



SPRING QUARTER CALENDAR

Quarter Begins.....April 4^h

Add/Drop Deadline.....April 13th

School Closed**.....April 19th

Memorial Day*.....May 30th

Juneteenth*.....June 20th

Quarter Ends.....July 2nd



*AIAM building closed for holiday

**AIAM building closed to students

SELF-CARE IS HEALTH CARE

Happy Spring! Here's to warmer weather, sunny days, and passing classes! We all know school can be a stressful time. Most of you are not just trying to succeed in class, but you are also working, raising children, and dealing with every day life issues. There are multiple holidays this month, which while celebratory can cause additional stresses – Ramadan begins April 2nd and doesn't end until May 2nd with Eid al-Fitr; Palm Sunday is April 10th; Passover is April 15th; and Easter is April 17th. This month's theme is going to be about self-care, and since April 22nd is Earth Day, we will talk about some environmentally friendly self-care ideas as well.



Tips for Self-Care

There are many things that can be done for self-care, and some of the more common ideas may bring to mind expensive things like travel, a spa day, or manicures and pedicures. But there are cheaper and free options as well. A couple of ideas are right on the AIAM campus – the student clinic for acupuncture or massage! A student massage is \$37.62. For a student to get intern acupuncture is \$40 for the first visit and \$35 for return visits. There are reflexology sessions available to enjoy as well and remember, students get 20% off professional clinic services!

At the end of the newsletter, check out a 31 Days of Self Care Challenge! You can start it at any time.

Around the House

Spring is great time to clear out all the lingering winter blues. If your space is cluttered, your mind is cluttered which can lead to feelings of anxiety. I know life gets busy but try to take 20 minutes each day to clean up your space. You can make it a spring challenge for yourself and try to do it each day in April. It really doesn't take that long to clear up space and you may surprise yourself at how clear your mind is after you clear your space.

Take the time to change air filters, open windows to air out your space, rearrange furniture, use essential oils (with caution, especially if you have pets!).

Nature Therapy

Spending time in nature is simple health care. All you have to do is walk out of your house. If you are able, head to an area with lots of trees or flowers. Always stay safe when you go for walks but take time to enjoy your surroundings. Other ways to enjoy some nature therapy is by planting a garden, go camping, or just put your bare feet on some grass and breathe for a few minutes. “Forest bathing” has research linked to lowering blood pressure, reducing stress, and increasing creativity. Remember if you’re going to be spending more than 20 minutes out in the sunshine to apply sunscreen.

Be Aware of Your Environmental Impact

You’ve heard this before: Reduce, reuse, recycle. Reducing the amount of waste has dual benefits of helping you and the planet! Use reusable shopping bags, recycle, and try to reduce purchasing items with one-time use plastics.

Breathe

There are many external things you can do for self-care, but one of the most important is to stop and breathe. Stress happens in life. There is no avoiding it. With some simple breathing techniques, you can help control how you react to situations. 8-4-8 is a breathing technique I learned long ago. Inhale through your nose for the count of 8, hold for the count of 4, then release your breath in a whoosh through your mouth for the count of 8. There are variations in the numbers: 4-4-8 or 4-7-8, but the way you breathe in, hold, and breathe out is the same.



Taking time to focus on breathing helps promote calmness, increase focus, and improve your performance. So before your homework, exams, job interviews – just breathe.

References: <https://www.livingupp.com/blog/the-environmental-dimension-of-self-care/>

<https://oregoncounseling.com/article/environmental-self-care/>

chrome-

extension://efaidnbmnnnibpcajpcgiclfefindmkaj/viewer.html?pdfurl=https%3A%2F%2Fuhs.berkeley.edu%2Fsites%2Fdefault%2Ffiles%2Fbreathing_exercises_0.pdf&clen=128298&chunk=true

MESSAGE FROM THE DEAN

AIAM – Did You Know?

This article shares some basics on our school and our programs, as sometimes we can each be in our silos and not know much about other areas, or in this case, our programs.

The American Institute of Alternative Medicine (AIAM) first started in 1994 as a school for people who wanted to become professional licensed massage therapists and was called Massage Away. The school was started by two women who were licensed massage therapists who opened the first massage clinic in Ohio and had a challenging time finding Licensed Massage Therapists who also understood business principles and professionalism, so they opened their own school.

