



AIAM HOLISTIC PULSE



June 2023

SPRING QUARTER CALENDAR

Quarter Begins.....April 9th

Add/Drop Deadline....April 14th

No Classes** ...April 25th

Memorial Day*...May 29th

Juneteenth*...June 19th

Quarter Ends...July 3rd

*aIAM Closed for Holiday

**Clinic Open

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ENDING SPRING QUARTER

We're heading into the end of another quarter! We wish you all the luck on your upcoming finals. Remember we have many resources available to help you – check out the [AIAM Student Resources](#) section, [Important Dates and Other Info](#) section, and the [PN](#) and [RN](#) Content Seminars for our Nursing students.

To those graduating at the end of this quarter: CONGRATULATIONS!!! We're so proud of all the hard work you put in to make it to this point. Just a little further now for your boards so that you can become licensed in your field and we *know* you have it in you pass those exams!

“The beautiful thing about learning is that no one can take it away from you.”
~B.B. King~

NATIONAL HIGHER EDUCATION DAY

Did you know that less than 50% of first-time college students finish their degrees in six years? The main two reasons are financial issues and poor academic preparedness. National Higher Education Day, June 6th, is about educating and inspiring future graduates. [National Higher Education Day info and resources](#)

At aIAM we know that these are big issues. This is why we offer so many resources to provide extra support for our students. Speaking from personal experience, it took me six years to get my bachelor's degree due to poor academic preparedness and health issues. I know it's not easy, but what made it worse for me was not asking for help when I needed it. In part, I simply didn't know who I needed to speak with, and I had no clue what resources were available. Granted, I went to Ohio State. It's massive and can get overwhelming. At that time

there were 58,000 students. I was just another body on the campus. My master's degree was obtained from a much smaller school which made it easier to be successful and utilize the tools they had to help me succeed. This is what I love about aIAM, that same small school caring and support! Here at aIAM everything is in one building or just a Zoom meeting away. If you're not sure who you need to speak with, start with one of your instructors. Check out the resources listed below in this newsletter, and/or see the Populi Dashboard. We have resources, but it's up to you to take the step of asking for help.
– Angela Falasca, Campus Support Specialist

JUNE HAPPENINGS

On June 7, 1979 President Jimmy Carter declared June to be the month of Black music (African-American Music Appreciation Month). It has since been an annual celebration of African-American music in the United States. Make sure to take some time to honor the many great musicians over time, as well as today's popular artists!

<https://phillyjazz.us/2018/06/03/african-american-music-appreciation-month/>

Men's Health Month is also this month! So, men, if you have been thinking about wanting to improve areas of your life, this is the perfect time to take control of your health! You can make changes like cutting back on drinking or smoking, increase your water intake (in this heat that's a great idea for everyone!), eat more healthy fermented foods like sauerkraut and kefir. You can set some goals to focus on. It can be daunting to simply say "I want to improve my health", where do you begin with such a broad scope? Focus on specific goals so you can take note of your progress along the way! It's also a perfect time to educate yourself about health issues specific for men.

<https://nationaltoday.com/national-mens-health-month/#:~:text=U.S.,and%20working%20to%20prevent%20disease.>

MESSAGE FROM THE DEAN

Summer Studies and Self-Care Tips



The 2023 Summer Solstice is officially starting at 10:57 AM on June 21st. Some students will be graduating at the end of this quarter, while many others will be continuing in their academic program. It can be challenging to stay focused in the summertime.

It's important to take time to enjoy the sunshine, flowers, and nice weather. Everyone is so busy with school, homework, studying, jobs, family time – it can sometimes feel overwhelming even when the beautiful outdoors is not beckoning us!

We are at our most effective when we can take time, even a few minutes here and there, to reward ourselves with the gift of nature: stepping outside and breathing in deeply; noticing the expansive sky above; breezes; trees; flowers. Whatever may be there in that moment for you. Even in the heart of the city, the sky above is there to rest our eyes and breathe in peace.



Create a plan for the small things you can do for yourself and/or with family and friends. Maybe it's a 15-minute walk in a park or around the neighborhood. The little things in life add up.

Remember to sleep, and also to eat healthy foods like fruit, nuts, and vegetables – these really are rejuvenating to the brain and body!

Staying focused on school and prioritizing your long-term goals is important. We can do this more effectively when we remember to do the small things for ourselves, as well. You deserve to take care of yourself, also. You will then have more to give others and your studies by giving to you first.

Enjoy the Sun!



AIAM SUCCESS RESOURCES

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 don't make 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) 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 (see [schedule](#)) and has open office hours where you can ask questions and get help. Contact Melissa Fischer at 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.
6. **Stress Busters Sessions** – College comes with its own stressors on top of what students may already have in their personal lives – jobs, families, time constraints. At aIAM, we know you have a lot on your plate and stress needs to be managed in order to be an effective and successful student.

In these virtual bi-monthly 30-minute Stress Buster Sessions, you will:

- Learn and practice simple and effective stress buster techniques you can do in as little as one minute and feel the calm flow in.
- Learn which quick snacks help your busy brain and which to avoid because they increase stress on your body.
- Learn simple posture and facial expressions to affect your ability to feel calmer and learn more effectively.
- Learn how to use a “good stress” mindset to help you procrastinate less and score higher on tests.

Each session will offer a variety of these tips.

