

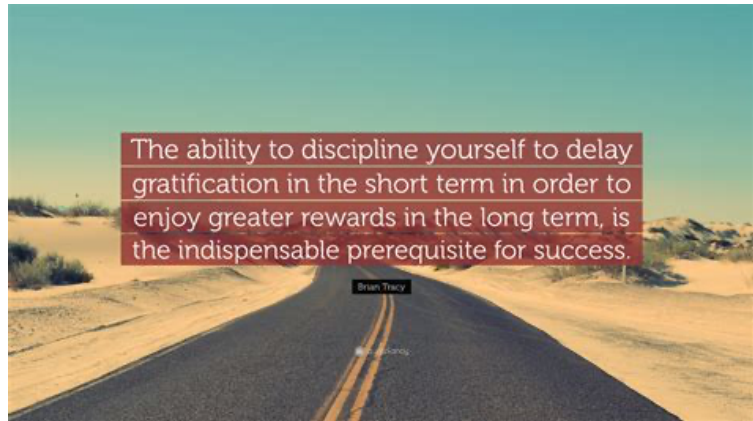
Inland Empire Health Sector Update

May 2022

Staying Healthy: Health Tips for the Inland Empire

This month's topic: Instant Gratification

Instant gratification can change our brain and lead to destructive financial, social, and **health** outcomes. But it can also mean more can get done in less time, leading to more productivity...is that good or bad? Ask your body and your mind...is it making you more or less stressed, successful and/or healthy? Depends on how you use it!



The Instant Gratification Mindset: how it affects our work and productivity

Recently, while going through some of my old military documents, I happened upon several letters written between me and my wife, then-girlfriend. As I reviewed the dates on these letters, I observed that they were about 2 weeks apart and one letter was answering questions posed by the other letter. These letters dated over 20 years ago, and I found it very amusing that it took about 2 weeks to get an answer to a question when we now have instant messaging and can communicate with each other instantly no matter where we are in the world.

The technology has changed so much in the past 20 years, and it is amazing how much quicker we can communicate with each other now. It is really a shame that we don't take the time to sit down and write letters to each other anymore because it is a really nice way to communicate and express your thoughts and feelings. With all the new technology, we have lost something special. This got me thinking about the power of now and how instant gratification has changed the way we live and operate. What is instant gratification and how has it changed the way we live and operate?

The term "instant gratification" is something that I hear quite often in the workplace among the older generation. It is usually used negatively to shed light on a situation involving someone in their 20s or younger. Instant gratification is often seen as a negative trait because it is associated with impatience and a lack of self-control. However, I believe that instant gratification can also be viewed

as a positive trait. After all, what is wrong with wanting things to happen immediately? With the constant and immediate flow of information available today, we have access to a wealth of knowledge at our fingertips. Granted, this can sometimes be overwhelming, but it also means that we can find answers to our questions more quickly than ever before. We live in a world where we can order food online and have it delivered to our door in under an hour. We can stream movies and TV shows whenever we want. And we can get our work done from anywhere with an internet connection. Instant gratification doesn't always mean getting what we want right away - it can also mean being able to accomplish our goals more quickly and efficiently. In a fast-paced world, instant gratification can be a valuable tool.

Instant gratification has become the norm in our society, and there is nothing wrong with that. In fact, I believe that instant gratification can be a good thing. It can lead to increased happiness and satisfaction because we are getting what we want right away. So, the next time you hear someone being criticized for wanting things to happen immediately, remember that there is nothing wrong with that. Instant gratification is not a bad thing, or is it?

On the other hand, instant gratification can have long-term negative consequences. That's why it's important to be aware of your own Instant Gratification Tendency (IGT). The IGT is a measure of how likely you are to seek immediate pleasure even when it may not be in your best interest. If you have a high IGT, you may want to consider ways to curb your impulse for instant gratification. One approach is to delay gratification by setting yourself a goal and then working towards it over time. This can help you develop patience and self-control while still allowing you to enjoy life's pleasures in moderation.

So, in a world where Instant Gratification is the norm, what should be the acceptable standard? The answer to that question is more puzzling than the question itself. The debate over instant gratification is one that has been around for centuries. On the one hand, there are those who believe that instant gratification is a good thing. After all, it can lead to a sense of satisfaction and contentment. And in many cases, it can be a more efficient way to achieve a goal. On the other hand, there are those who believe that instant gratification is a negative thing. They argue that it can lead to short-sighted decision-making and a lack of self-control. Ultimately, the choice between instant gratification and delayed gratification is a personal one. There is no right or wrong answer. What matters most is that you make the choice that is best for you.

