

the Guiding Light



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A Word from Your **VICE PRESIDENT**

As your new leader I contemplated on what my first message should be to all of you associated with the school; students, faculty, administration and other SFCC associates. What excites me most right now is the beginning of my latest journey as a lifelong learner. I have begun a leadership formation, a 3 year commitment, I am currently participating in at Christ the King Retreat Center in Sacramento.

Ministry Leadership Center (MLC)

The MLC is a group of professionals who lead leadership formation. They are sponsored by Catholic Healthcare West, Daughters of Charity Health System, Providence Health & Services, PeaceHealth, Sisters of Charity of Leavenworth Health System, and the St. Joseph of Orange Health System. The members of my group are from all but one of these entities. Through the collaboration of these organizations the MLC was formed to prepare leaders from all of their facilities to lead the mission and ministry of Catholic healthcare.

So what is leadership formation?

The leadership formation process is creative, communal and cumulative and promotes the development of health care leaders within the Catholic tradition. The main reason for this type of facilitated experience is to prepare healthcare leaders to practice within Catholic health care settings as the demands of the laity increase since the pool of our religious leaders is becoming smaller and smaller. This will prepare the non-religious to carry on the Catholic traditions that will optimize each of our ministries so that we can fulfill our mission in the ministry of healing.

There are twelve distinctive Catholic teachings covered over the three year period: vocation, heritage, spirituality, responding to suffering, values integration, discernment, clinical ethics, organizational ethics, Catholic Social Teaching, advocacy for the poor, whole person care, and collaboration with church agencies. This focused leader development program is intended to foster a working knowledge and introduce skills to continue Catholic tradition.

[Continued on page 2]

Fall 2011

Issue #7



Member of Daughters of Charity Health System

[continued]

A Word from Your VICE PRESIDENT

Creative

This type of learning and integration emphasizes creativity. This mirrors our own Vincentian value of inventiveness to infinity. It is critical to apply this principle so that we as leaders not only understand the distinctive features of our Catholic ministry deeply enough but we can also articulate their importance and integrate them into ever-changing situations. Creativity is needed for the development of new insights and initiatives so that we can act as trail blazers in new territory as we develop programs and services to meet the needs of our community during this time of healthcare reform.

Community

Each cohort that begins at MLC is designed around the notion that each is its own distinctive community of leaders who support and challenge one another. A communal approach is reflective of both Catholic Social Teaching that values the human person as an individual who is intrinsically social, and the collegial and collaborative methods necessary for delivery of health care.

Cumulative

Leadership formation is seen as a cumulative process with an emphasis on discipline and perseverance to enhance the leader's interests and abilities gradually over time. This allows many elements of Catholic health care tradition to be assimilated as time goes on and a stronger leader emerges to integrate their Catholic understanding of the ministry of healing.

So why does this matter?

Again, as your new leader, it is a perfect time for me to commit to you that I will integrate our core Vincentian values into SFCC's policies, procedures, standards of behavior, and strategic planning and decision making. I hope to build on and support the development of the existing team of great associates who have grown the career college into a great community of learning.

In closing, of all of the beliefs of our sponsors, the Daughters of Charity, this is the one that rings the truest for me, "We believe that we live in communities from which we draw and to which we must contribute. We have a legacy from St. Vincent de Paul, St. Louise de Marillac and St. Elizabeth Ann Seton which calls us to provide quality education and opportunities for people to develop their God-given talents." And, it cannot be expressed any better than that!

Warmest personal regards,
Beverly Quaye

Some Spiritual Advice for This Time of Year

by: DEACON JIM CUMMINGS
SFCC Spiritual Advisor

We live with a variety of calendars and cycles. Besides our twelve months that begin each year on January first, a fiscal year begins on July first and school years typically begin in late August / early September. The circle of life has its beginnings and endings. The Roman Catholic Church year always ends in the month of November: the month of All Souls. The month begins with several days that are collectively known as Dias de los Muertos / The Days of the Dead. October 31st is the Eve of All Saints Day: The Holy Evening or Halloween. November first recognizes All Saints, followed by the November 2nd commemoration of All Souls: All the Deceased Faithful.

As the church year comes to a close we remember those who have died, especially in the past twelve months. As daylight in the Northern Hemisphere gets shorter, the liturgical focus shifts to the End Times, to Judgment Day, and the Final Things. In the United States of America it is also a time to give thanks and recognize our many blessings. And of course, we are looking ahead for the cycle to once again repeat itself—for a new time of grace to dawn with the season of Advent and Christmas. A new visual and pictorial depiction of the church year will take its place in the fifth floor hallway as the Year of Grace 2012 begins. The Christian Way is a cycle of life, death and resurrection, a model based on the life of Jesus Christ. And for us at St. Francis Career College, the Christian Way is encapsulated by the Vincentian Values, as lived by Vincent, Louise, Elizabeth Seton and the Daughters of Charity throughout the years.

