

Simulation lab provides unique opportunity for nursing students

Yosemite Community College District

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IMAGINE a roomful of college nursing students practicing acute patient care and life-saving skills on a full-size human manikin—one that even blinks and sighs like a real person. Everything about the high tech manikin from its external “skin” to its bodily functions is very human-like. The simulated training enables the students to apply what they’ve learned in their coursework into realistic medical situations without compromising “real patient” care.

There are actually three manikins at the Modesto Junior College (MJC) Human Patient Simulation Laboratory, located at 4 South Forest Road in Sonora: an adult, child (pediatrics), and infant. “The manikins simulate bodily functions identical to humans, like heart and lung sounds, breathing, eliminating wastes and bleeding,” said Danise Rapetti, R.N., who coordinates the simulation lab. “Bodily fluids introduced into each manikin mimic human bodily fluids. This makes our learning exercises very realistic and students can see what will happen during medical procedures from blood draws and IV insertions to surgery.”

The simulation lab, three manikins, equipment and materials were financed through a \$222,320 California Rural Nursing Grant from the Workforce Investment Division of the California Employment Development Department, which was awarded last May. Cost for the manikins alone



From left: Brian Forbes and Laurie Norfolk receive instruction from Diane Hosmer

totaled about \$105,000. Through a collaborative arrangement with Sonora Regional Medical Center, space for the laboratory is donated to the MJC Nursing Program. Along with MJC and Columbia College, Oak Valley Hospital in Oakdale is currently the other partner in this training coalition for nurses.

The students first acquire their general education and prerequisites through Columbia College. Upon successful completion of those core courses, they apply for the MJC Registered Nursing Program. Those accepted into the program receive interactive instruction through live video conferencing from a MJC nursing classroom in Modesto to a Columbia College classroom and at the Human Patient Simulation Lab in Sonora. The skills lab and practicum, or practical hands-on clinical training, is also done in the Mother Lode at Sonora Regional Medical Center and at the

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Joan Smith, Ed.D.
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Dr. Joan Smith

President's Note

WITH ABOUT 400 guests in attendance, last month's Lakeside Jazz & Wine drew the biggest crowd of participants ever. I want to thank everyone, who contributed to the success of our fourth annual Columbia College Foundation fundraiser—and in particular, the foundation board members for their support.

We also had more faculty, staff and students participate than ever before. Your efforts truly made this event the success it was. Of course, our sincere thanks goes out to the wineries, food purveyors, auction donors, exhibiting artists, media advertising donors, musicians, facilities crew, and culinary students. A special acknowledgement is also extended to Richard Matranga, our foundation president for generously donating the use of his condominium on Molokai as the highlight of the live auction.

However, the best gauge of the event's success was through members of the community. I had so many people tell me how much they enjoyed themselves and how wonderful it must be to go to

school in such a beautiful place as Columbia College. I agree with them and, believe me, it is even better to work here!

Lakeside Jazz & Wine is just one way that people can support the foundation and in doing so, support Columbia College. Donations through the nonprofit foundation go toward encouraging deserving students through scholarships, along with financing programs, equipment, supplies and other purchases that cannot be adequately covered by state funding alone.

I encourage you to take an active role in the foundation and help today's Columbia College students become tomorrow's leaders and responsible members of our community.

Sincerely,

Joan Smith, Ed.D.
President

Nursing *continued from page 1*

simulation lab. Graduates receive their associate degrees in Registered Nursing from MJC.

The goal of all the college academics and training is R.N. certification. To achieve this, individuals must pass the California Board NCLEX RN (National Council Licensure Exam for Registered Nurses), a rigorous three to six-hour examination. "We are very proud of the NCLEX pass rates by our MJC graduates, which have been traditionally high," said Rapetti. "Last year, for instance, our graduates had a 96.26% pass rate."

Prior to the formation of the Mother Lode Nursing Consortium, the foothills had limited access to nursing education. Especially challenging was the commute to Modesto for clinical work. Through the coalition and colleges' distance education capabilities, students now have the convenience of remaining local for most

of their education and training. The simulation lab has also played a major role in enhancing the quality of the nursing program; use of high tech simulation manikins is rare in rural settings due to the expense.

No small secret, the current nursing



shortage—globally and nationally—is reflected throughout the state and region. According to Donn Swartz, Sonora Regional Medical

Center's director of human resources, "We typically need about 30 R.N.s each year due to retirements and other reasons. The Columbia College program through MJC is an effective way of recruiting nurses for our medical facility. We have hired about 80 percent of their nursing graduates annually through this program.