Written by: Keshawn Cupid

Keshawn is the CEO of Modern Kaizen LLC, an accredited Lean Six Sigma & Professional Leadership Development training organization based in Southern California. www.modernkaizen.com

IE Highlight of the Month

**Congratulations to Health Faculty and Leaders Who Completed the 2021-2022
25 Module Class: Effective Teaching Strategies!**



At ACUE, we believe in the transformational power of education. We're on a mission to partner with colleges and universities in America to ensure student success and equity in every class. Endorsed by the American Council on Education (ACE), our certification programs equip faculty with the evidence-based teaching practices proven to:

*Improve Student Engagement
Increase Persistence
Close Equity Gaps*

Crafton Hills College Graduates

EMT program: John Grounds and Kristen Clements, “I am always interested in learning new ways to motivate and encourage my students (and myself really). I was excited for the opportunity to take the ACUE Educator Course (thank you for the opportunity). This course provided me with tips and tools that I can use throughout my career as an educator. The information was presented well and was very relevant for any educator. I would recommend this course to ANY faculty (new or seasoned), you will learn a lot about being an Effective Educator. And I loved all the amazing references and resources that I now have in my toolbox for future use. Thank you ACUE and the facilitators for a great course. HIGHLY RECOMMEND!!”

Respiratory Tech program: Daniel Rojas, Nick Morris

Industry Sector Manager, Health: Wendy Deras, “I have taught for 29 years and have a Master’s in Nursing Education and a Certified Nurse Educator Certificate from the NLN and I could not believe how much I learned...every week something new, relevant, and challenging, I highly recommend ACUE’s class! All health science faculty should take this series!”

College of the Desert Graduates

Nursing: Wendy Alberty, Stephanie Montalvo, Mary Suarez, “ACUE helped me find new techniques and methods to use in the classroom to effectively teach students. It was amazing to utilize the tools I learned – in-real time – throughout the course of the semester. It is a valuable learning module and perfect for new teachers who are honing in their skills.”

Health Sciences: Adrian Casas

Professional Development
To register for these events, contact wederas@collegeofthedesert.edu

Date	Title	Speaker	Hours	Discipline
6/1/22	Civility Matters: A Workshop for Healthcare	Cynthia Clark	8-12	All Allied Health and Nursing (and staff)
6/16-6/18	Healthcare Director Bootcamp Retreat In-person	Baker and Cordova	8-430	*Part of the Directors Bootcamp (Days 4-5)
7/7, 8/4, 9/9, 10/8, 11/4, 12/2, 1/20	Digital Fluency	Modern Clerisy	Two hour's a month live, then self-paced modules	All Allied Health and Nursing
8/8	All About Adobe! For Educators	Modern Clerisy	9-1	All Allied Health and Nursing
9/10, 9/17	Civility: In Education	Modern Clerisy	9-1 A 2-day event (8 hours)	All Allied Health Nursing
9/29-30, Oct 21, Nov 18	New Educator Bootcamp Sign up your new faculty with Wendy	Various	8-430 each day	TBA The retreat is overnight
11/3/22	Preceptor Class: Gray Gorilla Save the date	Roxi Redd	8-430	All Allied Health and Nursing

Communities of Practice (CoP) meetings:

Industry and Faculty are invited to participate in discipline specific Zoom meetings to share Best Practices and solve common issues. *If you need added to a list, email Wendy.*

Inland Empire/Desert Healthcare Employer Consortium (invite your industry partners)
2022 Dates: 11am-1230pm virtual

6/21, 7/19, 8/16, 9/20, 10/18, 11/15, 12/13

Time: This is a recurring meeting: <https://cccconfer.zoom.us/j/93291880342>

Industry partners (acute care, long term care, assisted living, FQHC, nonprofit), college leadership, faculty and job developers invited. This is to build relationships between health programs and our industry partners and share professional development opportunities. Industry can provide updates and employment needs, changes in industry and colleges can present new program development and coordinate to meet employers needs.

Colleges: Job Developers, apprenticeship directors, faculty, deans, and directors, with a minimum of one person to represent ALL your colleges health science programs for our industry partners (ok if more than one come and report). Please invite your industry partners, you may copy and paste the paragraph above.

S. CA C.N.A CoP.:

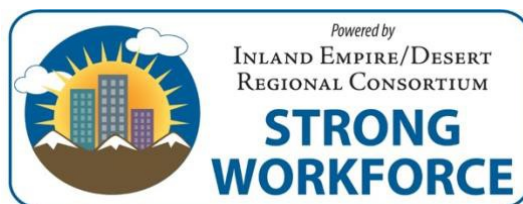
Statewide meeting for CNA/HHA

2022 Dates: 3pm-430pm virtual

6/15, 7/20, 8/20, 9/21, 10/19, 11/16, 12/14

<https://cccconfer.zoom.us/j/9092605488>

Regional College News



Contract Education and Health Programs

Inland Empire Desert Regional Consortium (IEDRC) invests in responsive short-term training to upskill residents and invest in local businesses. This year, IEDRC invested \$184,000 providing customized skills for participants to gain employment with local businesses. Programs included certified nursing assistant, central sterile technician, phlebotomy, and gas technician jobs. All programs were designed in collaboration with the businesses to ensure participants received job-specific skills to gain employment. Next year, the IEDRC will invest \$1M in the region to provide customized skills for employment for the community. **There is time to apply for a program for short-term training...this can be in health or another sector, contact Deanna Kriehbiel at dkrehbiel@sbccd.edu**

College Updates

Crafton Hills College

Public Safety: Crafton Hills College EMS is now offering summer courses for Paramedic and EMT. As part of the EMT program, we have partnered with AMR to offer students and Earn As You Learn (EAYL) pathway to success. This program was originally offered by AMR on the east coast. With the success of the east coast program the organization has decided to extend the same concept on the west coast. Crafton Hills is one of the first community colleges to participate in this dynamic pathway process. This concept assists in the ongoing EMS shortage and provides students with a funding stream and career placement as they are achieving their EMT certification.

