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In the Know

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Happy Birthday!

Hello Students!

2021 ACADEMIC YEAR!

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do. – Pele

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/>)

God of wisdom,

Sometimes we can find ourselves doubting the importance of the lives we are leading, the significance of the work we are doing. Keep us mindful, O Lord, of the truth spoken by Saint Vincent that it is no small thing to bring relief to people who are in distress. Inspire us through your Holy Spirit to rededicate ourselves to our common mission to serve the needs of those around us, especially the sick, the poor, and the vulnerable. And help us to remember that this is no small thing.

Amen.

Call to Action

Take time today to reflect on God's call in my life. What do I need to do to help me appreciate the role I play and the work I do is no small thing in building a better world?



Student Services Spotlight



On August 12, 2021, Southside College of Health Sciences faculty, staff and administration were delighted to celebrate the accomplishments of their senior class with Summer Commencement. The ceremony was held at the Colonial Heights Middle School whereby 24 nursing graduates all walked across the stage to receive their diplomas.

The college was honored to have Brenda Woodcock, MSN, RN, WHNP, NEA-BC, Richmond Market Chief Nursing Officer as the commencement speaker.

The college would like to acknowledge the following graduates who received awards during the ceremony:

Tyler Tapp - Clinical Excellence Award and Academic Achievement Award

Madison Stillings - Academic Achievement Award and Ruth G. Woodfin Award

Lauren Goasa-Tunstall - HESI Award

Lindsey Dirr - Ions Award and Roberta Cox Grossman Award

Allison Walker - Carolyn Lyons Lipchak Award



2021 Summer Nursing Graduates



Brenda Woodcock, MSN, RN, WHNP, NEA-BC, Richmond Market Chief Nursing



Natasha Jones, MSN, RN , Tyler Tapp



Joseph Mazzawi, Director of Mission , SMC, SVRMC, SHM

Cynthia Swineford, MSN, RN, CNE Vice President, SCHS

Brenda Woodcock, MSN, RN, WHNP, NEA-BC, Richmond Market Chief Nursing



Tyler Tapp, Madison Stillings, Katelynn Mingloski, Victoria Mitchell

THE NIGHTINGALE PLEDGE

I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician, in his work, and devote myself to the welfare of those committed to my care.

events



*“We should be shining lamps,
giving light to all around us.”*

-Catherine McAuley

September 2021

September 6 Labor Day – no classes

September 8 Last day to drop with 100% refund

September 17 Constitution Day

September 24 Mercy Day

September 29 World Heart Day

October 2021

October 14-15 Fall break for students – no classes

October 25-28 Covid friendly fall activities

October 30 Last day to withdraw without academic penalty

October 31 Halloween

November 2021

November 7 - 13 National Radiologic Technology Week

November 17 New Student Orientation—Spring 2022

(Nursing & DMS)

November 24-26 Thanksgiving break for students—no classes



welcome



Say hello to our new
System Support Specialist
Mr. Sidney Butler.

Sidney started his IT career in 2015 and in 2019 graduated with a Bachelors of Science from Norfolk State University. Sidney is outgoing, able to play multiple instruments, ambidextrous, and excited to start his journey with us at SCHS. Mr. Butler is here to help you with your IT needs. If he can help please reach out to him through Canvas or via email

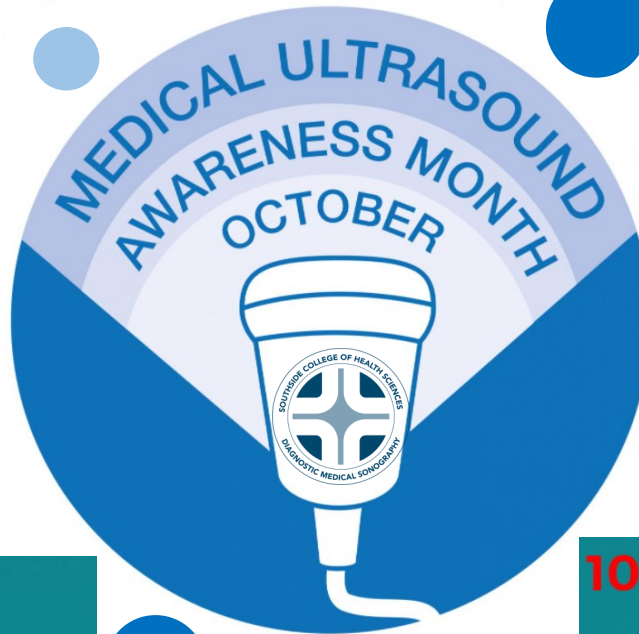
Sidney_Bulter@bshsi.org.



People of Hispanic heritage have long played important roles in Virginia history. In 1570, Spanish explorers established a Jesuit settlement at the confluence of the James and York rivers. Spain's backing of the young colonies during the American Revolution provided much-needed financial, logistical and manpower resources.

