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In the Know

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Heart Awareness
Scrumptious Side
Happy Birthday

Hello Students!

“THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS.”

- ELEANOR ROOSEVELT

COVID-19 update:

As COVID-19 surges in states across the country, Governor Ralph Northam announced new actions to mitigate the spread of the virus in Virginia. While the Commonwealth's case count per capita and positivity rate remain comparatively low, all five health regions are experiencing increases in new COVID-19 cases, positive tests and hospitalizations. (For more information visit <https://www.virginia.gov/coronavirus/>)

Lord of All,

You created us with an instinct for curiosity, discovery, and a natural desire to pursue truth, goodness, and beauty—wherever they may be found. Help us all remember today that this pursuit is unceasing, that none of us will ever attain a full comprehension of your revelation, and that our fundamental vocation is to remain ever open to you—receptive and responsive creatures, made in your image. May we always and everywhere give you thanks and praise for bringing us into your light, and may we find the courage to walk faithfully the paths you have shown us. Amen.

Call to Action

Take time to think about my spiritual journey so far. Have I grown lazy in pursuing the truths I have found? Am I still as committed today as when I first responded to the divine?



Student Services Spotlight

Thank you to everyone who took the time to complete the Student Satisfaction survey. We truly value the information you have provided.

We are excited to celebrate the accomplishments of our graduates on May 12th at Richard Bland College.



Mandi Schneck is our new **University Relations Specialist** for the Richmond market. She comes to us with an extensive background in career services and project management and both a bachelor's and master's in communication, and is excited to connect our students with opportunities at Bon Secours! In her free time, Mandi is an avid runner and Disney fanatic. Please feel free to reach out to her with any questions about positions with us at amanda_schneck@bshsi.org.



EVENTS

April 7
World Health day

April 15
Good Friday

April 17
Easter



February 14
Valentine's Day

February 21
President's Day



March 1

Nursing and RAD application deadline—Fall 2022

March 3

Honor Society Induction Ceremony

March 12

Last day to withdraw without academic penalty

March 13

Daylight Saving Time Begins

March 17

St. Patrick's day

March 16 - 18

Spring Break for students - No classes



Student Nurses Association

*A fundraiser for the benefit of the
SCHS SNA*

**Support the SNA by purchasing
tickets at \$5 each.**

The grand raffle draw will be held on
Monday, April 25th, 2022. A Zoom
conference will be available to join to watch
the drawing of the tickets and naming of the
winners.

Join the raffle!

Enter for a chance to win:

A Littmann Cardiology IV
Stethoscope

A Daffodil Boutique \$50 Gift Card

A nursing tote bag

A "Future RN" nursing tumbler cup

Personalized "Future RN" Airpod
Case


Badge Reels

Variety of Scrub Caps

Variety of Compression Socks

Stoggles

To purchase a ticket with cash,
please contact Brooke Robinson,
SNA President. You can also
purchase a ticket via Cash App. The
cash tag is \$SCHSSNA



The SNA hosted a donation event for the
James House in Prince George
in which we donated 20 personal care packages for
women of domestic violence in March.

We also helped at a Blood Pressure Screening event
in March at the Colonial Heights Moose Lodge in partnership with SMC.



In April, so far we have hosted a bake sale at SMC and received
many compliments on the baked goods, their presentation, and many
generous donations.

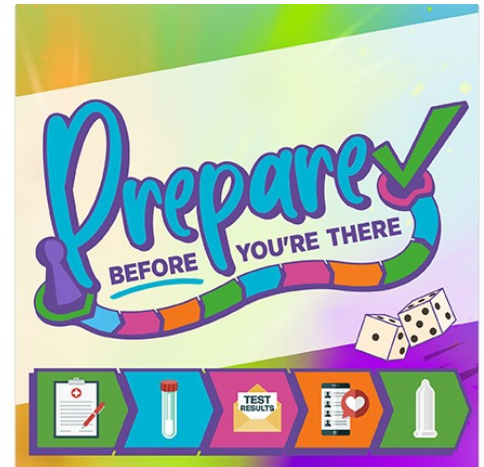
Thanks for helping with this!



STD AWARENESS WEEK

CHOOSE A CAMPAIGN • PLAN ACTIVITIES • SPREAD AWARENESS

APRIL 10-16, 2022

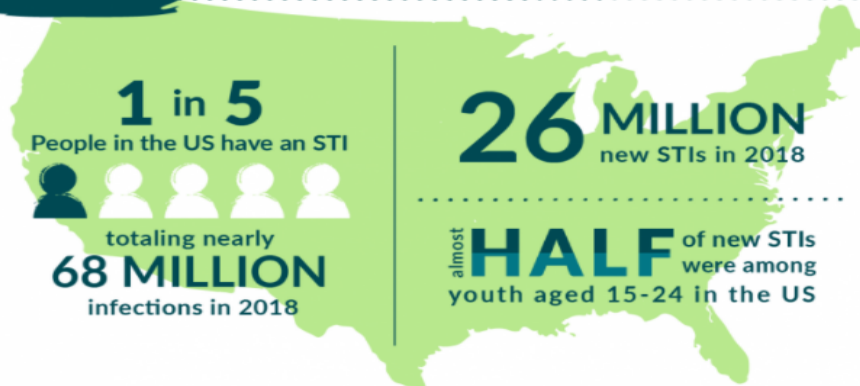


About STD Awareness Week

STD Awareness Week, observed the second full week in April, provides an opportunity to raise awareness about STDs and how they impact our lives; reduce STD-related stigma, fear, and discrimination; and ensure people have the tools and knowledge to prevent, test for, and treat STDs.