"The colleges have done a real service in providing such a strong focused program and made a major step by acquiring funding for the simulation lab. It's an efficient way of helping meet a continuing need for nurses to provide for the health care of residents in the Tuolumne County area," he said.

A reception and tour of the lab is scheduled on November 14 at 1:30 pm prior to the YCCD Board of Trustee's meeting. Chancellor Roe Darnell and board members Pat Dean (chairperson), Abe Rojas (vice chairperson), Desirree Abshire, Anne DeMartini, Linda Flores, Tom Hallinan, Paul Neumann and Elbert James (student trustee) have been invited. Invitations have also been extended to legislators who represent the area at the national, state, county and city levels, and news media. ■

For info: contact Gary Mendenhall at 588.5142.

Danise Rapetti demonstrates procedure on manikin



College & University Transfer Day draws students from four counties

STUDENTS FROM Tuolumne, Calaveras, Stanislaus and Amador Counties arrived on the Columbia College campus for the College & University Transfer Day on October 25. Among the nearly 400 who attended the event at the Manzanita patio area were juniors and seniors from Sonora High, Summerville High, Amador High, Gold Strike High, Ted Bird High, Gold Rush School, and many from the Oakdale and Waterford areas, as well as a number of home schooled students.

Representatives from 26 colleges, universities, public agencies and the military were on hand to answer questions and provide firsthand information on their educational institutions and organizations. Students were able to go from table-to-table to

collect literature and speak directly with the representatives regarding their admission requirements, variety of programs, tuition, financial aid and scholarships.

Summerville students Emma Kimes, Allison Barry, Megan Maloy and Ruby Willis attended as a group.



Josephine Pena, UOP

They were all in agreement that the event was “awesome and enlightening and a chance to find out about some future colleges.” A common concern for them was the cost of education and the need for financial aid.

Also participating as a group were Sonora High seniors Allison Drobish, Kristina Russell and Megan Murphy. “I expected just Columbia College to be represented today, but there are so many



Sonora High seniors



other schools too,” said Drobish. “There is a lot of valuable information being handed out.”

Dustin Noji from the UC Merced Office of Admissions-Student Affairs felt that representing his university at the transfer day was worthwhile. “It’s an opportunity to meet potential students in the area, make contacts, and provide information on our UC,” he said. “Many don’t know that there is a UC campus just down the road.”

According to Debbie Luther of the University of Phoenix, her institution provides accelerated courses for working adults. “Although we have 300 campuses across the country, a large number of our students take courses online. They have family or occupational obligations and not a lot of free time. That’s why it works for them. We offer bachelor’s degrees, master’s degrees and doctorates,” Luther said.

Along with general college information, representatives were prepared to assist with specifics. “Many students don’t know how to apply and we’re here to answer their questions and help,” said Tatiana Guadamuz, admissions counselor at Patten University of Oakland. “Being at activities, such as this, is valuable because we can share with students the many opportunities at our schools.” ■



Columbia College staff



Transfer Day coordinator Doralyn Foletti (left) with Bobbie Coyle, counselor

Community turns to college for health and fitness



Instructor Josh Bigelow, left, with Carl Lindheimer

FOR A NUMBER OF YEARS, foothill residents have gone to college to maintain their health and fitness, get educated on diabetic management, and participate in exercise therapy for cardiac and pulmonary rehabilitation. The current specialty fitness programs at Columbia College today are:

- Cardiac Rehabilitation III Exercise Therapy
- Adaptive Physical Education
- Pulmonary Rehabilitation
- Exercise & Diabetic Management.



Kay Burns

In the 1970s, Dr. Bob Gibson, a now retired Columbia College physical education instructor, began the movement to introduce an adult and lifetime fitness program in addition to the college's traditional physical education offerings. His vision was to utilize the institution's resources to implement lifestyle changes for students from ages 16 to 90 and beyond through fitness. The first classes were conducted in the armory at the Columbia Airport.

This program grew and quickly caught the attention of the local medical community. Working in collaboration, a cardiac fitness

program was implemented in 1979. The program's function is rehabilitation of heart disease patients through medically supervised exercises and health education. It is intended for those, who have already successfully progressed through the hospital and home recovery phases. Enrollment requires a physician's referral.

In 1981, individuals with hip and knee replacements, survivors of strokes, and those with arm or back problems were the first students in the new adaptive physical education classes. These classes are specifically tailored and designed to give education, exercise and support to people with physical limitations.

This was followed by establishment of a pulmonary rehabilitation program. Under medical direction of a physician, the program is for persons with breathing difficulties, including emphysema, chronic bronchitis, bronchiectasis, asthma, and other chronic obstructive pulmonary diseases.

