



AIAM HOLISTIC PULSE

June 2024



Contents

June Happenings	1
More Interesting June Celebrations	2
Fun June Celebrations	2
Message from the Dean	2
aIAM Student Success Resources	4
Introducing Eleanor Shaw, MSN, RN – NCLEX Success & Remediation Specialist	5
Library	6
Test Taking Strategies	7
aIAM Important Reminders	7

JUNE HAPPENINGS

It's nearing the end of the spring quarter and gearing up for summer! June kicks off Pride month, honors Juneteenth, Father's Day, and has the official start of summer. Did you also know about Cancer Survivors day on June 7th (always the first Sunday of June), or that it is also Alzheimer's and Brain Awareness Month, and Post-Traumatic Stress Disorder (PTSD) Awareness Month? The month of June has a lot going on!



Image from - <https://www.ourpromiseca.org/post/celebrating-lgbtq-pride-month-juneteenth-and-more>

More Interesting June Celebrations



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.>

Fun June Celebrations

It's Adopt a Cat Month! This was created to spotlight shelter cats who are often overlooked. There are many rescues and shelters, so if you've been thinking about getting a cat, now is the perfect time to start researching if a cat is right for your home! Columbus Humane can be a good start, but there are also centers like The Cat Welfare Association, Colony Cats Adoption Center, and smaller rescues like Pet Promise, Abandoned Angels Cat Rescue, or New Albany Pet Rescue.



It's also Give a Bunch of Balloons Month! Cats and balloons don't usually go together, so we don't advise celebrating both at the same time. Give a Bunch of Balloons is actually meant to be a time to celebrate the joy that balloons can bring to children battling illness or facing a life-changing diagnosis. It is intended to raise awareness to those children stuck at home or in a hospital with a debilitating disease.

And to top it off, June is also International Candy Month! It was established by the National Confectioners Association to celebrate over 100 years of candy production. So be sure to enjoy your favorite sweet treats this month! Everyone – mind your health though, everything in moderation. I think I'm off to get some Reese's Pieces to celebrate!

References from: <https://www.mailerlite.com/blog/june-email-newsletter-ideas#week-long-events>