[CDC estimates](#) that about 20 percent of the U.S. population – approximately one in five people in the U.S. – had an STI on any given day in 2018, and STIs acquired that year cost the American health care system nearly \$16 billion in health care costs alone. [Preliminary 2020 data](#) indicate reported STDs in the U.S. dropped as clinics and healthcare offices closed, then resurged when they reopened.

Overview



New STIs total nearly **\$16 BILLION** in direct medical costs

In this context, innovative STD testing strategies are critical for STD prevention. With new opportunities for phone, video, or online health care visits, STD care is expanding beyond the clinic setting. Expanding these strategies can help us reduce STDs and address the challenges of health care access that existed before.

Thank you for your continued commitment to STD prevention and for joining us in raising awareness to make a difference in our communities. We look forward to seeing your work in action across the nation. We cannot protect the public's health without you.



**The mission of Bon Secours
to provide high-quality
compassionate care to all in
need speaks to my heart.**

ANGEL DANIELS, DNP, MSN.ED, RN, CCM
Associate Professor
Bon Secours Memorial College of Nursing



Angel Daniels, associate professor at Bon Secours Memorial College of Nursing, is proud of her life's journey because it has been filled with many barriers and obstacles ... but also with determination, inspiration, sacrifice and resilience.

"This journey allowed me to be the professional I am today, one who inspires, educates, mentors, advocates and is dedicated to opening doors for others to walk through," she said.

"As I reflect on Black History Month and those who have inspired me along my journey, I can't just name one," said Angel. "Each person that comes to mind has impacted my life and career in different ways: Martin Luther King, Jr. for his vision; Mary McLeod Bethune for her dedication to education; Mary Eliza Mahoney for opening doors for African American women; Mamie-Till Mobley for her courage to fight for justice and former President Barack Obama the first African American President in history.

"There is a quote from Mary McLeod Bethune that I love to read. 'A woman is free if she lives by her own standards and creates her own destiny, if she prizes her individuality and puts no boundaries on her hopes for tomorrow,'" said Angel.

Angel also spoke about her role with our ministry. "I have worked for Bon Secours going on 14 years in June and view Bon Secours as a part of my family," she said. "The mission and dedication to providing high-quality, compassionate care to all in need speaks to my heart and is reflected in one another and the populations we serve."



Heart Disease Facts

Learn more about heart disease and its risk factors. It's important for everyone to know the facts about heart disease.

Heart Disease in the United States

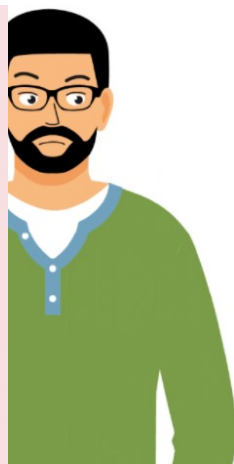
- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.¹
- **One person dies every 36 seconds** in the United States from cardiovascular disease.¹
- About **659,000 people in the United States** die from heart disease each year—that's **1 in every 4 deaths**.²
- Heart disease costs the United States about **\$363 billion** each year from 2016 to 2017.² This includes the cost of health care services, medicines, and lost productivity due to death.

Coronary Artery Disease

- Coronary heart disease is the most common type of heart disease, killing 360,900 people in 2019.
- About **18.2 million adults** age 20 and older have CAD (about 6.7%).
- About 2 in 10 deaths from CAD happen in adults less than 65 years old.

Heart Attack

- In the United States, someone has a heart attack every 40 seconds.
- Every year, about **805,000 people in the United States** have a heart attack. Of these,
 - 605,000 are a first heart attack
 - 200,000 happen to people who have already had a heart attack
- About **1 in 5 heart attacks is silent**—the damage is done, but the person is not aware of it.



MAJOR HEART ATTACK

signs and symptoms in women and men



Chest pain or discomfort



Shortness of breath



Pain or discomfort in the jaw, neck, back, arm, or shoulder



Feeling nauseous, light-headed, or unusually tired



Fried Mashed Potato Balls

INGREDIENTS

3 c. leftover mashed potatoes

3 slices bacon, cooked and crumbled

2/3 c. shredded cheddar cheese

2 tbsp. thinly sliced chives

1/2 tsp. garlic powder

Kosher salt

Freshly ground black pepper

2 egg, beaten

1 1/3 c. panko bread crumbs

Vegetable oil, for frying

DIRECTIONS

In a large bowl, combine mashed potatoes with cooked bacon, cheddar, chives, and garlic powder, and season with salt and pepper.

Stir until all ingredients are incorporated.

Place eggs and panko in separate shallow bowls.

Use a small cookie scoop to scoop 1" to 2" balls of mashed potato mixture.

Roll into a ball in your hands, then dredge first in egg and then in panko.

Repeat until all mashed potatoes are used.

Heat 3" of oil in a large cast iron skillet until candy thermometer reads 375°.

Fry potato balls in batches until golden on all sides, 2 to 3 minutes.

Drain on a paper towel lined plate and season immediately with more salt.

Students

04-30 Chase Fortner
04-24 Kelley Barley
04-10 Ashley Horton
04-08 Kristen Foster
04-03 Arketha Best
03-25 Allison Macuno
03-17 Jessica Pegram
03-11 Mackenzie Ardinger
03-11 Danazhe Burgis
03-03 Travis Marston
02-18 Forrest Steed
02-17 LaBria Pickney
02-15 Rosetta Hanesworth-
Bennett
02-13 Jennifer Ferguson

Faculty/Staff

04-12 Sandra Archer
03-13 Sharie Yanez
02-24 Susan Jarvis
02-07 Meghan Arrington



Contact Jessica Davis
(Jessica_Davis@bshsi.org) if you
have articles or information to be in-
cluded in the SCHS newsletter.

Please submit articles for the May/
June newsletter by April 29th.