

In the Know

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Covid-19 Clinic
Winter Safety
A Tasty Treat
Happy Birthday

Welcome Students!

2021 ACADEMIC YEAR

Welcome Students! It was wonderful to see so many new faces along with so many familiar faces the first two weeks of our spring semester. As we all transition to virtual learning please be patient while traveling down this road together. If you have any problem dealing with virtual issues please do not hesitate to bring them to our attention. Continue doing a fantastic job and we look forward to seeing all of your great success.

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/>)

WWW.SCHS.EDU

Reflection

“Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.” ~ Nikki Rogers

Prayer

Almighty God, we talk often about strength and power in our culture. Fill us with your Holy Spirit, that we might realize and accept that true strength comes from faith in you. Guide us in your ways that we might use the strength you give us to affirm the dignity and advance the goodness of others. We pray in your name. Amen.

Call to Action

Take time today to reflect on the gifts God has given me and how I am using them.



Joan Brooker Pollard, 84, passed away unexpectedly on Monday January 4th. She was preceded in death by her husband, Bill Pollard, Sr. and her parents, Lofton and Argle Brooker. Joan was born in Asheville, NC. After graduating high school in Nebraska, she moved with her parents and sister to Hopewell, VA. She graduated from Longwood College and then taught at Walnut Hill Elementary School in Petersburg. During this time she met Bill and they married in 1962. In 1972 she started teaching at Bollingbrook School where she later became the librarian. In 1985 she was hired to be the medical librarian at Southside Regional Medical Center where she continued to work until her passing. She cherished the relationships with her students during her career and she always enjoyed hearing from her past students and co-workers.



Joan was a member of the Petersburg Rotary Club and Petersburg Garden Club and she served as president for both organizations.

She was a big fan of the UNC basketball teams as her father played basketball for the Tar Heels. She also rooted for VA Tech where her husband and sons graduated. Joan was a long-time and active member of St. Mark's United Methodist Church. Most important to her were her two sons, her daughters-in-law, and three grandchildren. She is survived by her two sons, Bill "Bebo" Pollard (Lou); Tom Pollard (Susan); grandchildren Connor, Cassidy, and Betsy Pollard; and her sister Martha Watts. A family only graveside service was held at Blandford Cemetery. A celebration of Joan's life will be held at a later date. In Lieu of flowers, memorial contributions can be made to St. Mark's UMC (PO Box 1905, Petersburg, VA 23805).

A Messenger

To tell you, we're never far apart.
My spirit will live on forever,
there within your heart.
So, when you see a
cardinal,
you will know it's true,
I am never far away,
I'm always here
with you.



Service of Remembrance and Thanksgiving for Mrs. Joan Pollard



Joseph Mazzawi | Director of Mission



Stacey Shell | Director of
Radiation Sciences



“She always had a smile, always had some kind words and never forgot the little things. “

Caterina Brooks | SCHS Student



We are honored to announce
SCHS Medical Library has
been named after our beloved
Librarian Mrs. Joan Pollard



Mr. Pollard | Mrs. Pollard's Son



Sandra Archer | Student Services

Recording of service:
https://bsmh.zoom.us/rec/share/RPI2SnvCaACVcy-EndyC5oYRf2X30cd8Tnw2-RuObBJKaZY-Gi9M6_Ac4Qj39vCcQ.lvPErYqkRU_n8bSF1

Passcode: N7?1uia3

National Wear Red Day

February 5, 2021

National Heart Health Month

#NationalWearRedDay #WearRedDay
#RedDay #HeartHealthMonth #GoRed
#RedHeart





2021

January 1st New Years Day

January 18 Martin Luther King, Jr. Day

February 1st

January 24th Bon Secours



Black History Month

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

~ Harriet Tubman

Bon Secours Day

This day marks the birth of the religious community known as the Sisters of Bon Secours. On January 24, 1824, twelve young women gathered in the Church of Saint Sulpice in Paris, France in the presence of Archbishop de Quelen, the Archbishop of Paris, to commit themselves to serving people who were poor, sick, and dying in their homes.

For those associates able to gather to pray and celebrate, we hope you have a wonderful celebration and experience of community.



February 14th Valentines Day

February 15th Presidents



February 26th Last day to withdraw without academic

JANUARY IS HUMAN TRAFFICKING AWARENESS MONTH



National Statistics

 **HUMAN TRAFFICKING** is the third largest international crime industry.

\$90

The average cost of a slave.


14.5-17.5K
people are trafficked into the U.S. each year.

50% of people trafficked across international borders are children.

12-14 YEARS OLD The average age a teen enters the sex trade in the U.S.

TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK.


GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLUCERIDES.

 PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS.
AIM FOR 2 1/2 HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY PER WEEK.


SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON'T SMOKE AND, IF YOU DO, QUIT.

HEARTTRUTH.GOV
ARE YOU AT RISK FOR HEART DISEASE?




THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI >30.
MAINTAIN A HEALTHY WEIGHT.


February is Heart Disease Awareness Month
>> Go Red Because Your Heart Matters

HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK.

GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.



 **DIABETES. PUTS YOU AT INCREASED RISK FOR HEART DISEASE.**

YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS!

Need to know

**Treat virtual
like your in
person.**

**Eliminate
distractions**

**Arrive to lab 15
minuets early.**

**Check Canvas
for daily updates.**

**One day
people will
thank you
that you
didn't give
up now.**

**Library
Is closed.**

**Be sure to make
an appointment
before meeting
with advisor.**

**Create a
regular study
space and
stay organized**

**Always be
prepared for
lecture, lab, and
clinical.**

Facts about the COVID-19 vaccines

Stopping the COVID-19 pandemic is going to take all our tools: vaccination, masking, washing hands and physical distancing.

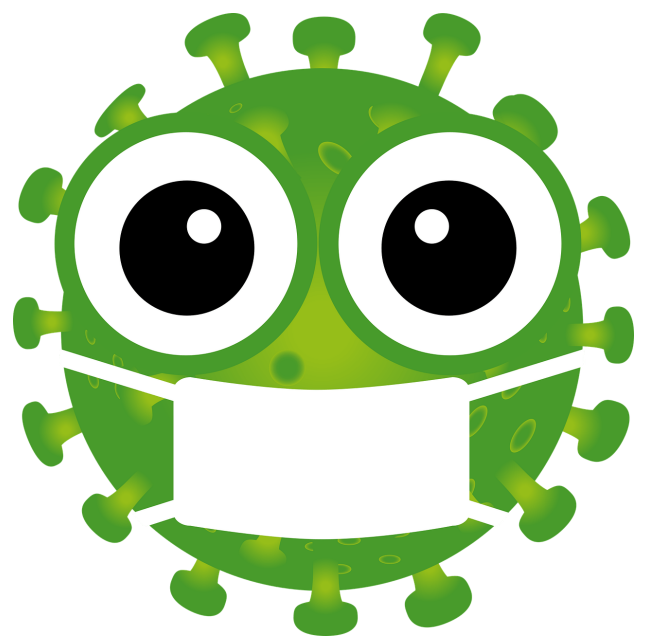
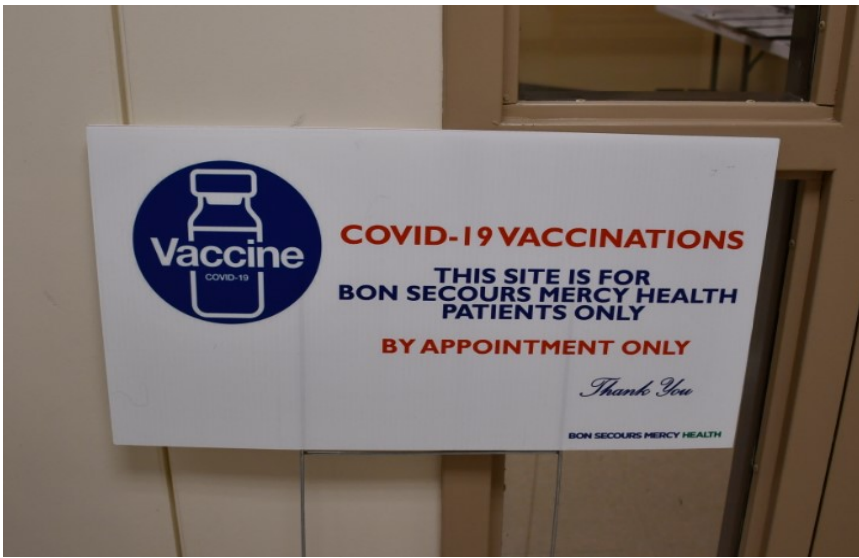
- 1. The vaccines development has followed a thorough review process.** Although the development timeline for COVID-19 vaccines has been considerably shortened compared to other vaccine development timelines, the U.S. Food and Drug Administration (FDA) has emphasized that the same strict quality, safety and efficacy guidelines are being met.
- 2. A diverse pool of participants was included in the clinical trials.** More than 70,000 patients enrolled in clinical trials, and 37% of clinical trial volunteers were from racial and ethnic minority populations.
- 3. The available vaccines have been authorized for use under Emergency Use Authorization (EUA).** The FDA can issue an EUA during a public health emergency for vaccines that have been proven safe and effective in large (phase III) clinical trials and when certain criteria has been met.
- 4. The vaccines are more than 94% effective according to Pfizer and Moderna.** These vaccines are given in two shots, one at a time and spaced apart. If you are told you need two shots, make sure you get them both.
- 5. The vaccine will not give you COVID-19.** None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19. You may have symptoms like a fever after you get any vaccine. This is normal and a sign that your immune system is learning how to recognize and fight the virus.
- 6. Most people experience few, or only mild, side effects.** Side effects have been similar to the flu vaccine. There is a remote chance that the vaccine could cause a severe allergic reaction.

