

# AIAM HOLISTIC PULSE



February 2023

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## WINTER QUARTER CALENDAR

Quarter Begins.....Jan. 8<sup>th</sup>

Add/Drop Deadline.....Jan. 13<sup>th</sup>

Quarter Ends...Apr. 1<sup>st</sup>



## FEBRUARY

February is here. We’re that much closer to spring and warmer weather. February is Black History Month, and it has the holidays Freedom Day (Feb. 1<sup>st</sup>), Valentine’s Day (Feb. 14<sup>th</sup>), and President’s Day (Feb. 20<sup>th</sup>). And let us not forget Groundhog Day (Feb. 2<sup>nd</sup>) and hope for an early spring!

Make sure you check out the [Library](#) section of the newsletter for some excellent books to read more about Black history.

***“If January is the month of change, February is the month of lasting change. January is for dreamers. February is for doers.”***  
~Mark Parent~

## BLACK HISTORY MONTH

February is Black History Month

February is the month when we turn our attention to the contributions of Black Americans in U.S. history. This month honors all Black people and places emphasis on histories that are all too often hidden or pushed aside in the history textbooks.



AIAM will share information about some Amazing Women of Black History during this year's celebration, so be sure to check the Populi homepage for Black History Month postings!

## **FREEDOM DAY**

The purpose of this holiday is to promote good feelings, harmony, and equal opportunity among all citizens and to remember that the United States is a nation dedicated to the ideal of freedom.

Major Richard Robert Wright Sr., a former slave, fought to have a day when freedom for all Americans is celebrated. When Wright got his freedom, he went on to become a successful businessman and community leader in Philadelphia, Pennsylvania. Major Wright chose February 1 as National Freedom Day because it was the day in 1865 that President Lincoln signed the 13th Amendment to the Constitution. Do you know what the 13th Amendment did?

This amendment, an important change to our written law, outlawed slavery in the United States. Wright gathered national and local leaders together to write a bill declaring February 1 "National Freedom Day" and President Harry Truman signed the bill in 1948 making it official.

[https://www.americaslibrary.gov/es/pa/es\\_pa\\_free\\_1.html](https://www.americaslibrary.gov/es/pa/es_pa_free_1.html)

## **VALENTINE'S DAY AROMATHERAPY**

Whether you are in a relationship or enjoying the single life, make this Valentine's Day something special. The use of aromatherapy oils can enhance romance, increase relaxation, boost passion and desire.

Remember to check for pet and health warnings before using any oils in your home.

Some lovely scents to set the mood with your partner(s) or to just make your space smell fabulous:

- Rose – romantic scent, known to stir up feelings of desire and love
- Geranium – a floral scent similar to rose, can inspire peace and calm
- Neroli – citrus scent, set the stage for romance and play
- Jasmine – floral, exotic scent, used as an aphrodisiac for many years
- Sandalwood – woody scent, ease the body and mind into relaxation
- Ylang Ylang – another aphrodisiac scent that also balances emotion and boosts mood
- Clary Sage – another woody scent, boosts creativity and inspirational thoughts
- Lavender – promotes relaxation



<https://www.sparklesofsunshine.com/love-inspired-essential-oils-perfect-for-valentines-day/>

## **STUDENT APPRECIATION WEEK**

February 13<sup>th</sup>- 17<sup>th</sup> is Student Appreciation Week!

There is a lot to appreciate about aIAM students! We know how hard you work and how dedicated you have to be to achieve your goals. During student appreciation week, we like to do fun things to show you how much you are appreciated.

All week, students take 10% off of school merchandise: t-shirts, long-sleeved shirts, and hoodies included!

- ✓ On Monday, check out the café area for our appreciation of Medical Massage Therapy students.
- ✓ On Tuesday, enjoy some apples for Acupuncture student appreciation!
- ✓ On Wednesday, visit the hot chocolate station (don't forget the marshmallows!)
- ✓ On Thursday, Practical Nursing students are the \*STARS\*
- ✓ On Friday, Registered Nursing students are LIFESAVERS!

Enter drawings to win prizes all week:

- Free student acupuncture treatment
- Free student massage treatment
- Free AIAM t-shirt and coffee cup
- Free self-care prize pack
- Free sweets and treats prize pack

## MESSAGE FROM THE DEAN

Advancing civil rights is fundamental to the concepts embedded in our founding documents. The United States of America was founded on an idea – that we are all created equal and deserve to be treated equally with “unalienable rights”. We are all interconnected, and it is the responsibility of each citizen, as well as our Government to help all Americans realize this promised equity and opportunity. We often fall short of these ideas and goals. Black History Month reminds us of where we fell short, and how ordinary citizens took action and continue today to take action to help us realize the promise of America, still a work in progress.