100,000

Estimates suggest up to 100,000 of Americans die each year from DVT/PE



10,000,000

Every year there are approximately 10 million cases of venous thromboembolism (VTE) worldwide

Up to 60%

of venous thromboembolism (VTE) cases occur during or after hospitalization, making it a leading preventable cause of hospital death.

Vascular ultrasound technology is used to help identify vascular issues to prevent disease.

An estimated 1 in every 20

Americans older than 50 have Peripheral Arterial Disease. Vascular Ultrasound technology is used to help identify vascular issues to prevent them from worsening.

10% to 30%

Estimates suggest 10% to 30% of people will die within 1 month of diagnosis of DVT/PE.

A deep vein thrombosis is a blood clot that forms in a deep vein and a pulmonary embolism is when a blood clot travels to the lungs.

Thank you!

**Director
Dr. Ziffie
Thomas
&
Clinical
Coordinator
Kimberly
Yeager**



Fall 2021 DMS Students



If you or someone you love is a victim of DV, reach out to the National DV Hotline at 1-800-799-7233 or chat online at thehotline.org. You are not alone!
#WeAreResilient



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



Did you know?

Breast cancer is the most commonly diagnosed cancer in women, 30% of all new cancer diagnoses in women will be breast cancer in 2021.



In Virginia

7,410 women will be diagnosed with breast cancer this year.



In the United States

Over 3.5 million women are living with a history of breast cancer.

Why Is Wearing Masks Important to Help Prevent COVID-19?

Protect Others

You can pass the virus without knowing it

Many people with COVID-19 have no signs or symptoms and can pass the virus to others without knowing it. When we talk, sneeze, sing, cough, or breathe, tiny droplets and aerosol particles that contain the virus can be carried into the air. Infections occur mainly through exposure to these droplets and particles when a person is in close contact with someone who has COVID-19.

Droplets can remain in the air

These droplets and particles can sometimes remain in the air for minutes to hours. In closed spaces with poor air flow, there is evidence that people with COVID-19 seem to have infected others who were more than 6 feet away. Wearing a mask helps stop droplets from going into the air or landing on surfaces.

If you think you may be sick or are sick

If you are sick with COVID-19 or think you may have COVID-19, wear a mask when you need to be around other people or animals, even in your own home.

Protect Yourself

Help reduce breathing in the droplets

Masks help reduce breathing in droplets that contain the virus. Masks with multiple layers of cloth with higher thread counts will protect you better than single layers of cloth with lower thread counts.

When caring for someone who has COVID-19

You should always wear a mask when caring for someone who has COVID-19 to help keep you from getting sick.

Double mask for extra protection

For better fit and extra protection, you can wear two masks: a disposable mask underneath **and** a cloth mask on top. You can also wear a cloth mask with a fitter or a brace for a better fit.

- ✓ When using public transportation, especially when you can't keep at least 6 feet away [\[Español\]](#) from people who don't live with you;
 - ✓ When taking care of someone [\[Español\]](#) who is sick with COVID-19;
 - ✓ When working at a job [\[Español\]](#) where you interact with large numbers of the public (for example bus drivers and grocery store workers), and
 - ✓ If you are at increased risk for severe illness, for example, older adults or people with certain underlying medical conditions. [\[Español\]](#)
-

Fall Safety Tips

TIPS FOR SAFE FALL DRIVING

Every year thousands of people are injured and hundreds of people are killed due to daylight savings time changes and the change of seasons.

Autumn means we need to be more careful as drivers.

1 WEATHER

Sudden changes in temperature, rain, snow and fog all make for hazardous driving. Be aware of the weather - know before you go.

2 SUNRISE & SUNSET

Daylight Savings Time means the sun on the morning drive might be right in your eyes. The sun goes down early now, so it gets dark a lot sooner! HEADLIGHTS!

3 CHILDREN & ANIMALS

Children are back to school and animals are busy preparing for winter. Look out for them. Slow down, keep an eye out, and be nice.

4 LEAVES

Leaves on the ground can be slippery and dangerous. Careful when driving on leaf-covered roads, whether it's raining or not. Clear leaves off your car before driving, just like snow.

Stay safe

AUTUMN RAKING: SAFETY TIPS

As the weather cools down, you might have some extra chores around the yard. Be sure to consider these tips before you start raking.



WARM UP

Warming up with a few gentle stretching exercises and a short walk around the block could save you pain tomorrow. This will also help you enjoy the beautiful autumn scenery!



USE PROPER TOOLS

Before you buy gardening equipment, test it out in the store. Find tools that are the appropriate height and weight. This will prevent you from hunching over and injuring your lower back.



