Arizona College

The President’s Corner
by Nick Mansour

Arizona College is heating up as Summer begins! We are now enrolling students in our new Nursing program! The bachelor’s degree in Nursing provides the knowledge, theory, and practical skills necessary to start a career as a registered nurse. The program will be offered at our Mesa campus. If you or someone you know is interested in nursing, please have them contact us to attend an information session or to meet with one of our admissions advisors.

There are now over 100 students attending our Mesa campus, which opened only six months ago. We have recently begun offering the Massage Therapy Program there, in addition to our Medical Assisting, Dental Assisting, Health Information Specialist (Billing & Coding), and Pharmacy Technician programs. We are proud of the campus and the students who chose to be the first to attend.

All of this has been achieved by a team effort from our faculty and staff. Program Directors and Faculty continue to teach our students the skills they need. Our Admissions Advisors help prospective students decide whether our school and programs are right for them, while our Financial Aid Advisors help them figure out their financial options, including grants and loans. Our Student Services team does a lot of the “behind the scenes” work (like class scheduling, arranging transportation, and assistance overcoming life’s obstacles) to help our students successfully accomplish their goals. Meanwhile, our Career Services Department continues to help graduates become employed, including resume reviews, mock interviews, and assistance in the job search itself. Last, but not least, our administrative staff keeps all of us on the right track. I thank each of them for their hard work and dedication to our students and graduates.

We are passionate about helping people achieve their education, career and life goals. If you are interested in our Nursing program or any of our other programs, please call us or stop by one of our campuses today.

Best wishes,

Nick Mansour
President

Student Spotlight on:
Karen Matthews

Being a veteran and a student here at Arizona College, I have been meeting more and more veterans who are now deciding to go back to school for a new career. I felt the urgency partner with the college in helping our fellow veterans in the community.

I was a Hospital Corpsman in the Navy for three years, and I was with the 1st Marine Division at Camp Pendleton for three years, serving a total of six years.

Spending many years serving my country, resulted in my desire to get involved and pay it forward to my fellow veterans. I felt compelled to get involved with our local MANA (Marine, Army, Navy, Air force) house. MANA House is a transitional housing facility for 50 veterans located in central Phoenix, which is only 1.5 miles from the VA Hospital.

At the Outreach Center, veterans are able to get transportation to the VA administration building, VA Hospital and employment facilities; they can also obtain copies of military documents, use computers for job searches, email and benefit applications. They have long distance and local phone access for them, as well as a bike check out program to help them get around in the Phoenix area. The veterans that participate in this program are asked to volunteer back to other veterans, in this way they are paying it forward as a way thanking them for the help they received.

If you interested in donating to the MANA House, some of the items they are in need of include: new clean white socks, flip flops, bottled water, toiletries, fresh fruit and vegetables. Additional items include sweatshirts, windbreakers, jeans, rain ponchos, and Khakis. These are items they can wear on job interviews.

The College and I are involved so all veterans, not just the ones that attend here at Arizona College, will get an opportunity and be given the thanks for their service, that they deserve.

If you would like more information, please contact Mr. Kane, Military Liaison at: kkane@arizonacollege.edu.

-Article submitted by Karen Matthews, Health Information Technology Student.
Arizona College’s Nursing Program students will be using multiple simulation manikins throughout their training. One of the manikins they will be using is Resusci Anne, provided by Laerdal Medical. Since the introduction of Resusci Anne in 1960, Fondly dubbed the ‘Mother of CPR’, she has trained in excess of 400 million people in these critical CPR life saving skills, with an estimated one million lives saved as a result.

Anne’s legacy is profound as other training solutions have followed in her wake. Developed to strengthen the Chain of Survival, Laerdal’s full portfolio of CPR training solutions is extensive, including adult, child and infant manikins, AED (Automated External Defibrillation) training devices and other support materials. These manikins vary from basic CPR, to fully computerized manikins that provide technical feedback, similar to treating a live patient.

Apparently, the late Michael Jackson, learned CPR from Anne! The late Michael Jackson’s song, “Smooth Criminal” speaks in the chorus, “Anne are you okay? Are you okay? Are you okay, Anne?”. Most people do not realize, this chorus was about his CPR training using the Resusci Anne manikin!

“The short film has comments from Michael Jackson’s Recording Engineer from 1982-1995 Matt Forger, and music artists Kanye West and Cee Lo Green. Apparently they have also been wondering, “Who is Annie, and is she okay?” To view this portion of the video documentary, go to YouTube, type in “Laerdal Medical”, then, “Annie are you okay”.

The phrase, “Are you okay”, is one of the first steps to assessing whether to perform CPR on someone. It seems like Michael Jackson was CPR trained! Are you? If you are a student at Arizona College, CPR certification is required prior to your externship. Contact the Front Desk to sign up for the next CPR course offered on campus. Classes fill up quickly, so sign up today!

Education is one of the best tools for your success. People who attend college generally have meaningful jobs and are more satisfied with their careers and overall quality of life. Often people might think college is not right for them or might be afraid to attend.

