

WWW.SCHS.EDU

In the Know

Student Services
Student Recognitions
Stroke Awareness
Events
SCHS Employee Welcome

Game Time
Scrumptious Salad
Happy Birthday!

Hello Students!

2021 ACADEMIC YEAR!

Think for yourself. Trust your own intuition. Another's mind isn't walking your journey, you are.

Unknown author

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/>)

Almighty and eternal God,

Sometimes it feels as if life takes more than it gives and that, on most days, we encounter more setbacks and obstacles than progress. When we confront challenges and difficulties, remind us of your presence among us. Through your Holy Spirit, grant us the gift of perseverance that we might encounter obstacles with faith and confidence in your promises. We know there will be many times in life when we fall. When we do, give us the courage to rise again and continue along in the light of your love. Amen.

Call to Action

What one action can I take today, or one commitment can I make, that will help me to cultivate perseverance in my life?



G.Word



J. Marsh, N. Johns, C. Webb, S. Bellal

Student Services Spotlight

On April 29, 2021, Southside College of Health Sciences faculty, staff and administration were delighted to celebrate the accomplishments of their senior class with Spring Commencement. The two ceremonies were held at the Beacon Theatre in Hopewell whereby eight (8) Diagnostic Medical Sonography graduates, 21 Nursing graduates and 16 Radiologic Technology graduates all walked across the stage to receive their diplomas. The college was honored to have Wendy Lenhart, Radiology Director for Community Memorial Hospital and Octavia Reed Wynn, Assistant Chief Nursing Officer for Southside Medical Center as commencement speakers. The college would like to acknowledge the following graduates who received awards during the ceremony:

Morgan Dean, DMS
Clinical Excellence Award

Jacob Hanson, DMS
Academic Achievement Award

Morgan Tichacek, RAD
Clinical Excellence Award
Academic Achievement Award

Michael Henderson, Nursing
Clinical Excellence Award

Janiece Johnson, Nursing
Ruth G. Woodfin Nurse Excellence Award

Alyssa Boyd, Nursing
Academic Achievement Award, HESI Exit Exam,
Carolyn Lyons Lipchak Surgical Nursing Excellence Award,
Roberta Cox Grossman Award, IONS Award



Cynthia M. Swineford, MSN, RN, CNE
Vice President Southside College of Health Sciences



Joseph Mazzawi
Director of Mission, Southside Medical Center



**Octavia Reed Wynn, DNP, MBA, RN, CPHQ, CPPS
Assistant Chief Nursing Officer, Southside Medical Center**



S. Gupton, T. Cole, B. Newton, S. Moore



Nursing



D. Reynolds, M. Henderson, T. Hulsey, A. Boyd, B. Larson, M. Higginbotham, R. Koutsombinas



A. Caul, Mrs. Yanez, S. Christopher, Mrs. Carrasco



Mrs. Susan Jarvis, Mrs. Joanne Bogese, Mrs. Meghan Arrington

Student Services



Wendy Lenhart, MAEL, R.T. (R)(CT)
Director of Radiology, VCUHS CMH





Radiology



DMS



School of Radiation Sciences

Spring Semester 2021 Student Recognitions

Director's List - 3.5 or ↑ GPA

(L to R) Rachel Lowry, April Cross, Terrence Booker, Jr.,
Rachel Jackson, Jahlia Boyd, Jamie Sundance,
Stacey Palumbo

Service Award

Advisory Committee Student
Representative,
Rachel Jackson

Clinical Award

Rachel Jackson



School of Nursing

Student Recognitions

Academic Achievement Award

Attaining the highest GPA
NURS 110 Brooke Robinson

Clinical Achievement Award

<u>Pediatric</u> <u>NURS 220</u>	<u>Med-Surg</u> <u>NURS 220</u>
Ahmed Sesay	Madeline Lyon
Madeline Lyon	Madison Stillings
Allison Walker	Grace Lundie
Madison Stillings	Allison Walker
Lindsey Dirr	Lindsey Dirr
Symone Stewart	Katelynn Mingloski

Clinical Achievement Award

NURS 110 Danazhe Burgis

Highest HESI Exam Score

<u>Pediatrics</u> <u>NURS 220</u>	<u>Pharmacology</u> <u>NURS 220</u>
Emeka Chugbo	Ahmed Sesay

Clinical Achievement Awards

NURS 120
Khaalisha Blair
Jocelyn Ramirez-Corado
Savannah Sheffield

Highest Fundamental HESI Score

NURS 120 Kira McConico



American
Heart
Association.

Stroke doesn't care if you're
younger or older.

NATIONAL STROKE AWARENESS MONTH

Stroke is the No. 5 cause of death and a leading cause of disability in the United States. **The good news is that 80% of strokes are preventable.**



1. Manage Blood Pressure
2. Control Cholesterol
3. Reduce Blood Sugar
4. Get Active
5. Eat Better
6. Lose Weight
7. Stop Smoking

Every four minutes, someone dies of a stroke. I hope you'll consider giving today, during National Stroke Awareness Month, to help advance lifesaving research, medical breakthroughs and other education and awareness programs that can help save lives and help stroke survivors live their best lives possible.

