The President's Corner

I hope this newsletter finds you well and enjoying the beautiful Arizona weather.

We held our winter graduation on Saturday, January 3rd at the Phoenix Convention Center. Once again, several hundred graduates celebrated their accomplishments with thousands of their friends and family members by their side.

As always, the valedictorians again gave moving speeches that both noted the challenges they and their fellow students overcame as well as inspired the audience. I know I speak for all of our faculty and staff when I say that it was an honor to attend and recognize all of the graduates’ achievements.

This time next year, our first students will graduate from our Bachelors of Science in Nursing program. This will be a very significant milestone for them and us, and we anxiously await it.

The program has been progressing well and students are enjoying clinical experiences around the Valley. Many thanks to our Dean, Dr. Rose Saunders, and her dedicated staff to getting them and us off to a good start.

January is also an exciting time because we have many students who are fulfilling their New Year’s resolutions to go to school. We are excited to help them reach their dreams and to prepare them for new careers in their chosen healthcare profession.

That’s our mission!

Congratulations once again to our graduates and best of luck in the future! Please let us know if we can be of continued assistance.

Best wishes,

NICK MANSOUR
President

Arizona College Winter Graduation at the Phoenix Convention Center.
Arizona College Student Volunteers Support Veterans

Over 25 Arizona College students participated as volunteers in this year’s Maricopa County Stand Down on February 12th and 13th, 2015.

Most took the role of “guest guides” where each volunteer was paired with a Veteran, to personally assist them to navigate the array of services at Stand Down.

In addition to our “guest guides”, students from Arizona College’s Massage Therapy department were on hand, providing massages to many dozens of individuals attending the event. Many thanks go to our students for this outpouring of support for our Veterans in need.

About Stand Down:

The Maricopa County Stand Down is an alliance of community-based organizations that come together to provide annual, one to three day events that bring together the State’s homeless and at-risk military veterans.

The organization connects them with services ranging from: VA Healthcare, mental health services, clothing, meals, emergency shelter, transitional and permanent housing, ID’s and Drivers Licenses, court services, legal aide, showers, haircuts and a myriad of other services and resources. For more information contact: arizonastanddown.org.

Thank you to all Arizona College students and staff who volunteered their time for this good cause.

Admissions Department News

Nursing is one of the fastest growing, most desirable careers available right now. Since 2009 the job demand has increased 392%. US Jobs Magazine also placed the Registered Nurse career field as the 9th most wanted jobs based on growth. The job outlook moving forward is going to continue to be bright. Between 2012 and 2022 the Bureau of Labor and Statistics reports a growth increase of 19%, which is faster than the average for all occupations.

Growth will occur for a number of reasons; including an increased emphasis on preventative care, growing rates of chronic conditions, such as diabetes and obesity, and demand for healthcare services from the baby boomer population, as they live longer and more active lives. *

With the continued industry growth, we want to update you with some news from the Nursing Department.

1.) Our Nursing program is continually growing. We are projecting that our program will triple enrollment, from our initial enrollment to May of 2015.

2.) Some of our clinical sites have changed the regulations for drug and substance testing, requiring a 15-panel drug screen that will include nicotine and alcohol. Arizona College will begin to implement this new drug and substance testing for all nursing students.

3.) Arizona College’s highly educated Nursing faculty brings over 190 years of talent and experience to the BSN program.

Our BSN program at Arizona College is one that prepares students by giving them a better understanding of what it’s like to work as a RN. It is always our goal to prepare our students with the medical knowledge needed to become registered nurses, while also teaching the leadership skills that support excellence in the field.

If you or someone you know is interested in becoming a Registered Nurse, contact Arizona College today!


Dental Details

Dental Assistant Recognition Week is held the first full week in March every year. According to the Dental Assisting National Board (2015), dental assisting is one of the fastest growing occupations in the United States. In fact, the demand for dental assistants is expected to grow 31 percent between 2010 and 2020 (DANB, 2015).

In addition to working chairside with the dentist, many dental assistants pursue other career options including office management, education and sales.

Let’s honor our students for the variety of subjects they are learning to help provide patients with quality dental care!

Meet Antonio Thompson, Mesa Campus Director

Antonio Thompson comes to Arizona College with 12+ years of educational experience in various roles such as Campus Executive Director, Project Manager, Operations Manager and Business Instructor within several educational institutions.

In those positions, Antonio played key roles in successfully leading and supporting the implementation of customer service programs across entire college systems. These programs built and improved credibility, established rapport and maintained communication with stakeholders at multiple levels.

In addition, he has turned around struggling campuses, increasing and leading student and employee satisfaction at the campus level.