MAKE IT A WORK OUT

Don't make your back do all of the work! Instead, bend your knees and lift with your legs. Stand as straight as you can with your knees bent and your feet hip-width apart. Avoid twisting to prevent back injury.



SWITCH IT UP

People tend to favor one hand or side of their body when they're raking. To avoid using the same muscles, try switching sides every few minutes to avoid muscle fatigue.



PACE YOURSELF

Ease into autumn clean up and take regular breaks every 15-20 minutes. Frequent breaks give you time to relax, rejuvenate and enjoy the autumn weather.

MORE RAKING TIPS & FACTS!



People who exercise year round are less likely to injure themselves while doing outdoor chores.



Blisters are common from leaf raking, so wear gloves to avoid this uncomfortable injury.¹



28,000 people are medically treated each year for back, neck and shoulder injuries directly related to disposing of leaves.²



According to My Fitness Pal, you can burn as many as 272 calories while raking autumn leaves for one hour.³



You might not notice how hard your body is working as you rake. Make sure you have a full water bottle on hand and hydrate every 15 minutes.

¹ "Oh my raking back, dangers of leaf raking." Jackie Johnson, Wisconsin Radio Network, 11 October 2013, Web, 9 September 2014.
² "Avoid Leaf Raking Injuries." West Hartford Chiropractic, n.d. Web, 9 September 2014.
³ "Calories Burned from Raking Lawn." My Fitness Pal, n.d. Web, 9 September 2014.

6 TIPS FOR A Healthy Autumn



1 PREVENT THE FLU

Get vaccinated each year in the fall. Stay home if you get sick.



2 GET SMART ABOUT ANTIBIOTICS

The common cold and the flu are viral infections, so avoid using antibiotics.



3 TEST AND REPLACE BATTERIES

Check or replace carbon monoxide batteries twice a year, smoke detectors once a year.



4 HAVE A SAFE AND HEALTHY HALLOWEEN

Make festivities fun, safe, and healthy for trick-or-treaters and party guests.



5 WASH YOUR HANDS

Avoid getting sick and spreading germs - wash your hands with soap for at least 20 seconds.



6 KEEP SEASONAL FOOD SAFE

Separate foods to avoid cross-contamination. Cook to proper temperatures.

Chicken Bacon Ranch Bubble-Up Bake

YIELDS: 8 SERVINGS
PREP TIME: 0 HOURS 10 MINS
TOTAL TIME: 0 HOURS 50 MINS

Ingredients

Cooking spray
6 Slices bacon
6 tbsp. butter
6 tbsp. all-purpose flour
3 c. whole milk
3 c. shredded cheddar
2 large heads broccoli, cut into small florets
3 c. shredded chicken
1 (16.3-oz.) can refrigerated biscuits
2 tsp. ranch seasoning mix

Directions

1. Preheat oven to 350°. Grease a 9"-x-13" baking dish with cooking spray. In a large skillet, cook bacon until crispy, about 8 minutes, then drain on a paper towel lined plate. Wipe skillet clean.
2. In the same skillet over medium heat, melt butter. Whisk in flour and cook until bubbly, about 1 minute. Gradually stir in milk and bring to a simmer. Cook until thickened, about 2 minutes. Whisk in cheese and cook until melted, 1 minute. Season with salt and pepper and stir in broccoli. Remove from heat.
3. Spread broccoli mixture into the bottom of the baking dish, then top with chicken. Cut each biscuit into eighths and scatter on top of chicken. Chop bacon into small pieces and scatter on top of biscuits, then sprinkle with ranch seasoning.
4. Bake until biscuits are golden and cooked through, about 25 minutes.



HAPPY BIRTHDAY!

Faculty

09/24	Dr. Thomas
10/14	Mrs. Swineford
10/29	Mrs. Phillips
11/01	Ms. Robbins

Students

09/05	Jerica Muse	10/01	Alexis Forrester	11/03	Fernando Ramos
09/06	Samantha Warmbier	10/02	Lauren McCormick	11/06	Anne Houser
09/09	Terrence Booker	10/03	Yudong Xing	11/07	Brooklyn DiPalma
09/18	Catherine Hodges	10/04	Charley Webb	11/12	Kylie Alder
09/21	Hannah Beckner	10/05	Hannah Kinstler	11/14	Keri Palimore
09/22	Mallory Sharp	10/05	Felicia Wears	11/19	Paiten Dodd
09/24	Dechelle Jacobs	10/07	Victoria Howell	11/21	Mayila Kouroma
09/24	Krystle Rhodes	10/09	Kaley Moring	11/21	Bria O'Neil
09/27	Deja Jackson	10/12	Najah Bolden	11/29	Emily T. Smith
09/28	Alanna Horton	10/13	Kelly Eggleston		
		10/19	Kristen Davis		
		10/26	Autumn Atkinson		



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 November/December newsletter by November 19th.

Thank you!