In the United States, racially biased exclusion was inherent within the educational system, as elsewhere. With only minor exceptions, what was an unwritten but pervasive rule of exclusion against black people kept the level and quality of academic instruction severely limited. A few key events are cited below of those breaking these heinous barriers with a link to more information on key events in black higher education published by The Journal of Blacks in Higher Education.

- Oberlin is a private liberal arts college located in Oberlin, Ohio and in 1935 became one of the first colleges in the United States to admit African Americans, and in 1837 the first to admit women. George B. Vashon was the first black student to graduate from Oberlin in 1844; he went on to become one of the founding professors at Howard University.
- In 1823, Alexander Lucius Twilight became the first known African American to graduate from college in the U.S., earning a bachelor's degree from Middlebury College in Vermont. He went on to work as an educator, minister, and politician. In 1836 he was the first elected African American state legislator, serving in the Vermont House of Representatives.
- The first black woman in the United States to earn a college degree was Mary Jane Patterson from Oberlin in 1856. She also became known as a pioneer in black education by paving the way for other black female educators through her work as a teacher, as well as a school principal.
- James McCune Smith is the first African American to earn a medical degree, graduating from the University of Glasgow in Scotland. He then returned to the U.S. as a physician, and also owned two pharmacies.

To review a comprehensive timeline of major landmarks of African Americans in Higher Education from 1799 to 2014, visit [JBHE](#) on the website of The Journal of Blacks in Higher Education.

Today many organizations continue the critical work of addressing systemic racism. Among these are:

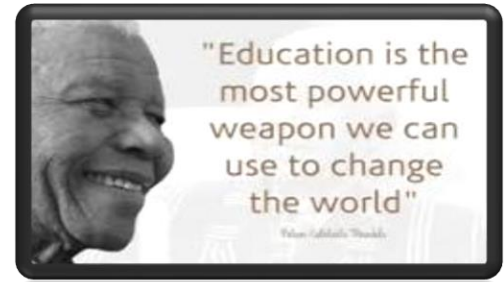
[www.rjacvl.org](http://www.rjacvl.org)

<https://actionnetwork.org>

<https://ncrje.org>

[www.americanbar.org/groups/diversity/racial\\_ethnic?justice/](http://www.americanbar.org/groups/diversity/racial_ethnic?justice/)

<https://commissioners.franklincountyohio.gov/core-principles/racial-equity>



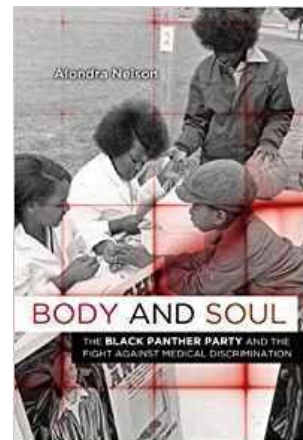
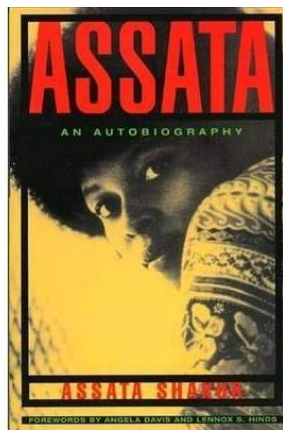
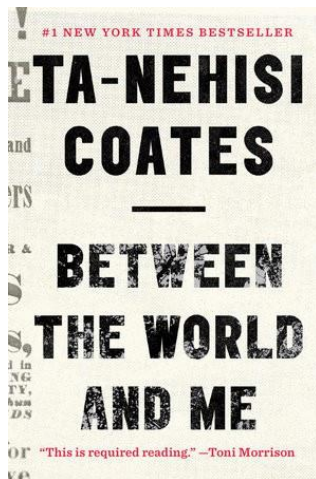
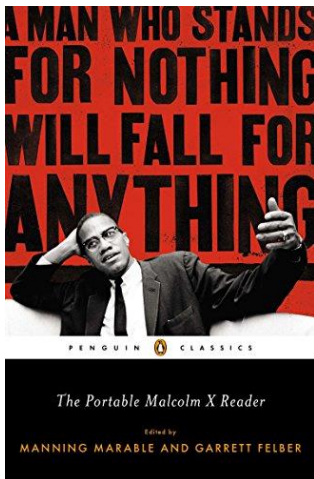
## AIAM RESOURCES

Believe it or not, we want the same thing you want – for you to succeed here at AIAM, pass your boards, and get started on your new career. Take advantage of everything AIAM has to offer!