Wednesday
April 26th at 10:30am

Friday
April 28th at 3pm

Wednesday
May 17th at 10:30am

Friday
May 19th at 3pm

Wednesday
June 14th at 10:30am

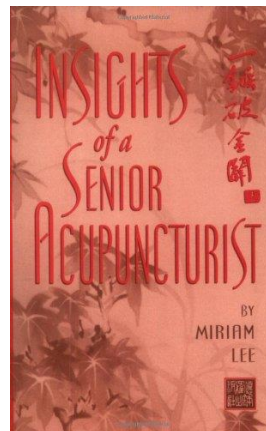
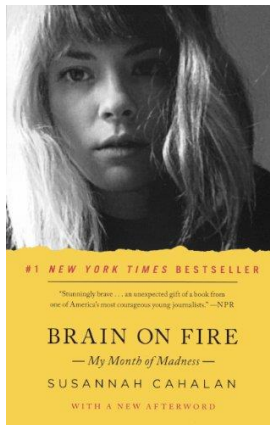
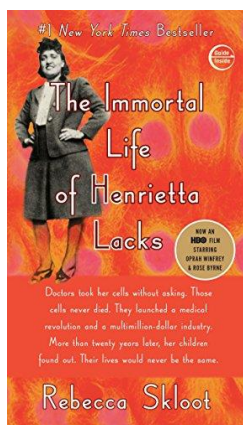
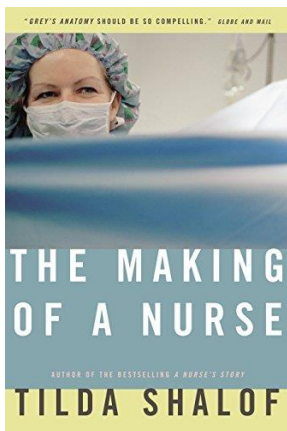
Friday
June 16th at 3pm

→ [Stress Busters Zoom Link](#) ←





Library Spotlight: Summer Reads



The Making of a Nurse/ Tilda Shalof

The Immortal Life of Henrietta Lacks/ Rebecca Skloot

Brain on Fire: My Month of Madness/ Susannah Cahalan

Insights of a Senior Acupuncturist/ Miriam Lee

You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords or by emailing mfischer@aiam.edu with your request. You will be notified when the book is available for pickup from the lobby area (same day service Tuesday through Friday). 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

Questions about library resources? Email Ms. Fischer at mfischer@aiam.edu

IMPORTANT DATES AND OTHER INFO

AIAM IMPORTANT DATES AND OTHER INFO



spring

Test Taking Strategies

Anne Malone:

Tuesdays at 9:00AM and 1:00PM from May 2nd through June 6th

Thursdays at 3:00PM from April 13th through May 18th

Fridays at 4:00PM from April 28th through May 19th

Use this link for any of Anne's sessions:

<https://us02web.zoom.us/j/81766279023?pwd=ekNQZEJUaFpoMkJ2Y3QwTHprZU01UT09>

Eva Goubeaux:

Mondays at 11:00AM from April 17th through June 5th

Tuesdays at 11:00AM from April 18th through May 30th

Wednesdays at 1:00PM from April 19th through May 31st

Use this link for any of Eva's sessions:

<https://us02web.zoom.us/j/87431903708?pwd=Nkw2ZlZlM010aE11NWJXaERodHhBdz09>

Melissa Fischer:

Tuesdays at 3:00PM on May 2nd, May 16th, June 6th, and June 13th

Fridays at 9:00AM on May 5th, May 19th, June 9th, and June 16th

Use this link for any of Melissa's sessions:

<https://us02web.zoom.us/j/5409336867?pwd=Qmc4VHppNXhDTktmRkNrc3JFV0l2Zz09>

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

PN CONTENT SEMINARS

Date	Times	Content	Zoom Link
Apr. 18	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 2	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
May 2	12:30 – 2:00 PM	Nutrition	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 3	2:30 – 4:00 PM	Nutrition	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
May 9	12:30 – 2:00 PM	Mental Health Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 4	2:30 – 4:00 PM	Mental Health Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
May 16	12:30 – 2:00 PM	Leadership Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 5	2:30 – 4:00 PM	Leadership Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
May 23	12:30 – 2:00 PM	Fundamentals of Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 6	2:30 – 4:00 PM	Fundamentals of Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
May 30	12:30 – 2:00 PM	Adult Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 7	2:30 – 4:00 PM	Adult Nursing	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Jun. 6	12:30 – 2:00 PM	Maternity and Newborn	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 8	2:30 – 4:00 PM	Maternity and Newborn	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Jun. 13	12:30 – 2:00 PM	Pediatrics	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 9	2:30 – 4:00 PM	Pediatrics	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Jun. 20	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09
Week 10	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/89563242731?pwd=N0ZMMzJUcUhOODJ5dzB5WktSWHZCdz09

RN CONTENT SEMINARS

Date	Times	Content	Zoom Link
Apr. 17	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 2	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Apr. 24	12:30 – 2:00 PM	Fundamentals of Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 3	2:30 – 4:00 PM	Fundamentals of Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
May. 1	12:30 – 2:00 PM	Nutrition	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 4	2:30 – 4:00 PM	Nutrition	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
May. 8	12:30 – 2:00 PM	Adult Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 5	2:30 – 4:00 PM	Adult Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
May 15	12:30 – 2:00 PM	Maternity and Newborn	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 6	2:30 – 4:00 PM	Maternity and Newborn	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
May 22	12:30 – 2:00 PM	Pediatrics	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 7	2:30 – 4:00 PM	Pediatrics	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Jun.5	12:30 – 2:00 PM	Mental Health Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 8	2:30 – 4:00 PM	Mental Health Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Jun.12	12:30 – 2:00 PM	Leadership/Management Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 9	2:30 – 4:00 PM	Leadership/Management Nursing	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Jun.26	12:30 – 2:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09
Week 10	2:30 – 4:00 PM	Pharmacology/Dosage Calculation	https://us02web.zoom.us/j/81401420189?pwd=TzN1d1A1R3NjaFdZN282L3JHa1R6QT09