Diabetes (type 2) has been steadily on the rise within the U.S. and approximately 7%, or 1.4 million Americans were diagnosed with it in 2002. The foothill counties reached a high of 6.3% of the adult population in 2001. In view of these statistics, Columbia College introduced a course in exercise and diabetes management. Lectures focus on improving health management, along with addressing specific health issues. Exercise is conducted in a safe, social setting with peer interaction. A community medical advisory board, chaired by Dr. S. Todd Stolp, Tuolumne County Public Health Department director, oversees the program along with other medical professionals.



From left: Cheryl Pittman, Leanne Bird-Huey and Barbara Shaw



Instructor Mike Fabry secures Loren Bird's foot straps



Karen Yacovetti leads exercise class

In one adaptive P.E. class alone, community members attend for a number of different health reasons. Carl Lindheimer, 89 of Columbia has been enrolled faithfully because “it has put five to 10 years on my life.” Kay Burns, 91 also of Columbia extols the benefits of exercise to “keep her mind going” and especially enjoys the friendly banter and companionship of those in the class. Quentin Stirtz, 79 of Sonora suffers from arthritis and exercises just to keep moving. June Berg, 85 of Columbia started attending adaptive physical education classes in 1989 and continues to do so in order to “prevent her heart rate from going too high.” In addition, she acknowledges that regular exercise has helped her recover faster from surgery in the past. One of the “younger” class members, Ron Hemsworth, 69 of Jamestown exercises to lose weight and has gone down two pant sizes while in the class.

“We basically have four structures in our present Health and Human Performance Department programs. Traditional courses, athletics, outdoor recreation classes and of course, our specialty fitness classes,” said Josh Bigelow, an H-HP instructor. “Through our specialty fitness classes, we feel very fortunate in being able to help individuals achieve their fitness goals and in that way, represent Columbia College in a real positive light.”

Informational brochures about the college's specialty fitness programs can be obtained from the Health and Human Performance Office in the Oak Pavilion, 588.5180. ■



June Berg



Ray Andirini



Quentin Stirtz and Ron Hemsworth, foreground

Newsbytes

Dr. Tim Elizondo, a Columbia College speech instructor, was recently recognized as the New Coach of the Year by the Northern California Forensics Association. His students have won multiple awards with successes on state and national levels, as well as at regional tournaments. According to the association, "Other instructors/coaches have watched as Columbia College's debaters have risen from good novice level students to excellent varsity level debaters, and have had success against both two and four year institutions."



The Cellar Bakery, run by the Culinary and Pastry Arts students, is open on Wednesdays and Thursdays from 9:00 am to 2:00 pm for purchases of baked goods.

Health Services Office hours in Juniper 2 are Mondays, Tuesdays and Wednesdays 9:00 am-4:00 pm and Thursdays from 11:00 am-6:00 pm. Tuberculosis testing will be offered every Monday and Tuesday. A mental health counselor (Erlene Keller) is available on Wednesdays and Thursdays. Call 588.5204 to make appointments for campus health services.

The food cart in front of Tamarack Hall is open Monday through Thursday for lunch, 12:00-2:00 pm and dinner, 5:00-8:00 pm.

Columbia debaters dominate competition

THE COLUMBIA College team took first place honors at the recent Kevin Towhy Memorial Speech and Debate Tournament at Concord. During the weekend event, three Columbia teams were entered and achieved an impressive record of 15 wins and three losses in the preliminary rounds.

Trevor Wittke and Zach Macbeth were named tournament champions in the open/varsity division by defeating rival City College of San Francisco. Their topic was whether or not the United States should ratify the United Nation's Law of the Sea Treaty.

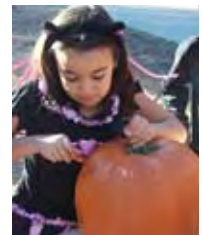
Cody Cooper won the top award for being the best speaker of the tournament and Taureanna Shimp earned second place honors. Together, they were undefeated in the preliminary rounds and outperformed teams from UC Davis, Santa Clara University, Bethany College, Cal Lutheran, and Modesto Junior College.

Ryan Downey and Katie Kelly navigated their way to the quarterfinals of the novice division. Team coach is Dr. Tim Elizondo. ■



No tricks, just treats for community

THE ASSOCIATED STUDENTS of Columbia College (ASCC) hosted Monster Mash on Halloween, of course. The event was held at Carkeet Park for the college community as well as the public to provide a safe and fun Halloween event. The many activities included a pumpkin carving contest, costume competition for all ages, music, haunted house and barbecue. ■



Calaveras Center Art Show & Reception



The works of Lori Hanson (at left) and her students were showcased on November 2 at the Calaveras Center. Exhibiting students are enrolled in Hanson's portrait drawing class.