In the Massage Away curriculum, professionalism and business principles were a central theme in addition to developing caring healers. The massage therapy curriculum has undergone changes over the years, as all curriculum does and should, but these foundational themes remain. Today, a student can earn his or her diploma in Medical Massage Therapy in just 9 months and sit for the national exam, Massage & Bodywork Licensing Examination (MBLEx), to become a Licensed Massage Therapist in Ohio. There are evening classes and Friday/Saturday day class schedules, as well. The massage therapy students take 275 hours of biosciences in addition to their massage theory, techniques, ethics, and business courses, and have a total of 100 hours of clinic related courses. Massage therapy students practice on the public in the AIAM Student Clinic starting in their second quarter, with most of their clinical hours in the third quarter. In their third and final quarter, seniors also have clinical hours in two area massage franchises, as well. Ohio is the only state where the Licensed Massage Therapists are under the authority of the State Medical Board.



As the school grew and prospered, it gained institutional accreditation in 2000 with the Accrediting Commission of Career Schools & Colleges (ACCSC) and was approved to offer financial aid benefits with the U.S. Department of Education.

The Acupuncture program was added in 2002. The name of the college was changed at that time to be inclusive of program offerings beyond massage therapy to American Institute of Alternative Medicine (AIAM). The Acupuncture program requires a bachelor's degree for admission, and it awards a Master of Acupuncture (MAc) degree in just 27 months (9 quarters). Acupuncture students learn Traditional Chinese Medicine (TCM) theory, acupuncture skills and diagnoses, and related studies such as Tui Na (Chinese massage therapy), Tai Ji Quan, and cupping, as well as take 530 hours in Western Science and Biomedical Sciences. Ethics, business principles, professionalism, research, and counseling courses are also part of the curriculum. The acupuncture students spend 5 quarters observing in the clinic at AIAM, as well as opportunity to observe in a hospital setting, before working on patients in their final four quarters under professional supervision. The acupuncture students practice in the AIAM Student Clinic on the public in their final year. The Acupuncture program is also programmatically accredited by the Accreditation Commission for Acupuncture and Herbal Medicine (ACAAM). Graduates of the AIAM Acupuncture program are qualified to sit for the national exam administered by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and can become licensed in Ohio upon successful completion of the exam.

The AIAM Practical Nursing (PN) program started its first cohort (group of students) in Spring of 2010 and the Registered Nursing (RN) program in the Fall of 2010. The two nursing programs are founded in Holistic Nursing philosophy and framework, which can be read in its entirety in the AIAM School Catalog (AIAM SP22 pp. 42-47). Professionalism and ethics, as well as help with business skills such as writing a professional email, and creating a resume are also covered in these programs, as AIAM recognizes the need for good communication skills in attaining, as well as keeping, employment after graduation. Both programs have also undergone curricula changes over the years as part of ongoing assessment and evaluation practices.

The PN program is a 9 month/3 quarter program, awarding a diploma upon success completion. Graduates are eligible to sit for the NCLEX-PN and upon passing can become a Licensed Practical Nurse (LPN) in Ohio. In addition to meeting the curriculum requirements of the State of Ohio Board of Nursing, the AIAM curriculum includes a course on Holistic Nursing Concepts and massage appropriate for use by the busy nurse as part of our commitment to our holistic approach philosophy. The healing power of touch can calm anxious patients and even help with pain management.

The RN program is an advanced placement 15 month/5 quarter program, awarding an Associate of Applied Science degree. Admitting students must be a graduate of an approved Practical Nursing program. Graduates are eligible to sit for the NCLEX-RN and upon passing become a professional Registered Nurse (RN) in Ohio. Like the PN program, in addition to meeting the curriculum requirements of the State of Ohio Board of Nursing, the AIAM curriculum includes a course in massage appropriate for use by the busy nurse, as well as a course in Holistic Nursing including a clinical rotation as part of our foundational holistic approach philosophy.



The most recent additions to AIAM program offerings are the Medical Assisting and Phlebotomy programs, added in Fall 2020. The Medical Assisting program is completed in 9 months/3 quarters and prepares graduates for the multitude of positions held by Medical Assistants, valuable members of the healthcare team. MAs are trained in both administrative and clinical skills and AIAM graduates are qualified to sit for the National Healthcareer Association (NHA) national certifying exam. This exam is not required for employment but may help in gaining employment in some settings. Our MA curriculum has undergone a recent revision with integrated content including skills being part of each course throughout the program. The curriculum concludes with a 160-hour externship in area medical facilities, giving students on the job experience in a professional setting.