That’s where the Admissions Department comes in… we help individuals find the right path for them to start their college careers! The admissions team at Arizona College is focused on helping students start that next journey in their lives.

Here are some common myths about college and why you shouldn’t let it stop you from getting an education:

1) College is too expensive – Financial Aid is need based. If you are afraid that college is out of your reach because of the costs, Financial Aid assistance is available to people who desire a college education.

2) I’m too old to go to college – The majority of students attending college are adults, not youth. It’s never too late to go to college and start a new career in life.

3) No one in my family has ever attended college - You can be the first! Some members of your family may not understand the benefits of college, but you can show them and help them understand why college is important. Children who have parents that have a college education are more likely to go to college, set the example for your kids!

4) I have never been good in school – Career Colleges are ideal for students who enjoy hands on learning and is quite different from what people remember from high school or a traditional university.

5) I don’t think I’ll fit in – Students attending are from a variety of backgrounds, you will find people just like you!

The first step can be the hardest, if your reading this, take that leap and let the Admissions Department help you to be successful!

*Article submitted by Ms. Griffin, Admissions Advisor.
My experience at Arizona College has been a life changing. I’ve learned skills that are needed to have a successful career as a Medical Assistant. The teachers overall, were very helpful, friendly and always available for additional questions on any of the subjects we studied. They care about your success and obviously enjoy what they do. I was also taught professionalism, which will help me to handle various situations. Arizona College was an amazing experience!

- Alyssa Cardinale, Medical Assisting Graduate.

I have had an incredible experience at Arizona College. The instructors have been beyond helpful while teaching and assisting students if they were struggling. My favorite class was radiology by far! I would recommend this college to any and everyone. Thank you to all the staff, for making my future bright!

- Robert Green, Dental Assisting Graduate.

My experience at Arizona College was very professional and organized. My instructors were truly knowledgeable in all the pharmacy settings. They also provided great hands-on experience in class. I was trained in IV preparations and was able to perfect the method of filling and handling IV preparations.

- Ignacio Ruiz, Pharmacy Technician Graduate.

Arizona College had a Memorial Day Tribute to honor our service men and women, and to remember the veterans that we have lost. Students and staff who were active or former military service members, wore t-shirts that highlighted the branch of the military that they served. Pictured is Ms. Matthews (Health Information Technology), Mr. Willis (Dental Assisting) and Ms. Tate (Medical Assisting Degree).
Good Luck Externs!

Ashley Brown
Medical Assisting

Jesse Senita
Medical Assisting

Kellie Smith
Medical Assisting

Melodie Keith
Medical Assisting

Annalisa Hop
Dental Assisting

Erickson Davis
Pharmacy Technician

Isaac Rayis
Dental Assisting

*Please note: Due to limited space, students listed above are only a sample of students that have been placed on externship.*
Janely Barragan  
Medical Assisting  
Arizona Pain Specialists

Maria Fierro  
Medical Assisting  
Norterra Family Medicine

Christene Briones  
Health Information Specialist  
Rural Metro Ambulance

William Yanez  
Dental Assisting  
Western Dental

Trista Bueno  
Dental Assisting  
Katsur Dental

Joseline Chavez-Sapien  
Pharmacy Technician  
Walgreens

April Bertoline  
Pharmacy Technician  
Pharmerica

*Please note: Due to limited space, graduates listed above are only a sample of graduates that have been placed in their related medical field for employment and does not include every placed graduate.
I love being a massage therapist. I currently work at two locations; Gonstead Spine Institute and Massage Haven. I have a large group of regular clients who come in to see me at both locations. I’ve been able to apply many of the skills I learned at Arizona College; including teaching my clients how to care for themselves. I’ve been able to keep in touch with other Arizona College graduates, which is fun because we get to talk about how awesome our instructors were.

Currently, I am pursuing naturopathic medicine; a field I never would have known about if I hadn’t studied massage therapy. I never would have pursued if it wasn’t for the encouragement from my instructors. Truly, attending Arizona College has changed my life.

Naturopathic medicine is an alternative form of medicine where the doctor aids the patient in obtaining and maintaining optimal health by using natural methods. I learned about Naturopathic medicine while practicing massage; massage therapy is commonly prescribed by Naturopathic doctors for many ailments such as migraines, carpal tunnel syndrome, depression, and anxiety.

I am currently obtaining my general credits at GCC. I will transfer to a University to obtain my Bachelor of Science Degree, and then hopefully, be accepted to study at the Southwest College of Naturopathic Medicine (SCNM) in Tempe. I’m very excited and motivated. I’m happy to have found a career I’m so passionate about. Thank you!

-Article submitted by Ms. Amador, Massage Therapy Graduate.
**Teamwork: Lessons from Geese**

When you see Geese heading south for the winter, flying along in “V” formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following.

By flying in “V” formation the whole flock adds at least 71% greater flying range than if each bird flew on its own. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation to take advantage of the lifting power of the bird in front.