Antonio’s vision of education is based on two factors: positive academic outcomes and student success.

Antonio holds a Master’s Degree in Project Management from Keller Graduate School of Management and a Bachelor of Science Degree in Operations and Information Management from Northern Illinois University.

Antonio enjoys spending time with his wife and son, enjoying whatever Arizona has to offer. He is also a huge basketball fan with the Chicago Bulls as his favorite team. Lastly, he is a car fan, ranging from supercars to classics.

Last and definitely not least, Antonio is a veteran of the US Air Force having served from 1991 until 1998 at various locations around the world as a Maintenance Production Manager.

Please stop by and see him if you get a minute, his door is always open.

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The nursing students at Arizona College have established an official chapter of the Student Nurses’ Association. This group will be part of the National Student Nurses’ Association, with over 60,000 members nationwide. The organization mentors the professional development of future registered nurses and provides educational resources, leadership opportunities and career guidance. Students will have opportunities to network with student nurses throughout Arizona, all 50 states, the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands.

The Arizona College chapter has adopted the acronym SNAAZC (Student Nurse Association of Arizona College), pronounced “snazzies”. They are creating a logo for the new chapter and plan to have t-shirts made that identify them as members of the Arizona College chapter. The elected officers for the inaugural chapter are:

- Lisa Mosier – President
- Brooke Campos – Vice President
- Makesha Thomas – Secretary/Treasurer
- Kathy Hoyman & Carol Johnsons-Faculty Advisors

Members have been busy writing by-laws for the organization and planning the first community service event which will be held on Saturday March 28, 2015 at the Paz de Cristo food bank in Mesa. The current members are upper division nursing students, but lower division students will soon be eligible for membership.

The Veteran Steering Committee creates an opportunity for Veterans to meet with College staff and faculty to discuss matters relevant to Veteran students. It is also an opportunity for Veterans to become more involved in the community; helping other Veterans by partnering with Veteran agencies by participating in clothing or food drives or other events and activities.

For Christmas and Valentine’s Day, our Veteran Steering committee volunteered to serve at Grand Court and we had a blast. Great live band, balloons, pie and punch made for a great Saturday afternoon. The residents love AZ College, they request us!

Thank you to all who participated!

Welcome Aboard

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Good Luck
Externs!

*Please note: Due to limited space, the students listed above are only a sample of students that have been placed on externship.
Congratulations Placed Graduates!

GEORGETTE SOLIMAN  
Dental Assisting  
Phoenix Dental Group

AIDEE ALBARRAN  
Health Information Specialist  
Arizona Endocrinology Center

SAMANTHA GARCIA  
Medical Assisting  
The Core Institute

NANCY NGO  
Pharmacy Technician  
APAC

DONNARAE ARCHAMBAULT  
Pharmacy Technician  
Walgreens

ERIKAH AIMAN  
Medical Assisting  
The Pain Stop Clinic

AUDREY DALTON  
Dental Assisting  
Canyon Lakes Dental Group

JUSTIN NEVES  
Massage Therapy  
Massage Envy

BLANCA HERNANDEZ-RUIZ  
Health Information Specialist  
Healthchoice

DANIELLE PACHECO  
Medical Assisting  
East Valley Urgent Care

GUNAR SWENSON  
Medical Assisting  
Sole, Foot and Ankle

*Please note: Due to limited space, the graduates listed above are only a sample of graduates that have been placed in their related field for employment and does not include every placed graduate.
Many people perform a “Spring Cleaning” of their home by deep cleaning, purging of broken items and reorganizing belongings in an orderly manner. But what about a Spring Cleaning for the Mind, Body and Soul?

Winter brings resolutions of becoming healthier in the New Year, as Spring draws near and the first quarter comes to an end, re-evaluate your resolutions. If your resolution was for better health; do you notice change?

Spring Clean the Mind, purge negative thoughts and replace with gratitude for the good things in your life. Focus on positive energy and try to surround yourself with like-minded people who lift you up. If you have friends in your life that bring you down; detox your friend list and remove the drama.

Spring Clean the Body; eating better and exercising are very important, yet, there are other factors to finding optimal wellness that should also have our attention. These include not only taking proper care of our body, but also rediscovering emotional contentment and regulating our breath.

In A Practical Guide to Holistic Health, Swami Rama discusses the importance of being still. He states “the most magnificent sports car, if driven recklessly, will soon be destroyed. So it is with a human being. A strong body willed by a reckless mind leads to restlessness and ill health”. He describes the interconnected reality of our mind and physical body.