Student Success Report

SHERRY JUHL needed some prodding from a school principal and a superintendent before even attempting college. Today, the Columbia College alumna is a drama and English teacher at Sonora High School.

After graduating from Manteca High School in 1964, Juhl trained as a cosmetologist and spent ten years in that career in Manteca. During those early years, she raised her young children and was also a 5th and 6th grade teacher's aide. "I loved working in the classrooms and found the job very rewarding," said Juhl.

In 1978, Juhl and her family moved to Sonora where she became a K-8 teacher's aide at Sonora Elementary School and also coached cheerleaders there. "One year, I aided in a math class and there were twelve 8th graders, who desperately needed tutoring to pass the proficiency test," she said. "I worked with them exclusively and they all passed!" That's when Ron Meade, the former school principal, encouraged her to become a teacher. "I told him that I never went to college and didn't pursue it," she said.

But it was Paul Mierop, previous superintendent of the Sonora Elementary School District, who also made the same suggestion to her. "I told him that if I went back to school,

I would be 45 years old before I could start teaching," Juhl said. "His comment was, 'You'll be 45 anyway, so what's the difference?' and I decided that he was right. No more excuses."

Juhl started slowly and cautiously at Columbia College in spring 1985 by taking one class, followed by two, and then more. "I loved Columbia because it was small enough and the instructors were always willing to help the students," she said.

Sherry Juhl received an A.A. degree from Columbia College in 1990 and thanks to an AAUW scholarship, was able to attend CSU Stanislaus where she earned a bachelor's degree in English and a minor in drama in 1992. Her teaching credential is from UOP.



Sherry Juhl

Any words of wisdom for students? According to Juhl, "Find your passion in life— even if it seems to take forever. Then make it your livelihood. That's what I did. Imagine getting paid for what you love doing!" ■

Campus Calendar / November 2007

November Meetings

7 Wednesday

Leadership Team
Com Ed Room
9:30 am

9 Friday

All-College Meeting
Cedar 1
9:30 am

Safety/Facilities Committee

Safety 9:00 am
Com Ed Room
Facilities 11:00 am
Fir 2

College Council

Com Ed Room
1:00 pm

14 Wednesday

YCCD Board of Trustees
Com Ed Room
5:30 pm

16 Friday

Academic Senate
Cedar 1
1:30 pm

TBA

Classified Senate

Columbia College President's Report

InSite is published on the first week of every month excluding summer months. Editorial contributions are encouraged and due on the last day of each month prior to publication. Submit editorial materials to the Public Relations Office and calendar items to the Instructional Materials Center/Mailroom Secretary.

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1

HIV/AIDS Awareness Week (last day)

Tamarack Hall – Library Gallery
8:00 am-4:30 pm

2

Calaveras Center Art Show & Reception

Calaveras Center – Angels Camp
5:00-7:00 pm

Book Club Discussion

The Spirit Catches You and You Fall Down
by Ann Fadiman
Library from 4:30-5:30 pm

3

Fall Jazz Series – Contos and Shelton

Dogwood Forum, \$15
7:30 pm

4

Fall Jazz Series – Contos and Shelton

Magnolia School – Oakdale, \$15
3:00 pm

5

Book Club

Epitaph for a Peach by David Masumoto
Free copy in library
Discussion in early December

6-7

Contemporary Cuisine Dinners

The Cellar Bistro
5:00-7:00 pm

6-7-8

Flu Vaccines

Health Services Office (Juniper 2)
Call 588-5204 for office hours
Students \$5/Others \$15

7

Civic Engagement Free Film Series

Wetback: The Undocumented Documentary
Dogwood Forum at 7:30 pm

9

Musical Interlude

Jam, Jelly and Salsa
Library from 12:00-1:00 pm

13-14

Contemporary Cuisine Dinners

The Cellar Bistro
5:00-7:00 pm

13 & 15

Mood Disorders Screening

Com Ed Room
11/13 from 10:00 am-4:00 pm
11/15 from 12:00-5:30 pm

14

Civic Engagement Free Film Series

Farmingville
Dogwood Forum at 7:30 pm

Meet the Author

Featuring Jim Toner
Library from 3:00-4:30 pm

20-21

Contemporary Cuisine Dinners

The Cellar Bistro
5:00-7:00 pm

21

Civic Engagement Free Film Series

Sierra Leone's Refugee All-Stars
Dogwood Forum at 7:30 pm

27-28

Contemporary Cuisine Dinners

The Cellar Bistro
5:00-7:00 pm

28

Civic Engagement Free Film Series

Sicko
Dogwood Forum at 7:30 pm