



AIAM HOLISTIC PULSE



October 2023

FALL QUARTER CALENDAR

- Quarter Begins...Oct. 3rd
- Fall Add/Drop Deadline...Oct. 7th
- Faculty Development Day*....Oct. 17th
- Thanksgiving Day*..Nov. 23rd
- Quarter Ends.....Dec. 23rd

*aIAM Closed for Holiday

- Acupuncture & Massage Therapy 1
- Massage Therapy Awareness Week..... 2
- Acupuncture Day..... 2
- Choosing an Acupuncturist 3
- Fun Facts About Acupuncture..... 3
- Dean’s List – Summer Quarter..... 4
- Message From the Dean 5
- AIAM Success Resources 6
- Library 7
- Important Dates and Other Info..... 8
- AIAM Important Reminders 8

ACUPUNCTURE & MASSAGE THERAPY

October is a busy month for AIAM programs. National Massage Therapy Awareness Week October 22-28 and National Acupuncture Day is October 24th! National Acupuncture Day is always October 24th, while National Massage Therapy Awareness Week is always that last week in October.

AIAM began as a school for massage therapy and has grown to include our other wonderful programs. We are so proud of everyone who wants to go into the health care field to help others, and we are happy to provide multiple educational options for our students! Each career choice is a valuable resource to healthcare, and you are amazing for learning the field that’s right for you.

It’s also the start of a new quarter, so welcome back to all our returning students, and welcome to everyone joining us!

"There is no greater honor or privilege than facilitating the process of healing for someone, to bear witness, to reach out a hand, to share the burden of someone's suffering, and to hold the hope for their recovery." - Dr. Eleanor Longden

MASSAGE THERAPY AWARENESS WEEK

It's the American Massage Therapy Association's (AMTA) 26th Annual National Massage Therapy Awareness Week (NMTAW)! <https://www.amtamassage.org/resources/sharing-benefits-of-massage/national-massage-therapy-awareness-week/>

The AMTA talks about 3 ways to celebrate NMTAW:

1. **Educate the public.** This will be a great week to raise awareness on the health benefits of massage therapy. The AMTA link above has a link for some free massage education materials that you can access so you don't have to recreate the wheel or if you're just not sure what all to say.
2. **Leverage your digital presence.** This is a great way to boost your digital presence with clients and community. Update or create a website, post facts and articles on your social media. The AMTA has helpful social media tips, again using that link above.
3. **Update your profile on AMTA's Find a Massage Therapist® Locator Service.** If you haven't already created a profile on their page, now is a great time to do so. If you already have one, make sure your information is up-to-date.

Their website also includes resources, research, and continuing education.

ACUPUNCTURE DAY

October 24th had been dedicated as Acupuncture and Oriental Medicine (AOM) Day by National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM).

Acupuncture is the insertion of thin needles at strategic points around the body. It is most commonly used for pain management but is being increasingly used for additional wellness and stress management.



Acupuncturists may also use moxibustion during your treatment, which is a technique that involves burning of mugwort leaves. It is not used in every treatment. Moxibustion is used to strengthen the blood, stimulate the flow of Qi (energy), and maintain good health (<https://www.webmd.com/balance/what-is-moxibustion>). There are a variety of techniques used with moxibustion. Some people do have a sensitivity or allergy to mugwort, so let your Acupuncturist know immediately if you do or if you start to experience allergy symptoms during your session.

Cupping is another technique you may have heard about. During the Olympics you could see some of the athletes with marks on their body from their cupping treatments. Cupping is used often to treat back pain, neck pain, and headaches. It can leave bruise-looking marks on the body after the session due to the suction from the cups pulling blood to the surface. For more information on cupping, you can read this article from The Cleveland Clinic: [What is Cupping?](#)



25
REASONS TO GET A MASSAGE

- 1 Relieve stress
- 2 Relieve postoperative pain
- 3 Reduce anxiety
- 4 Manage low-back pain
- 5 Help fibromyalgia pain
- 6 Reduce muscle tension
- 7 Enhance exercise performance
- 8 Relieve tension headaches
- 9 Sleep better
- 10 Ease symptoms of depression
- 11 Improve cardiovascular health
- 12 Reduce pain of osteoarthritis
- 13 Decrease stress in cancer patients
- 14 Improve balance in older adults
- 15 Decrease rheumatoid arthritis pain
- 16 Temper effects of dementia
- 17 Promote relaxation
- 18 Lower blood pressure
- 19 Decrease symptoms of Carpal Tunnel Syndrome
- 20 Help chronic neck pain
- 21 Lower joint replacement pain
- 22 Increase range of motion
- 23 Decrease migraine frequency
- 24 Improve quality of life in hospice care
- 25 Reduce chemotherapy-related nausea