Vocational Nursing: October 2010

EXPERIENCE IN BEHAVIORAL HEALTH UNIT

by Cara Enrriquez and Miriam Franco

Our group just recently experienced rotation at the Behavioral Health Unit (BHU). We were a bit apprehensive since the only experience we had was based on what is portrayed on the movies. Once we were oriented and got to know the patients our anxiety decreased, however, our guard was still up. Interacting with the patients made us realize they were not like some of the movies portray mental health patients to be like. Each student connected with individual patients and really enjoyed the time spent with them. Leaving BHU was bittersweet, but what made it better was knowing that we made a difference in someone's life. After we left the facility, we prayed for the patients' well-being and for their life to get better.

Vocational Nursing: February 2011

GERONTOLOGY

by Atieno Obilo

The gerontology class came and went quickly for the February 2011 class. Though the time was short, the knowledge and experience gained will last a lifetime. The stereotypes we held against the elderly were erased and the term "ageism" was taken more seriously. While working in the geriatric unit we were faced with the fact that anyone that is ninety years old can have a good long-term memory; based on the stories they shared. We were even able to observe the different behaviors that our geriatric patients went through when they were left alone or isolated; sometimes all a patient needed to relieve anxiety was a listening ear. Other times a friendly visit is what motivated them to complete a meal. The gerontology class helped us realize that listening was another form of healing. In exchange for our ears, some patients shared stories that were so captivating and at times they either saddened or irritated us enough to cause us to leave the room. Just when we thought we were changing lives, we walked out finding our life had been changed. Too often we forgot that the elderly had careers, fast cars and money too. Fear can make us forget the inevitable; that one day, we too will be old. Our patients' greetings, smiles and laughter was enough evidence to show us that the aging process does not have to be depressing; as long as there is adequate care. The class used the golden rule in the care of our patients; treat others as you want to be treated. It is a rule that we hope will continue to be applied when we are eighty, frail and in need of adequate care.

a letter to my FELLOW CLASSMATES

by DOMINIQUE WILLIAMS

Welcome to my world! Study, study, study, sleep, study, study, work, study, sleep, oh wait; I forgot to eat, study, sleep and study some more. Copious pressure! I have been told many things about nursing school, "The best experience of my life" one says, "a torture chamber," another says, but with the completion of the program looming a mere 11 weeks, 77 days or 52 school days away, I am now beginning to understand exactly what it means to me. It means that it is the facilitator of change. I have learned so much, in my year-plus here at St. Francis that I hardly know where to begin. The medications, the pathophysiology of numerous diseases, skills and procedures, but also of significant value are the things I learned about myself. Every class presented a new challenge and a new love for my career choice. This love affair that I have had with nursing has revealed things about me which I was not aware of; in addition, it has allowed me to experience life in ways I have never experienced. In my journey, I have found compassion, strength, and determination that I did not know existed within me. However, as with any relationship, growth occurs and sacrifices and compromises must be made.

Initially, I questioned and was overwhelmed at the prospect of nursing school. How will I learn all this new terminology? Will I be able to stand all the blood? I found that these were the easier things to handle and grasp. My lack of resilience and self-discipline at the start were the problem. The test to my commitment came after failing a test that I believed I had prepared well for. The added challenge of my will and desire to be a good nurse was manifested in developing the discipline to study while my eyes burned from fatigue. Discipline is not a subject that you can study for and pass; it requires you to confront challenges such as procrastination, time management, and work ethic. It begins with small things such as a homework assignment that can be easily done with minimal effort. Word of advice: break large, overwhelming assignments into smaller, manageable pieces. Approaching every assignment or procedure as a stepping stone to becoming a good nurse has inspired me to be more consistent and to improve my work ethic. It is still possible that you cannot pass a test after you have toiled over your books and completed assignments. This is where resilience is key. This can be a major blow to your academic confidence and can possibly make you want to just give up. After all, you did not pass a test, so the program must not be for you, right? Wrong! Nursing school will bring you many highs and lows, and in truth, make you more sensitive to things that might not have affected you before. In these difficult times it is imperative to reach out for help. The answer may be as simple as a little after school time with a teacher or even a couple afternoons a week with an academic coach. The important thing to understand and remember is that just because you failed a test, it does not mean that you are not smart or capable. Continue to keep yourself open for any and every avenue that will help you achieve your goal.

It is easy to be in the room when a surgery is being performed but it is not so easy to study the system of the organ that the surgery is being performed on and to understand the potential dangers of complications. It is absolutely necessary to apply yourself in every class and in the clinical experience in order to gain full knowledge to meet the common goal of being not a functional but an exceptional nurse. So, if there is any advice that I can give to my fellow classmates and underclassmen it is to allow nursing school to remove what is unnecessary, whether it be the outside distractions or self-doubt and build the necessary: a foundation of knowledge, compassionate care and critical thinking skills. In addition, we must take the business of learning seriously as we learn to enjoy the smiles of our patients as we do our loved ones. Satisfaction will be found in knowing that your skills and compassion has made a difference in the lives of the patients you serve.