To still the mind and gain control over emotions, use the breath as the vehicle. Sit quietly and pay attention to your breath. Is it shallow or deep? Can you feel your rib cage expand with each inhale? Sitting still and focusing on expanding the breath daily will start your journey to better health, mind and body.

Spring Clean the Soul, give back and volunteer at a local charity. Seek spiritual guidance by attending a church service, practice prayer or meditation. Forgive someone who has wronged you...and let go.

Pay attention to the subtler qualities of health and you will notice the difference quickly. We are mind, body and soul; pay attention to all areas to find optimal wellness.

STACEY MUNOZ
Massage Therapy Program Director

May is Arthritis Awareness Month: Prevent and Manage Symptoms

There are two main types of arthritis seen in adults: osteoarthritis (OA) and rheumatoid arthritis (RA). OA is the general degradation of the cartilage in the joints and subsequent pain. Because excess weight can cause excess pressure on our joints, maintaining a healthy body weight is useful in preventing OA and managing symptoms. Even minor weight loss can be helpful, so focus on small goals. Eat sensible portions of a balanced diet rich in fruits, vegetables, whole grains, lean meats, beans, and nuts.

Because RA involves the inflammation of the tissues in the joints, anti-inflammatory foods can be especially helpful. Eat a balanced diet as mentioned above, but focus especially on these items:

• Fish which contain omega-3 fatty acids such as salmon. This particular type of fat combats inflammation in the body. If fish isn’t your thing, consider taking a fish oil supplement.

• Fruits, vegetables and beans! They are rich in antioxidants which support a healthy immune system and contain plenty of fiber. Eat many servings each day and try to vary the color often: “Eat the rainbow!”

• Olive oil: not only is it healthy for your heart due to its monounsaturated fat, it also contains oleocanthal, a compound that helps reduce inflammation and pain. Use it in sautéing or over salads.

Exercise is very beneficial for those with arthritis and may also provide relief from aches and pains. For example, yoga is a form of exercise that is less stressful on the joints than some others. But, you must know what to look for in a class. Follow these tips:

• Opt for classes that have “beginners, foundations, or gentle” in the title. There are also “chair yoga” classes available that modify poses using chairs to avoid all the up-and-down on the floor.

• Make sure to inform your instructor about your condition and ask for modifications to poses. Ask your instructor what props you should use for support.

• If trying yoga at the gym or studio seems too daunting, try practicing at home with a DVD or an online video. Make sure to search for the words above in the title, and above all, listen to your body and don’t do anything that causes increased pain.

Jennifer M. Brown, MS, RD can be reached at: jenniferbrownd@gmail.com.
Winter Wonderland contest

Frosty is a student?

Who can resist this cute Arizona College bear?

On Comet, on Cupid!

Nursing students check their patients vitals

Does a cupcake a day, keep the doctor away?

Cupcake Day

Popcorn Day...What’s Poppin’?

Frosty is a student?

Ms. Kindred in open lab

Sporting more Red!

Why We LOVE Arizona College

4/1/15 - Autism Awareness Month
4/3/15 - Externship Orientation
4/6/15 - National Public Health Week
4/9/15 - New Student Orientation
4/13/15 - New Start, Welcome Students!
4/17/15 - Administrative Professions Day
4/25/15 - Infant Immunizations Week
4/30/15 - Externship Orientation
4/9/15 - New Student Orientation
4/13/15 - New Start, Welcome Students
5/2015 - Arthritis Awareness Month
5/6-12/15 - Nurses Week
5/8/15 - Externship Orientation
5/14/15 - New Student Orientation
5/18/15 - New Start, Welcome Students
5/23-25/15 - Campus Closed in observance of Memorial Day
5/27/15 - Senior Health and Fitness Day
6/1/15 - Migraine and Headache Awareness Month
6/7/15 - Cancer Survivor Day
6/18/15 - New Student Orientation
6/22/15 - New Start - Welcome Students!
Bonnie Bell, LMT  
Massage Therapy Program

Santiago Bonilla  
Medical Assisting and Marketing Consultant  
AZ Heart Center  
Medical Assisting & Phlebotomy Programs

Fejsal Boric  
Agency Coding Specialist  
KC’s Home Care, LLC  
Health Information Programs

Bethany Cole, MSN, RN  
Director of Nursing  
Arizona Advanced Surgery Center  
Health Information Programs

Angel Crow  
Crowley Family Dentistry  
Dental Assisting Program

Douglass Der  
Doctor of Pharmacy  
Allervision Pharmacy  
Pharmacy Technician Program

Bernard Fisherman  
Registered Pharmacist  
Safeway Pharmacy  
Pharmacy Technician Program

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