chance it will need more soy sauce and sriracha. Turn the heat off, add the green onions and sesame seeds, and set aside.

Assemble your meal prep containers with some chicken and quinoa fried rice. You can keep everything in the fridge for 5 days and reheat in the microwave or the oven. Or you can freeze everything for 2-3 months.

NUTRITIONAL FACTS:

563 calories per meal using chicken thighs

548 calories with chicken breasts

16.5 grams of fat per meal using chicken thighs

10.5 grams with chicken breasts

40 grams of carbs per meal

62 grams of protein per meal

Employee Spotlight



Director of Financial Aid

Jodi Ruybal

Serving Sumner College for
10 Years

jruybal@sumnercollege.edu



"Execute relentlessly. Just get it done."

-Jodi Ruybal

? **What is your role at the college?**
I am the Financial Aid Director.

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

The best part about what I do is seeing the students achieve their goals.

? **Favorite vacation spot?**

My favorite place to go is the Mexican Caribbean. I love spending time in Playa del Carmen, Tulum, Cozumel, and Puerto Morelos?



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

I love to kayak with my family on the rivers around Oregon. I also enjoy watching my son play baseball

? **If you could have one super power...**

Healing

? **A favorite quote of yours?**

"Don't wait for the ideal time to do something."

Anonymous