Massage is good medicine.
Find the right massage therapist for you at FindaMassageTherapist.org

CHOOSING AN ACUPUNCTURIST

Choosing an Acupuncturist is a personal decision. They will be asking you detailed, very personal questions about your health and lifestyle in order to determine the best course of treatment for you. Make sure when you meet them that they are someone that you are comfortable with discussing everything in great detail.

You can ask for referrals from your physician, friends, or family who have gone to an Acupuncturist. Check their credentials. Every state has specific requirements for practicing acupuncture, so this will vary depending on where you live. Here in Ohio, acupuncturists are licensed through the State Medical Board, so you can look them up via their website.

Keep in mind, if you have never experienced acupuncture, that it is quite different from Western Medicine. They do not look at the body or diagnose the same way. Even their terminology varies, and you will hear terms that you may not be familiar with. For example, they may say you have yin deficiency. If you have only ever gone to Western Medicine practitioners, that term will make no sense. Ask your acupuncturist questions if you don't understand what they mean.

FUN FACTS ABOUT ACUPUNCTURE

- Acupuncture has been around for over 3,500 years
- Acupunctre needles are extremely fine, so aside from an initial feeling on insertion, you won't feel the needles.
- There is a lot of research on the benefits of acupuncture. The National Institute of Health, World Health Organization, and many institutions around the world are studying it.
- In addition to pain treatment, acupuncture is often used to lessen chemotherapy side effects, autoimmune diseases, hormonal issues, insomnia, and more.
- Acupuncture has few to no side effects.
- Today's needles are made from stainless steel and disposed of after use. In the beginning they were made of bamboo, bone, and stone!
- Acupuncturists can tell a lot about what's going on in your body just by looking at your tongue
- Acupuncture gained notice in the USA around 1972 when then-President Nixon visited China with a reporter who ended up needing a treatment. The reporter was so amazed by the effectiveness that he wrote an article in the New York Times.

Fun Facts information pulled from: <https://www.swintegrativemedicine.com/blog/10-astounding-acupuncture-facts>
<https://health.clevelandclinic.org/acupuncture-10-biggest-myths-and-facts-2/>



DEAN'S LIST – SUMMER QUARTER

(minimum of 8 graded credit hours with a GPA of 3.5 or higher)

Congratulations to everyone on their hard work during the Summer Quarter!

First Name	Last Name
Aimee	Adams
Dana	Applebaum
Karen	Asare
Megan	Bailey
Judith	Baquedano
Fobessong	Belohanquia
Camille	Beverly
Alicia	Brime
Anastasia	Congdon
Jessica	Deavers
Brittany	Eddleblute
Kendra	Engelhaupt
Elizabeth	Francis
Xiumei	Geng
Sarah	Griswold
Lisha	Guminey
Katrena	Haney
Sharon	Hughes
Regina A.	Kwayisi
Rose	Malloy
Leslie	Meinert
Erin	Mitchell
Maryam	Moghaddas
Brittany	Molnar
Sarah	Neumeister
Adesua	Okonofua
Roy	Oldfield
Audience	Owokushaba
Amy	Patterson
Clarissa	Sagar
Jennifer	Scaggs
Sidney	Stepien
Erica	Tata
Bill	Tsufac Ngefac
Maseray	Vandi

#AIAMSTRONG

MESSAGE FROM THE DEAN

The faculty and staff at AIAM love learning and we love to help people learn what they need for their dream careers. We see our adult learners in all your challenges and all your excitement for your future. We are here to help you on this educational journey.

As the Academic Dean, I am responsible for students and faculty in our programs. I have expertise/credibility and I care about you and your success; both of these are equally important, and together these are why you can trust me. There will be times what I say and do may confuse you or even seem unfair or wrong. I am always here to talk to you about things so that you understand. Policies govern what we do and what decisions are made, and just as students must follow policies and rules, so must we. Our accrediting and approving agencies require us to adhere to our policies.

