Happy New Year! And hello East Valley! Arizona College just opened our newest campus in Mesa and we’re looking forward to serving the East Valley community in 2013. We are currently enrolling students in our Medical Assisting, Pharmacy Technician, Dental Assisting, and Health Information Specialist programs!

The campus is conveniently located at 163 N. Dobson Road at the intersection of Dobson and Main. It’s a short walk from the light rail and bus lines. We have laboratories for hands on training, lecture rooms, computer labs, student learning resources (computers, online libraries, and printed publications), a student lounge, and more – like our Glendale campus, except shinier and newer. More important, at the campus you’ll find great people who are passionate about helping others learn and achieve their goals.

We are continuing to pursue a Nursing program, and if we are approved to offer one, it will be at the Mesa campus. Stay tuned as we hope to have more news in the near future.

On December 15th, we celebrated another graduation at the Glendale Civic Center. Congratulations to our graduates! The faculty and staff of Arizona College are honored to recognize your achievements, hard work and perseverance!

If your New Year’s resolutions include continuing your education or learning hands on skills for jobs in growing fields such as healthcare, please call or e-mail us today to make an appointment at one of our schools. Let us show you what we do and how we can help you. The best way to get your questions answered and to see we are a good fit for you is to come to our campuses and discuss your desires and goals with one of our staff.

Congratulations again to all of our graduates. Continue to follow your dreams! Be Bold!

Best wishes,

Nick Mansour
President

“I would like to say Thank You to Arizona College and Maricopa Workforce Connection for accepting me into their program which allowed me to be re-trained for a career as a Medical Assistant.

I now have the skills required to be a successful Medical Assistant. I am confident that I will be successful in my endeavors to be a Medical Assistant; I was actually hired off of my externship at Pain Centers of Arizona!

I feel so good about my skills and enjoy the medical field so much, that I plan to continue my education and become a nurse and one day, see my dream of working on a Life Flight Helicopter, helping people in emergency situations.

During these hard financial times, I was unable to afford school. I was fortunate that I was given the opportunity through Maricopa Workforce Connection, which assisted me with my education at Arizona College. I took this wonderful opportunity very seriously. I maintained a 4.0 GPA with Perfect Attendance and also was on the Dean’s List. I became a Peer Mentor to assist my fellow classmates, and lastly, I was recently inducted into the Alpha Beta Kappa program.

I will be graduating with honors on December 15th, 2012. I would not have been able to accomplish this goal without the assistance and training I found at Maricopa Workforce Connection and Arizona College. I am so proud to associate myself with these two excellent programs.

I can truly say, if you set your mind to anything you want to accomplish in life, commit to it, and you will achieve your goals.”

-Raymond Sandoval, Medical Assisting Graduate
On November 3rd, 2012, Students from Arizona College provided outstanding community service at the 1st Annual West Valley Health and Wellness Fair in Surprise. The purpose of the health fair was to bring the community together for a full day of health and wellness education, testing and screening. It is important to “know your numbers” and get familiar with your Blood Sugar Levels, Cholesterol Levels, Body Mass Index, and Blood Pressure. Knowledge is power, learn what you can do to maintain, manage and improve your overall health.

Over 40 students from the Medical Assisting, Pharmacy Technician, Dental and Health Information Departments; along with multiple instructors, volunteered in collaboration for this event. Our students provided support throughout the event by performing blood pressure checks, glucometer readings and vision screenings, while others provided education sessions for event participants on how to save a life.

Many of the volunteers also supported set-up and tear down of the event and all day help to the event through customer service assistance for both participants and the medical professionals providing the educational seminars. We want to personally thank all of the volunteers that worked hard to make the event a success. Volunteering is an important way to acquire real world experience interacting with the public and applying the skills each student is gaining in their respective programs. It also fills the volunteer with a genuine sense of community involvement.

If you are asking yourself “how do I get involved?”...Talk with your Program Director regarding upcoming events, keep reading your school email, talk with your Peer Mentors and look out for flyers on campus.
I’d just like to say first and foremost, “Thank You!” When I first stated here at Arizona College in June 2011, I didn’t realize how strongly the words during orientation would stick. We were told that our Program Directors and staff were here to help us in any way, shape or form they could.

As you well know, there are many different Medical Colleges that we as students could choose to attend. Each college promises their students the same things that we heard in orientation; but really, how well does the competition deliver?

I am honored to say that Arizona College has not only stood by their words, they have as Program Directors, Faculty and Staff, put those words into action! As a whole, the Arizona College’s staff has supported me, not as just another student id number, but as a human being. To them, I am not just another “Student in the Hall.”

I have been treated as a team player with a hand up in life, not a hand out. I am one of those persons who, “If I didn’t have bad luck, I would have not luck at all,” and “when it rains it pours.” Everyone has been so very supportive to me in a way that helped me realize how strong I forgot I could be. I’ve overcome obstacles and achieved goals that I thought would be impossible.

If I had to say only ONE good thing about Arizona College, I don’t think I could because it take more than one word to describe Arizona College...Honest, Loyal, and a Hard Working College ensuring that I prosper. For that, I once again say, “THANK YOU!”

-Amanda Roberts, Medical Assisting Graduate
Good Luck
Externs!