<https://www.heart.org/>

EVENTS

May 6th - 12th Nurses Week

May 9th Mother's Day

May 9th - 15th National Hospital Week

May 10th Summer 2021 classes begin

May 31st Memorial Day (college closed)

**June 18th Last day to withdraw without
academic penalty for summer 2021 students**

June 20th Father's Day



Jessica Davis, Kathy Welsh



G. Lundie



L. Brown



M. Poulsen



M. Miles, M. Poulsen



V. Mitchell, M. Stillings, L. Dirr, C. Porter



A. Moore, N. Fisher-Jones, J. Bennett

Nurses Week 2021 Relay



Nurses week
2021
Sidewalk
Fun

A warm welcome...



Kelley Florian began her career in Financial Aid in 2001 and holds a bachelor's degree in Business Administration with a concentration in Finance from Liberty University. Kelley has been the Director of Financial Aid for both Bon Secours Memorial College of Nursing and Bon Secours St Mary's Hospital School of Medical Imaging since 2017. In addition to her role as Director of Financial Aid she currently serves as head chairman on two state boards that oversee the administration of nursing scholarships and state loan forgiveness programs for Virginia Department of Health.

Kelley is a foster care to adoption mentor and works closely with families to counsel them through the child placement to adoption process. She has two children that her and her husband adopted 8 years ago from foster care at age 5 and 7. She also has two dogs and loves to spend time with her family and friends.

Page Robbins started her career in financial Aid in 2008 and holds a MBA with a concentration in Human Resources from Colorado Technical University. She just starting working for Bon Secours in April and is looking forward to working with each of you on the financial side of reaching your college dreams. In her free time, she loves to go rollerblading, kayaking and playing disc golf.

A warm welcome...



Say hello to our new medical librarian Mr. James May. Our Library hours are 7:00 am - 7:00 pm. If Mr. May can help you in any way please reach out to him through canvas or via email at James_May2@bshsi.org

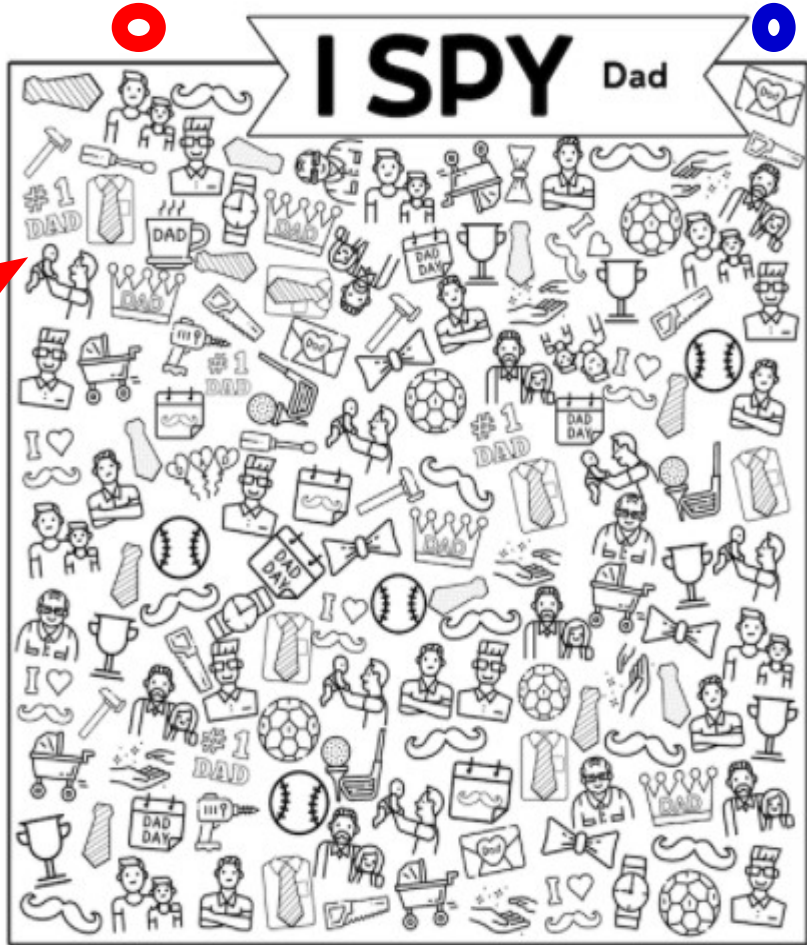
Hello,

My name is Jessica Bennett. A little about me, I have been a nurse for 15 years. I began my nursing journey as an LPN where I worked 9 years at Southside Medical Center on the cardiac telemetry step-down unit. I obtained my RN through Southside College of health sciences in 2015 where I then ventured out into the community as a Home Health Nurse for 4 years. After my journey with home health I spent about 2 years working in an emergency department. I recently obtained my BSN through Western Governors University as a first step towards my future goals as an RN.