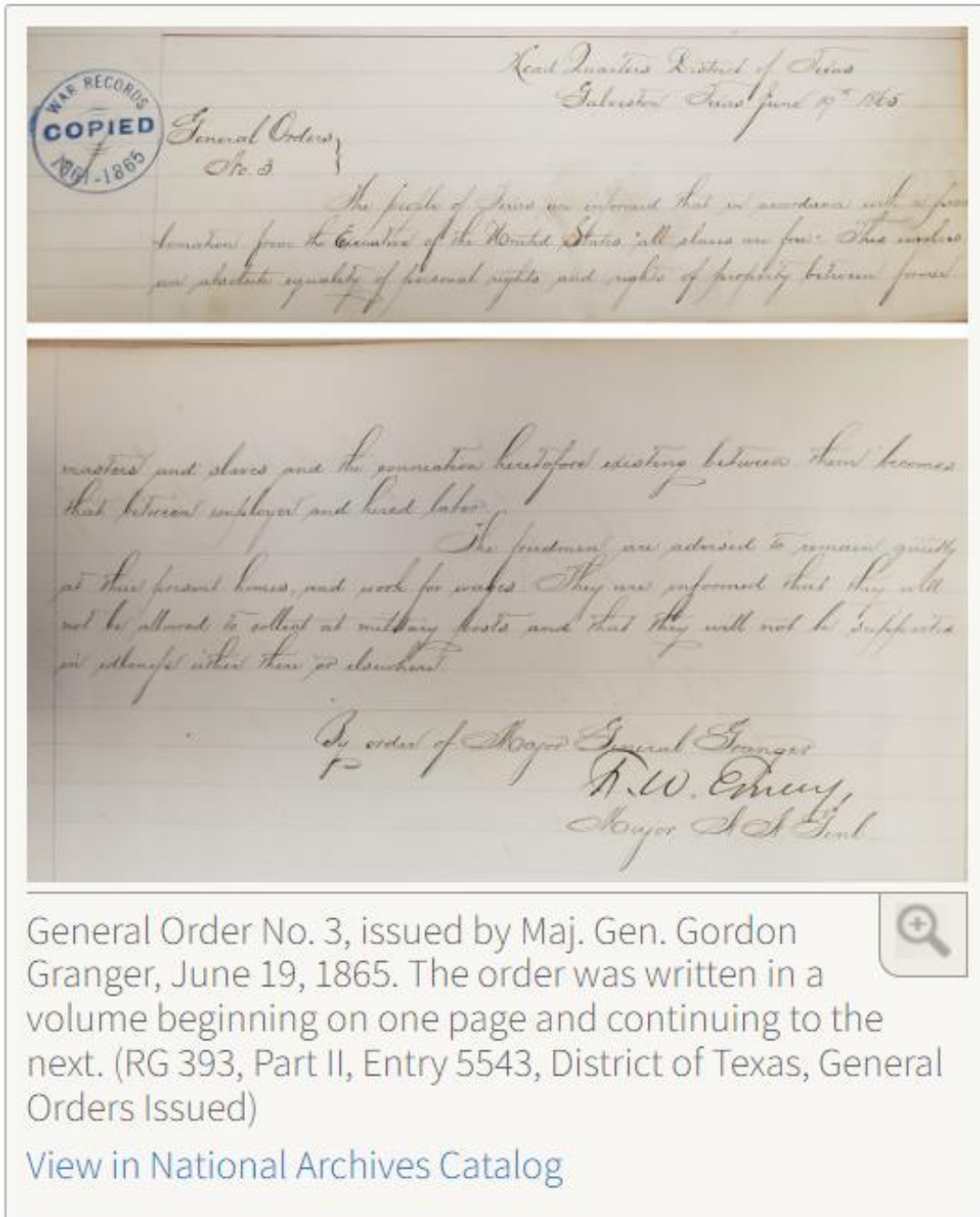
MESSAGE FROM THE DEAN

Juneteenth

Although federal troops arrived in Galveston Texas on June 19, 1865, two and a half years after the Emancipation Proclamation went into effect in January, 1863, it was necessary for the federal government to take control in the state to ensure the slaves be freed. That day has come to be known as Juneteenth, a combination of June and nineteenth, the first known day to commemorate the end of slavery in the United

States and has become a day for African Americans to celebrate not only their freedom, but their history, culture and achievements.

In 2021, President Biden signed into law Juneteenth National Independence Day Act, S. 475, creating a federal holiday to commemorate Juneteenth. June 19, 2022 will be the 157th anniversary of the last African American slaves being freed in Texas.



The official handwritten record of General Order No. 3, is preserved at the National Archives Building in Washington, DC.

References:

<https://www.govinfo.gov/features/juneteenth>

<https://www.archives.gov/news/articles/juneteenth-original-document>

AIAM STUDENT 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!

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. To get started with tutoring, email your instructor first.

Library resources – aIAM has a library with digital resources. In Populi, click the word "Library" at the top of the page in the black bar. Under "Links" you'll find databases you can search for articles, or you can search the catalog and place a book on hold. See below for more library information.

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.

Nursing Students – Test taking strategies are offered throughout the week every quarter and are open to all students (and graduates!) See the Populi home page and end of this newsletter for the schedule and [zoom links](#).

Additional help – The Assistant Director of Education/Student Services has office hours by zoom and in-person where you can ask questions and get guidance on academics, test anxiety, study skills, note taking, and more. If you have a learning disability or other disability and require accommodation(s), you can also reach out to Ms. Fischer for assistance. Email Melissa Fischer at mfischer@aiam.edu to connect.

AIAM Student YouTube Channel – There are a variety of videos on the Student YouTube Channel, and among the most popular are the Stress Busters series! These short videos give students important information about ways to manage stress, study effectively, stay calm during tests, and more. There are also videos about populi, and the Playlists section includes information on Evolve, board exams, Populi, and NCLEX prep. There is a link to the channel on every course page under "Links," or head to [aIAM Student YouTube](#). 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.

Time Management – One of the most important factors determining your success is your ability to effectively plan and manage your time. If you need help with this, please reach out to Ms. Fischer at mfischer@aiam.edu.

Great Start Classes – First quarter students are automatically enrolled in a self-paced Great Start class, accessible under "My Courses". Each lesson has important information about school policies and other knowledge you'll need for success.

Student Support – Student Support is a group of people who can jump in and help you with technology set-ups and issues along the way. Email studentsupport@aiam.edu for assistance.

INTRODUCING ELEANOR SHAW, MSN, RN – NCLEX SUCCESS & REMEDIATION SPECIALIST



My name is Eleanor Shaw, and I am excited to help you start your journey to be the best nurse you can be! When a nursing student hears the word “NCLEX” they think “national board exam” or the “final step to being a real nurse.” The reality is that the NCLEX is just one step in a lifelong process of learning that is required of nurses. One of my jobs is to help you succeed on the NCLEX, but to do this, I must understand you and your needs.

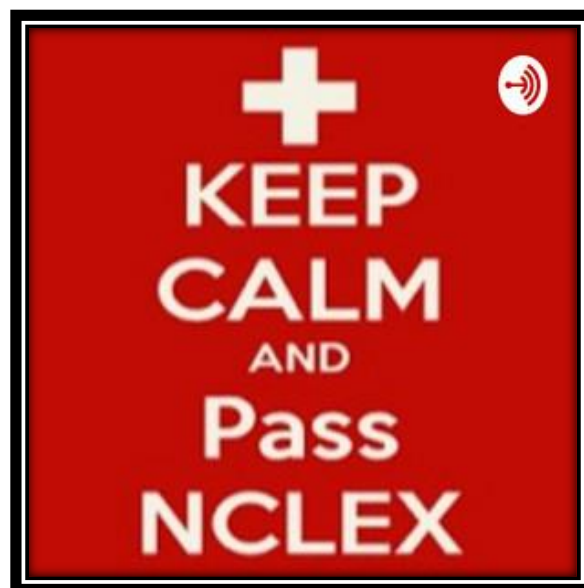
I am here to help you become a successful lifelong learner, to pass that difficult class, or to deal with everyday life!