Jeanette Ochoa
Medical Assisting

Valissa Crail
Medical Assisting

Zina Aodisho
Medical Assisting

Sherri Casper
Health Information Specialist

Charolette Acre
Pharmacy Technician

Gabriella Neely
Pharmacy Technician

Analleli Villanueva
Dental Assisting

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

Yasmin Adilyar  
Dental Assisting  
Bell Park Dental

Ieshia Guine  
Pharmacy Technician  
Walgreens

Jose Vargas  
Pharmacy Technician  
Pharmerica

Luella Benally  
Medical Assisting  
Sunny Slope Health Care

Corina Bucsi  
Health Information Specialist  
Advanced Surgical Institute

Adrienne Watkins  
Medical Assisting  
Thunderbird Internal Medicine

Dee Ann Templin  
Pharmacy Technician  
CVS Pharmacy

*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. 
How to connect with your baby through Infant Massage

Massage therapy is a modality that has been in practice for hundreds of years...but have you ever heard of Infant Massage? Infant massage is a tradition that has been practiced and passed down from mother to daughter or son, from the beginning of time. Infant massage is extremely beneficial to babies and infants and has numerous mental and health advantages. According to Dr. Fredrick Laboyer, “For an infant, being touched and caressed, being massaged, is food for the infant. Food as necessary as minerals, vitamins, and proteins.”

Infant massage offers benefits to both caretaker and baby! Some advantages for the infant include: improved sleep patterns and duration, better circulation, improved digestion of food, infant-parent bonding, helps baby feel loved, sensory stimulation, improved skin condition, reduces muscle stiffness and improves muscle tone, relief for teething pain, and an increase in production of the hormone “oxytocin” which relieves the teething and growing pains infants often feel.

Some advantages to the parent or caretaker include: Caretakers report feeling more comfortable and confident that they can care for their baby, learn to respond to their baby's needs, learn techniques to comfort, calm and quiet their baby. Infant massage is one of the most natural and pleasant ways of providing nurturing and building a close bond with your baby.

When beginning the infant massage, always start by asking your baby, permission. It might sound like a funny request, when your baby of course does not understand verbally what you are asking. But, this simple step will help your baby associate and relate with you, and it will assist you on learning to understand your baby's non-verbal cues and body language...before you know it, your baby might giggle with excitement when you ask, “Are you ready for your baby massage?”

Recently, our Massage Program Director, Ms. Munoz, had a hands on demonstration of infant massage techniques for her Massage Therapy students. Little baby True loved her infant massage, and her mom said that she even slept better that night!

I can honestly say, I started giving my son his infant massage at night after his bath. I was having a difficult time getting him to settle down at night, so I thought I would try infant massage. I use coconut oil, which is very light and smells great. He does enjoy his massage, and I notice that he is a much happier baby, sleeps better and I feel more connected with him. It has been his nightly routine since he was born. If you would like more information, feel free to contact Ms. Munoz, Program Director for Massage Therapy, at: smunoz@arizonacollege.edu.

-Article submitted by Jenny Brown, Editor
$ Financial Aid News $

With the election over some people have been asking what changes we can expect in the next year for financial aid.

Subsidized Stafford loan borrowers should prepare for a possible interest rate jump on new loans taken next year. Students currently taking subsidized Stafford loans have an interest rate of 3.4 percent. The interest rate on loans taken after July 1, 2013 will jump to 6.8 percent, barring further Congressional action.

The current low rate was the result of a one-year delay on the increase, which Congress passed earlier in the year. The decision cost an estimated $6 billion. Congress and the President are not likely to extend the low rate again.

In his fiscal year 2013 budget request, President Obama called for a small but notable increase to the maximum Pell grant award, from $5,550 to $5,635 for the 2013-2014 school year. (For the past two years, the maximum grant has remained steady.)

Last week, the Department of Education released a final version of the Pay As You Earn plan, which allows some federal borrowers to make loan payments based on their postgraduate income, and promises to forgive debt to timely re-payers after 20 years, rather than 25.

-Article submitted by Mr. Calhoun, Director of Financial Aid & Regulatory Affairs

Open Lab Opportunity

Did you know that Arizona College offers open lab for current Medical Assisting and Phlebotomy students that would like some additional assistance with their lab skills? Our open lab is monitored by one of our Medical Assisting Instructors. The open lab hours are Monday-Thursday, from 12:15p-1p for morning students, and Monday-Thursday from 5p-5:45p for evening students.

All students who would like to participate must complete an orientation which includes a lecture and a short quiz. Students must pass with an 80% minimum to participate. The open lab orientation is Mondays at 12:15p for morning students and 5:15p for evening students.

If you have any questions, feel free to contact Ms. Sesser, Medical Assisting and Phlebotomy Program Director.

Go Green…Carpool to School!

Do you want to save money and meet new people?

Sign up for Carpooling!

Carpooling can save you money in gas and in vehicle wear. It helps the environment by reducing pollution, and you can meet new friends in the process.

Pick up a carpool application at the Front Desk and turn it in to Student Services, we will then match you up with another fellow Arizona College classmate in your area.

We are always in need of drivers, so any help is greatly appreciated. Whether you are able to drive your car, or you are in need of a ride, pick up an application today!

Contact Ms. Campos in Student Services, if you have any questions.

* CPR Classes and testing is offered weekly (every Friday) at Arizona College. Space is limited, so please contact the Front Desk for your reservation.
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<th>Name</th>
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<td>Abbas Khayami, D.C.</td>
<td>Lead Tech</td>
<td>Mary Kellar, Southwest Regional Manager</td>
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<td>Better Health Solutions</td>
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<td>Amy Strunk, B.S., CPhT</td>
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<td>Angel Harrington, L.M.T.</td>
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<td>Jothi Nadarajah D.M.D.</td>
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<td>Sharon Richard, R.N., CPC.</td>
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<td>Teresa D'Acquisto, A.A.</td>
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<td>DeJarra Sims N.M.D.</td>
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