The Phlebotomy program is a 60 hour/7.5-week certificate program with the first 40 hours of class time taught on 5 consecutive Saturdays (barring holiday weekends). This is followed by a 20-hour externship in area medical facilities, giving students on the job experience in a professional setting. Phlebotomists remain in demand and are one more valuable member of a healthcare team. AIAM graduates are qualified to sit for the National Healthcareer Association (NHA) national certifying exam, which is not required for employment, but may help in gaining employment in some settings.

What's next? We all made it through the worst of COVID, and AIAM went online overnight in March 2020, as all schools needed to do. Like many, we found some things worked better that we kept such as hybrid programs with most didactic (aka theory) courses online and skills/techniques on campus. One thing we learned is that when everybody works together, we are all stronger, and we can do anything. Our students had a huge learning curve, as did our staff and faculty, and two years later we are still moving forward, enhancing learning, growing and evolving together. AIAM – now pronounced I AM – because we are all that!

AIAM Strong. (I AM Strong!)

DEAN'S LIST FROM WINTER 2022

To make the Dean's List one must achieve a 3.7 or higher GPA for the quarter.
Congratulations to everyone on all their hard work!

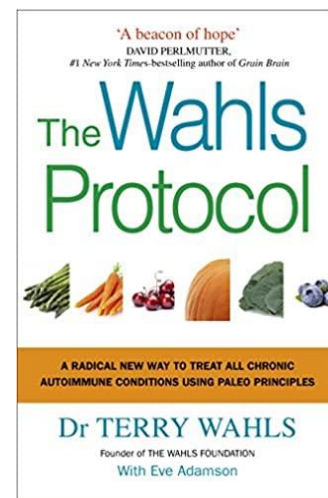
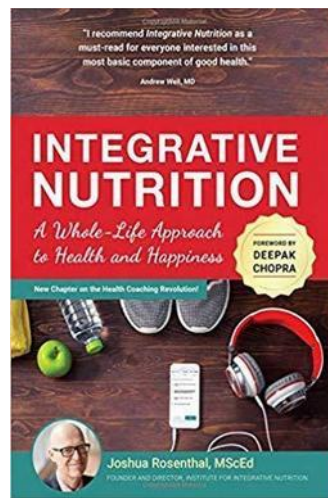
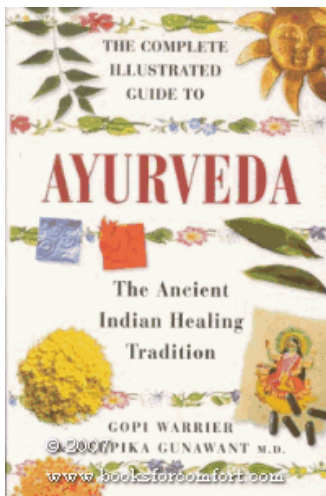
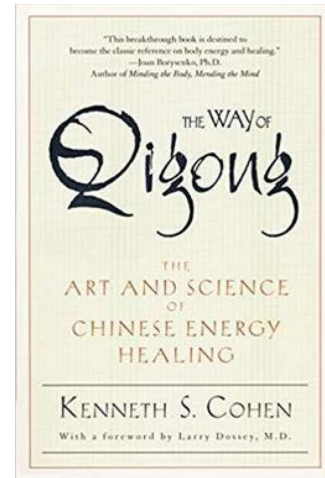
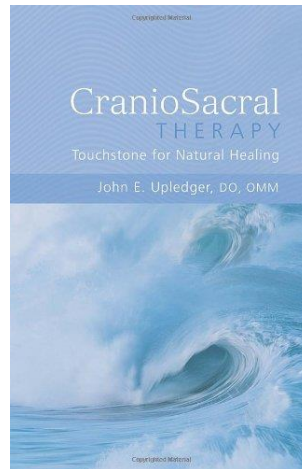
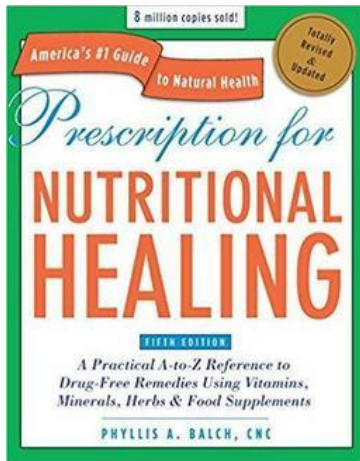
Winter 2022 Dean's List (3.7 or Higher GPA for Winter Term)