We know not everyone will be able to get vaccinated right away, so even after you get the vaccine, continue to follow safety guidelines: wear a mask, wash your hands and remain at least six feet away from others.

SPECIAL CONSIDERATIONS

The CDC is making recommendations for who should be offered COVID-19 vaccines first when supplies are limited.

- The FDA has authorized the emergency use of the Pfizer COVID-19 vaccine in individuals 16 years of age and older. The Moderna COVID-19 vaccine is only authorized for individuals 18 years of age and older.
- mRNA vaccines have not yet been studied in people who are pregnant. If you are pregnant and part of a group recommended to receive COVID-19 vaccine, you may choose to be vaccinated. If you have any questions, you can talk to your provider about the vaccine.



COVID –19 Vaccination Clinic 2021



N120 Student—Amanda Lipford Instructor—Kasey Shea





WALK SAFE THIS WINTER

**BE CAREFUL WALKING
ON SNOW AND ICE,
FOLLOW THESE 3
GOLDEN RULES:**

1. Always wear proper footwear
2. Don't jump or slide
3. Stop and scan for hazards

5 TIPS TO PREPARE FOR A WINTER STORM

1. Fill your gas tank
2. Buy essential groceries
3. Put an ice scraper in your car
4. Cell phone charger in your car
5. Wear proper footwear

Mr. Washington's Cherry Pie

Ingredients

one prepared [double pie crust](#) or your favorite recipe

- 5 to 6 cups (1125g to 1350g) sour cherries, packed in water or individually quick frozen

- 3/4 cup (149g) sugar

- 3/4 teaspoon [cinnamon](#), optional

- 1/4 cup (43g) quick-cooking tapioca or 1/2 cup (99g) Pie Filling Enhancer

- 1 teaspoon [almond extract](#)

- 1/2 teaspoon salt

Yields: one 9" pie

Prep Time: 0 Hours 35 Mins

Bake Time: 40 to 45 mins

Total Time: 1 Hours 20 Mins

Instructions

1. Divide the dough into two pieces, making one chunk slightly larger. Roll the larger piece of dough into a 13" circle. Transfer the circle to a 9" pie pan.

2. Drain the cans of cherries, reserving 2/3 cup of water from one of them. Place the cherries and reserved liquid in a large mixing bowl.

3. Combine the sugar, cinnamon, and tapioca or Pie Filling Enhancer. Stir this into the cherries until everything is evenly combined.

4. Stir in the almond extract and salt. If you're using tapioca, let the filling sit for 20 minutes before using it to fill the pie shell.

5. Spoon the filling into the pastry-lined pan, and dot with butter.

6. Roll out the second crust and place it on top of the filling. Cut a design (two cherries? a hatchet?) into the top to vent steam, and squeeze/seal the top and bottom crusts together, fluting with your fingers or a fork. You may also choose to make a woven lattice crust.

7. Place the pie on a parchment-lined (to catch any spills) baking sheet, and bake in a preheated 425°F oven for 40 to 45 minutes, until the crust is golden brown and the fruit is bubbling.

8. Remove the pie from the oven, and cool it on a rack before slicing, so the filling can set.

HAPPY BIRTHDAY

Students

Sierra Christopher 01-01

Rebekah Booth 01-07

Morgan Rast 01-09

Samantha Haskins 01-15

Jahlia Boyd 01-17

Amy Horner 01-23

Hayleigh Smith 01-25

Kristin Taylor 01-26

Gretchen Word 01-31

Jordan Phillips 02-02

Jocelyn Ramirez-Corado 02-03

Morgan Tichacek 02-06

Lo'gen Brown 02-08

Ashley Kelley 02-12

Forrest Steed 02-18

Jamie Sundance 02-29

Faculty

Natoya Fisher-Jones 01-13

Meghan Arrington 02-07

Susan Jarvis 02-24

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

Please submit articles for the March/April newsletter by March 5th