1. **Tutoring** – some classes are harder than others. Sometimes the way something is explained in class doesn't quite click and you need some additional assistance. Sometimes the homework readings just aren't making sense. Whatever your struggle may be, tutoring is offered to help you get that extra assistance. The trick is *you have to ask for the help*. Our faculty is more than happy to work with you to help you understand, but they're not mind-readers so you have to reach out to let them know you require some additional assistance.
2. **Library resources** – AIAM has a library, but even if you're not on campus you can access the resources. See below for more [library information](#).
3. **Academic Dean Advising** – The Academic Dean is available to assist when life has thrown some curve balls your way and it's causing you to struggle with your classes. Schedule an appointment with her (Dr. Hiatt, [ehiatt@aiam.edu](mailto:ehiatt@aiam.edu)) so she can discuss your options with you.
4. **Additional help** – The Assistant Director of Education/Student Services offers test-taking strategies sessions twice a week (schedule on last page) and has open office hours where you can ask questions and get help. Contact Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu) for more information.
5. **AIAM Student YouTube Channel** – in every course on Populi, you should see a link for the [AIAM student YouTube channel](#). We post useful videos geared towards students. It is a work in progress, but if you have an idea for a video that you think would be beneficial for students, email the Campus Support Specialist, Angela Falasca at [afalasca@aiam.edu](mailto:afalasca@aiam.edu).



## Library Spotlight: Black History Month



**The Portable Malcolm X Reader**

**Between the World and Me, Ta-Nehisi Coates**

**Assata: An Autobiography, Assata Shakur**

**Body and Soul: The Black Panther Party and the Fight Against Medical Discrimination, Alondra Nelson**

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 recommendations to Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

**Questions about library resources? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)**

## IMPORTANT DATES AND OTHER INFO

# AIAM IMPORTANT DATES AND OTHER INFO



### **Mondays at 11:00am, January 23 – March 13**

Eva Goubeaux's zoom link:

<https://us02web.zoom.us/j/81629448086?pwd=T2gvVlg2Y3VBS01mWnpJNkZnK2w5UT09>

Meeting ID: 816 2944 8086

Passcode: 154048

### **Tuesdays at 10:00am, January 17—March 14**

Anne Malone's registration link:

[https://us02web.zoom.us/meeting/register/tZ0qdO-origuHNa\\_ZSW9ult5\\_5vKbScmbgRG](https://us02web.zoom.us/meeting/register/tZ0qdO-origuHNa_ZSW9ult5_5vKbScmbgRG)

### **Tuesdays at 3:00pm, January 17—March 7**

Eva Goubeaux's Zoom link:

<https://us02web.zoom.us/j/82500046016?pwd=UVc5U2RjOVUxQTczeEpGY09PNVRadz09>

Meeting ID: 825 0004 6016

Passcode: 050925

### **Wednesdays at 12:00pm, January 18—March 8**

Eva Goubeaux's Zoom link:

<https://us02web.zoom.us/j/81679020659?pwd=MHdQT0pDanNRNlZRQWQzOU02cVpEUT09>

Meeting ID: 816 7902 0659

Passcode: 760787

### **Wednesdays at 4:00pm from January 18—March 8**

Anne Malone's registration link:

<https://us02web.zoom.us/meeting/register/tZludOyhrjloGNscvKJWkt0aqiRW-kgnEBI>

### **Thursdays at 8:00am, January 19—March 2**

Anne Malone's registration link

<https://us02web.zoom.us/meeting/register/tZ0udu-hpjMiGdNpyebcWbMGZSmc-nB9BPZB>

### **Fridays at 10:00am, January 27—March 10**

Melissa Fischer's Zoom link:

<https://us02web.zoom.us/j/88171531158?pwd=aG9Ea2xNRUVEMWpvNOVITzkrdDRWQT09>

Meeting ID: 881 7153 1158

Passcode: 637281

**\*\*\* AIAM IMPORTANT REMINDERS \*\*\***

- Masks are no longer required in administrative areas and classrooms; however, they are strongly recommended. 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.

  
**#AIAMSTRONG**