Eunice Acheampong	Rita Cudjoe	Pauline Kamau	Jessica Scott
Aimee Adams	Randrea Dean-Scott	Salamata Kane	Brooke Snow
Dorothy Addison	Nicholas Devol	Deborah Kargbo	Mareme Sy
Tejumade Adeyeye	Adama Dozon	Elbetel Kebede	Emmanuel Tabi
Koffi Adjessode	Eric Dwumaa	Haja Koroma	Precious Taku
Hagar Adu Appiah	Briand Ekola	Mamusu Kosseh	Gladys Thomas
Solange Afantenah	Christiana Emessong	Olajide Kuteyi	Ebere Udeani
Akua Agyemang-Badu	Sarah Emioma	Felicia Kwarteng	Christina Valente
Dalton Akers	Tecla Eriyo	Juliet Kyere	Maseray Vandi
Iklan Ali	Tina Eyong	Mavis Larbi	Elizabeth Wallace
Prince Aning	Jennifer Farr	Rebecca Manga	Amanda Williams
Dominique Anoh	Jen Fox	Ciera Meeks	Brittany Wilson
Emmanuela Anyiacha	Zeinab Gele	Leslie Meinert	Victor Yeboah-Adzimah
Irene Asare-Bediako	Emily Gilson	Marion Morris	Nafiso Yusuf
Felicia Asiedu	Khadan Goth	Patience Muankang	
Jodi Ault	Dazian Harding	Hawa Mubarik	
Seth Awuah	Claudius Harding	Eric Namaky	
Mohamed Bah	Yasmine Harmon	Daniel Netry	
Matthew Barber	Kawsar Harun	Eveline Njenwie	
Ophelia Bienni	Lisa Hopps	Roseline Nkempi	
Jacqueline Boateng	Reginald Ibe	Nadege Nkengafac	
Fatu Bolay	Alexis Jackson	Joyce Nyanor	
Mackenzie Brown	Isata Jah	Esinam Odoi	
Hidee Brown	Sahra Jamale	Martha Odrumsky	
Obed Buabeng	Dorance Jenkins	Elizabeth Ogundeinde	
Prisco Chapajong	Veronica Johnson	Agartha Opoku Mensah	
Mabel Collins	Miatta Johnson	Cindy Oxilas	
Kimberly Craig	Vivian Kalango	Allison Sargent	
Trequan Crockett	Mariama Kamara	Mabinty Saysay	





Library Spotlight: Natural Healing



You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area.

Databases, journals, nursing ebooks, and more are available at <https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email your recommendations to Melissa Fischer at mfischer@aiam.edu

Have questions or need library help? Email Ms. Fischer at mfischer@aiam.edu

AIAM IMPORTANT DATES AND OTHER INFO

*** AIAM IMPORTANT REMINDERS ***

- Masks are no longer required in administrative areas and classrooms. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
- Check your AIAM email regularly for important communications from faculty and administration.
- When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.



Just show up, no need to sign-up or email.
Make sure you click the zoom for the exact day and time you will attend.

--Tuesdays from April 12 through June 14th, 3:00-4:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88459906747?pwd=THJ1cEtsYXJQTjNoZlBzbjZST3BDZz09>

--Wednesdays from April 13 through June 15, 12:00-1:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85853948815?pwd=dm9ZbEM1N1dKNS9ieU5PZ1pJblBGdz09>

#AIAMSTRONG

31 Days of Self Care Ideas

1 Write a gratitude list	2 Eat healthily	3 Draw or colour something	4 Ask for help	5 Do some form of exercise	6 Do something nice for someone	7 Write & prioritise a to do list
8 Play a game	9 Write some positive affirmations	10 Declutter 10 items	11 Meditate or pray	12 Go for a nature walk	13 Thank someone	14 Write down how you are feeling
15 Have a go at breathing techniques	16 Ask someone to join you for a walk (then walk)	17 Accept your feelings/ forgive someone	18 Treat yourself to a take out coffee/ tea/ meal	19 Try Yoga or stretching exercises	20 Call or message a friend	21 Schedule some time for "me"
22 Share a happy memory/ thought/ photo with someone	23 Smile at everyone you see	24 Look at inspirational quotes	25 Switch your phone off for a day	26 Support a charity or volunteer	27 Spend 10 min outdoors listening to nature	28 Have a duvet day
29 Do something you love - read, bake, music	30 Explore your area & look at the architecture	31 Try something new				

More information on <https://www.redtedart.com/self-care-ideas>