CNA: Graduating the 3rd course in May and starting 4th cohort in June...this year long SWP funded CNA Program project is placing graduates at local skilled nursing facilities before they even graduate. Paying \$17-\$25 per hour to start! The CNA Program will become noncredit fall 2022. The Home Health Aide Program will start in July under SWP and be FREE to CNAs who take the course.

San Bernardino Valley College

Welcome New Nursing Faculty!



Anita Arnold, MSN-Ed, RN

Anita Arnold started her nursing career in 2010, after teaching Biology for many years. Most of her nursing experience was spent in cardiac telemetry, medical surgical telemetry, and the direct observation unit at St Bernardine Medical Center. She joined the San Bernardino Valley College faculty in January of 2022. Anita is currently teaching second semester, Beginning Medical Surgical Nursing. Through nursing education, she hopes to foster the love of nursing in her students and support new nurses in their journey. When not at work, Anita enjoys travel, hiking, photography, and art.

Maritza Robles, M.S.

Hi everyone! My name is Maritza, and I am a first generation, Mexican American professional. I currently serve as a Nursing Counselor at San Bernardino Valley College. I earned my M.S. in Counseling, College Counseling and Student Services degree from CSU, Northridge. Throughout my time working at the community colleges, I've had the opportunity to provide personal, academic, and career services to students in the Nursing, EOP&S/CARE, CalWORKs, and NextUp Programs. I decided to pursue the Counseling field because I want to uplift students and be a positive contributor to the transformational work that's done in the community college system. When I'm not working, I enjoy spending time with my family and friends, watching Netflix, or being out in nature.



Mary Rascon RN

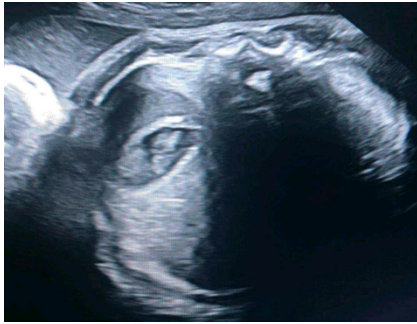
“I feel that we all deserved to have a better education in life, and we can accomplish it with efforts and dedication.”

Mary is very proud of her Latinx heritage. She was born and raised in Mexico, with the dream of influencing people's lives. Mary graduated from University of Chihuahua with a bachelor's degree in medical science. She migrated to the U.S. with her husband and one-year-old son. Her first job was as mental health worker in a small forty-five bed acute psychiatric facility. Mary attended Hacienda La Puente Adult School and obtained her LVN license. She continued working as LVN at the same psychiatric facility then attended Rio Hondo College to obtain her RN degree. Mary is enthusiastic about teaching new nurses. As mentor and preceptor at the Hospital site, she decided to continue her education at University of Phoenix and obtained her master's degree so she can become a Nurse Educator. Mary completed this program in 2016 and worked at different colleges as an adjunct instructor teaching skills and clinicals. Mary was hired as full-time faculty for the Nursing program at San Bernardino Valley College in January 2022



Mt. San Jacinto College

Diagnostic Medical Sonography Program (DMS)



The DMS Program is so thankful to Strong Workforce for updated Simulation equipment. There are over 1000 modules in Abdomen, OB, Gyn, Transvaginal, and Breast!



Monica Vellido (Class of 2023) is a DMS Junior and an aspiring diagnostic medical sonographer, shifting careers from vision care as a dispensing optician for 15 years. She graduated from the University of California, Irvine in 2004 as a Biological Sciences major specializing in Neurobiology, combined with a Psychology minor. When not captivated by Doppler shifts and the intricacies of the Circle of Willits, you can find her dabbling in arts and crafts or hunting down podcasts for the latest period drama. She resides in Escondido, CA with her husband Justin and five children.

Victor Valley College

Nursing Assistant high school program admits 17 high school juniors and seniors for a summer course that starts June 20th for six-week semester.

RN pass rates Quarter 1: 2022 NCLEX-RN pass rate 100%. Overall cumulative pass rate 99.6%.

MA students are taking a phlebotomy course in Summer 2022 semester to broaden employment opportunities.

213 ADN applicants applied, 65 highest point scores invited to take TEAS admission readiness exam and 40 will be admitted based on total points and TEAS scores.

Watch VVC website for application dates in Sept./Oct. 2023 for ADN program.

College of the Desert

COD graduates its first class of Pharmacy Technicians! Congratulations on the new program!