Your faculty care about your success. Like most teachers, they put in a lot of time not only in preparing materials, grading, and teaching, they put in a lot of time thinking about ways to improve their teaching methods, the course materials, ideas to help students learn more effectively and test more successfully.

We will help you but sometimes we'll need help *from* you, as well. We cannot let you be passive. At times, we will push you to greater goals and expectations; we will not give up on you.

You are the reason we are here. You have a potentially different future from what you can accomplish here as you graduate, pass your Board exam, and head into your healthcare career. This means your best days are ahead of you, even though sometimes the challenges along the way can feel daunting. Hold onto your vision in those moments.

You have an active and constant role in your learning. It may not always seem like it, but you're in control of your own failure or success. You are not a letter grade, grade point average, test score, diploma, or degree in this school's success. We see **you**; we see your goals; we see your challenges.

Your success is our success, for without your success, our work has no meaning. You inspire us. Keep on keeping on.



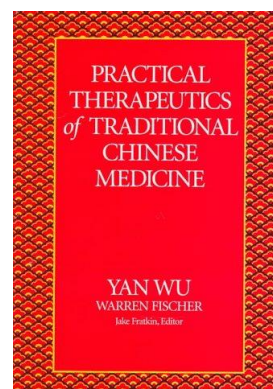
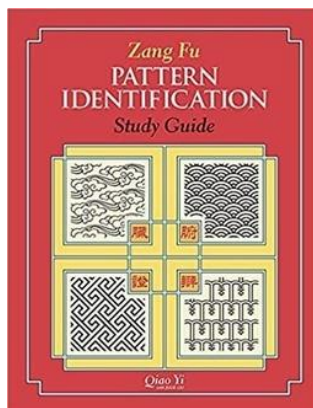
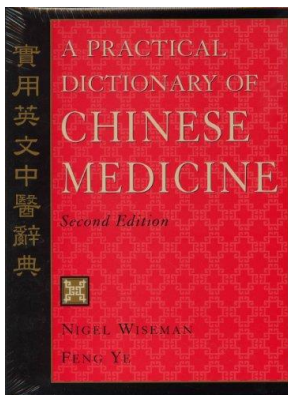
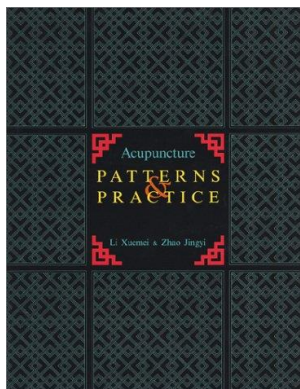
AIAM SUCCESS RESOURCES

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. There is a [playlist](#) of videos on the aIAM Student YouTube channel where you can watch on your own time, or if you want to arrange a one-on-one, you can email the Campus Support Specialist, Angela Falasca at afalasca@aiam.edu.



Library Spotlight: Traditional Chinese Medicine



Acupuncture Patterns & Practice/ Li Xuemei & Zhao Jingyi

A Practical Dictionary of Chinese Medicine/Nigel Wiseman & Feng Ye

Zang Fu Pattern Identification Study Guide/Qiao Yi

Practical Therapeutics of Traditional Chinese Medicine/ Yan Wu

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

fall test taking strategies schedule



Below is the schedule for fall quarter's test taking strategies! Just show up- no need to email or signup in advance. Be sure to be on time and with camera on.

Test taking strategies are developed based on NCLEX-style questions. Click to join and make sure you're on time! All classroom rules apply. All current nursing students and graduates are welcome to attend.

Tuesdays, 1:00-2:00pm (Starts October 24, Ends November 28)

<https://us02web.zoom.us/meeting/register/tZlodOourDgpGd2CKxV50d4HrFYchxE-V1W0>

Thursdays, 3:00-4:00pm (Starts October 19th, NO session November 23, Ends November 30)

<https://us02web.zoom.us/meeting/register/tZwofuqhrzgvGtRg4yLSXVFULVwBSPGYvTj4>

Fridays, 4:00-5:00pm (Starts October 20th, NO session November 24, Ends December 1)

<https://us02web.zoom.us/meeting/register/tZwvcOmsqjgpHtGS2gIHDWJPE9B5Dv2MWH4I>

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.