In my spare time, I enjoy spending time with my husband and 3 kids (ages 14, 12, and 10). I have a fur-baby who is an Italian mastiff that weighs 140 lbs! I love photography, music, singing, traveling, and warm weather. My favorite things to photograph are sunsets, sunrises, the stars, and the moon. I also love to travel anywhere that has beaches or lakes.

I am very excited to be a part of this team and to be educating the next generation of nurses!



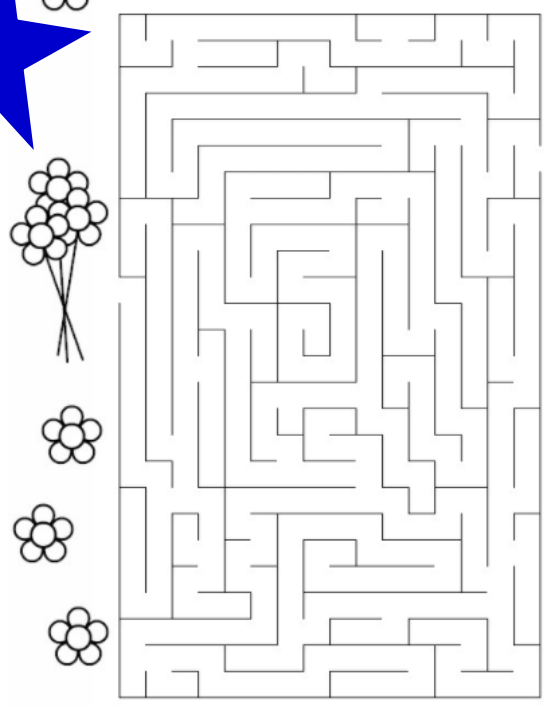
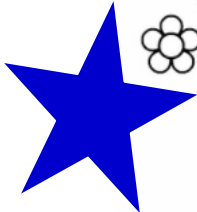


Memorial Day
Last Monday in May



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BRING THE BOUQUET TO MOM



- | | | |
|---|--|---|
| <ul style="list-style-type: none"> AMERICAN ANTHEM CEMETERY CEREMONY COMMEMORATE DECORATION FALLEN FLAGS FLOWERS | <ul style="list-style-type: none"> FREEDOM GRAVE HALF MAST HEROES HOLIDAY HONOR MAY MEMORIAL OBSERVANCE | <ul style="list-style-type: none"> PATRIOTIC REMEMBRANCE SACRIFICE SALUTE SERVICE SOLDIERS TAPS VETERANS WAR |
|---|--|---|

Cobb Egg Salad

Ingredients

3 tbsp. Mayonnaise
3 tbsp. Greek yogurt
2 tbsp. Red wine vinegar
Kosher salt
Freshly ground black pepper
8 Hard-boiled eggs, cut into eight pieces, plus more for garnish
8 Strips bacon, cooked and crumbled, plus more for garnish
1 Avocado, thinly sliced
1/2 c. Crumbled blue cheese, plus more for garnish
1/2 c. Cherry tomatoes, halved, plus more for garnish
2 tbsp. Freshly chopped chives

DIRECTIONS

1. In a small bowl, stir together mayonnaise, yogurt, and red wine vinegar. Season with salt and pepper.
2. In a large serving bowl, gently mix together eggs, bacon, avocado, blue cheese, and cherry tomatoes. Gradually fold in mayonnaise dressing, using only enough until ingredients are lightly coated, then season with salt and pepper. Garnish with chives and additional toppings.

YIELDS:6 SERVINGS
PREP TIME:0 HOURS 15 MINS
TOTAL TIME:0 HOURS 20 MINS



Students

Porter, Cayman	05-04	King, Ashley	06-07
Walker, Allison	05-12	Weimerskirch, Sophia	06-08
Stillings, Madison	05-13	Martin, Campbell	06-12
Bailey, Michael	05-13	Mitchell, Victoria	06-12
Harris, Savannah	05-14	Griffith, Autumn	06-13
Tapp, Tyler	05-19	Martin, Pamela	06-14
Owen, Altwanet	05-20	Kuper, Elaina	06-16
Johns, Nancy	05-22	Blair, Khaalisha	06-19
Allen, Keeley	05-24	Henshaw, Ashlie	06-19
Daily, Stephanie	05-24	Archer, Kirina	06-21
Keller, Mary	05-25	Berry, Jasmine	06-24
Fowler, Benjamin	05-28	McConico, Kira	06-28
		Carneal, Kimberly	06-30

Faculty & Staff

Christopher, Katie	05-16	Bowmaster, Sarah	06-15
Shell, Stacey	05-23	Mccarter, Meg	06-25
Flexon, Geneva	06-02	Welsh, Kathy	06-25
Moore, Alexis	06-03		

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 July/August newsletter by July 16th