I am an additional resource to your course teachers to help in understanding application of the nursing concepts you are learning to answer NCLEX style questions, which you have in all your nursing classes. This helps prepare you for the NCLEX all along the way, as well as be successful in your nursing courses. I am available to work with you individually by appointment, as well as forming some small group sessions when those are applicable.

I have been a nurse for 10ish years, although the last 5 years I have been working as a hospitalist NP. I currently practice and I will share some nursing stories to help connect what you have been learning in the classroom with real life. I am also a military nurse with 13 years in the army, and I bring a wealth of emergency room experiences to

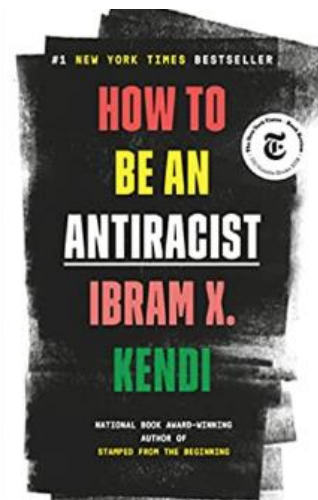
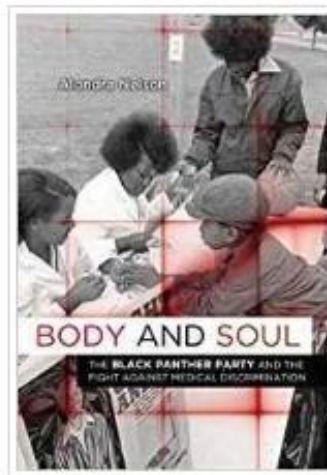
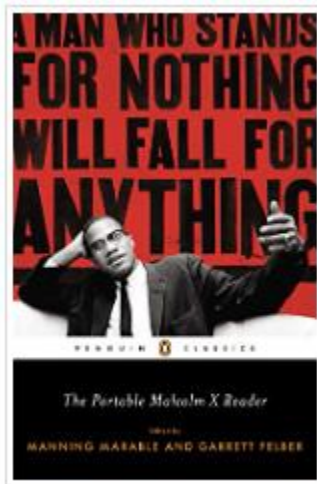
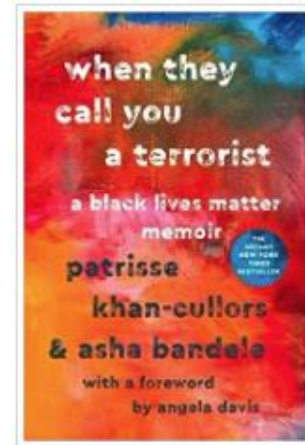
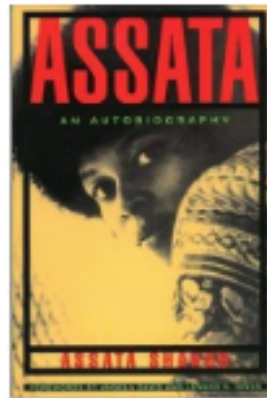
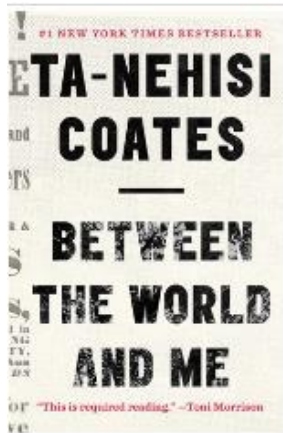
you. I have two kids, Eli who is 7 and Zoey who is 2. We have one dog (who chews my house up) and 2 lizards. I cannot wait to hear about your family as they are the ones who surround and support us during our struggles.

My phone number is available to you 24-7, that means you can TEXT or CALL whenever you want, all hours of the day (614-641-0295). I do work some night shifts and may respond to you even if it is 2am, but if I am sleeping, I can text or call you in the morning. You can also email me (eshaw@aiam.edu) if you prefer, but please allow for 24 hours for me to respond as emails do tend to build up quickly. I am available to meet via Zoom or on campus.





Library Spotlight: Anti-Racism Swords



You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area. 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

Have questions or need library help? Email Ms. Fischer at mfischer@aiam.edu

AIAM IMPORTANT DATES AND OTHER INFO

- ❖ April 8th – Quarter Begins
- ❖ April 12th – Last Day to Drop Classes
- ❖ April 23rd – No Classes due to Faculty Development Day
- ❖ May 27th – aIAM Closed for Memorial Day
- ❖ June 19th – aIAM Closed for Juneteenth
- ❖ July 3rd – Quarter Ends

Test Taking Strategies



[Tuesdays at 3 pm January 23 - February 20](#)

[Thursdays at 3 pm January 25 - February 22](#)

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.

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