When the Head Goose gets tired, it rotates back in the wing and another goose flies point.

Geese honk from behind to encourage those up front to keep up and maintain their speed.

Finally, and this is important, when a goose gets sick, or is wounded and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly, or until it dies. Only then do they launch out on their own, or with another formation to catch up with their group. -Dr. Robert McNeish-1972

As students, each of you is working towards a life changing goal and may find challenges and obstacles along the way. With that in mind, just as the geese work together to achieve their goal, each one of you has an opportunity to be part of the team.

Reach out to fellow classmates to form a study group, participate in weekly carpools, get involved in campus activities and apply to be a Peer Mentor. Working together is essential and we at Arizona College are committed to your success.

-Article submitted by the Admissions Department.

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**Study Time**

During your health care training, it’s beneficial to seek out good places to study where you can prepare for an exam, complete an assignment, or simply brush up on your notes. When you are searching for the best places to study in your area, it’s important to look for locations that are comfortable, quiet, and present you with minimal distractions.

**The Library** – There’s a reason it’s one of the first places students turn to. There is no better place than a library to access information – or to find some peace and quiet. Arizona College students should check out the City of Mesa Main Library or the Velma Teague Library in Glendale to take advantage of the serene atmosphere, along with the comfortable chairs and quiet corners to settle into.

**Coffee Shops** – A coffee shop is a great place to fuel up and study. Most coffee shops have Wi-Fi that you can easily access with your laptop, and the music provides a great for studying.

There is a Starbucks just down the road from the Mesa campus at 1960 W Main Street, and another at 10404 N 43rd Avenue near the Glendale campus. Both are great spots to grab a coffee, plug into the free Wi-Fi, and review your notes from class.

**The Park** – You may not be able to access the Internet, but parks offer a great place to review hardcopy course materials and enjoy some sunshine. Check out nearby Beverly Park and Fitch Park in Mesa or Sunset Park and Mission Park in Glendale.

**Your Home** – As long as you are able to limit distractions, studying at home can be a great option. Whether you need complete silence to study effectively or prefer some music to help you concentrate, you have complete control of your environment in your own home – and studying in your pajamas definitely has its perks!

If you think you might benefit from studying with a partner, contact your Program Director, to learn more about scheduling a study session with a Peer Mentor or scheduling tutoring with an instructor.

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**Calendar of Events**

- 7/2013-Cord Blood Awareness Month
- 7/3/2013-Orientation
- 7/8/2013-Start Date-Welcome New Students!
- 7/27/2013-Graduation!
- 8/2013-Children’s Eye and Safety Month
- 8/1/2013-Externship Orientation Mesa Campus
- 8/2/2013-Externship Orientation Glendale Campus
- 8/8/2013-Orientation
- 8/12/2013-Start Date-Welcome New Students!
- 9/2/2013-Leukemia, Lymphoma & Myeloma Awareness Month
- 9/6/2013-Externship Orientation Mesa Campus
- 9/12/2013-Externship Orientation Glendale Campus
- 9/15/2013-Exhibit Week
- 9/16/2013-Start Date-Welcome New Students!
- 10/13/2013-Externship Orientation Mesa Campus
- 10/14/2013-Externship Orientation Glendale Campus
- 10/15/2013-Externship Orientation Mesa Campus
- 10/16/2013-Externship Orientation Glendale Campus
- 10/18/2013-Start Date-Welcome New Students!

*CPR Classes and testing is offered weekly (every Friday) at Arizona College. Space is limited, so please contact the Front Desk for your reservation.
| Abbas Khayami, D.C.  
Better Health Solutions | Diann Tate, CPhT.  
Lead Tech  
CVS Pharmacy | Mary Kellar  
Southwest Regional Manager  
Schein Dental Special Markets |
|---|---|---|
| Amy Strunk, B.S., CPhT  
Cardinal Health | Heather Blythe, DA  
DC Dental | Nicole Leon, L.M.T. |
| Angel Harrington, L.M.T. | Jeanette Baker, L.M.T.  
Massage Envy | Sharon Jaycox  
Arizona Department of Health Services |
| Anna Lassister, AZ. MGMA Certified  
Practice Manager  
Advanced Surgical Institute | Jothi Nadarajah D.M.D.  
Cholla Hills Family Dentistry | Sharon Richard, R.N., CPC.  
Manager, Revenue Cycle Quality Initiatives  
Banner Arizona Medical Clinic |
| Barbara Stackhouse, R.D.H., B.S.  
The Schuster Center for Professional Development | Kathy Donner  
HIV Prevention Manager  
Arizona Department of Health | Teresa D'Acquisto, A.A.  
Client Liaison Billing Manager  
Arizona Medical Billing |
| DeJarra Sims N.M.D.  
Synergy Health | Lalit Mansukhami, R.Ph., M.S.  
Director of Pharmacy  
John C. Lincoln Hospital | Wanda Darling  
Phlebotomist |

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