ASSOCIATE DEAN updates

by JENNIFER TSENG, RN, BSN, MS, SAN JOSE BRANCH CAMPUS

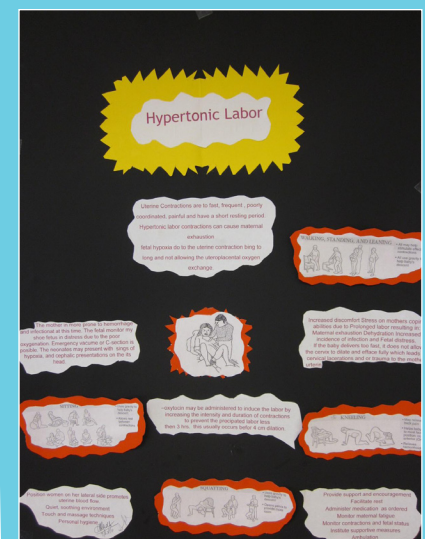
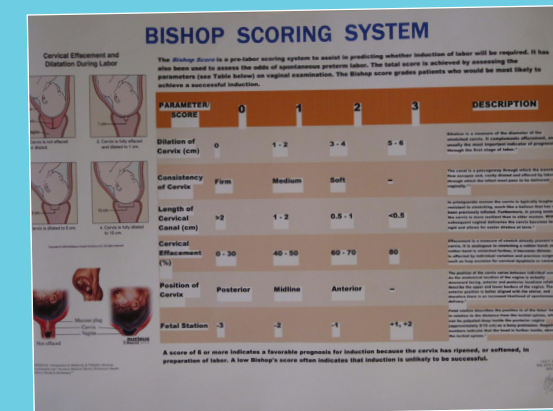
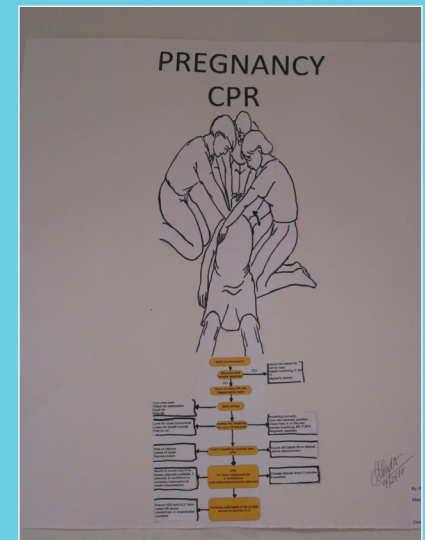
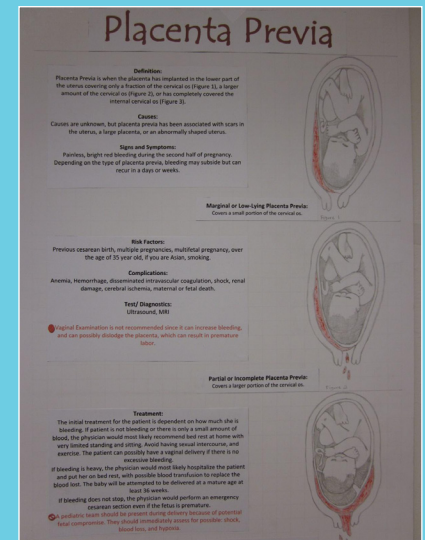
There have been many changes within our college since the last newsletter was published. We have acquired two new clinical sites and one new instructor. Some of you may be wondering why we have continued to hire faculty and acquire new sites, and the best answer that I can provide is that the show must go on. In June, when the college closure was announced, there was a lot of confusion as to why it was happening. People were in disbelief and it took some time for us all to digest the effect of learning the news. The day that I received the news, I found that my determination to work even harder became stronger. As I have always said, my priority is the students and their education. I told myself that day that I would continue to conduct myself as if the college closure was never announced. I didn't want to take the easy way out and throw in the towel. I wanted to make sure that we ended knowing that our hard work paid off.

Over the past few months since the announcement, I have found that not only the students but also the faculty and staff have worked harder than ever before. We worked on informing our accrediting bodies and the community of the closure. We worked to ensure that sufficient staff would remain to teach-out our students. We worked on ensuring that there would be enough clinical sites for our students to complete their clinical rotations, and lastly, we worked on solidifying our team. We did all of this for the students and if we had to do it again, we wouldn't change a thing.

I would like to take this time to thank all of the members of the SFCC-SJ team. Without the strength, determination, and professionalism that you have all exuded, we would not have made it this far. I would also like to thank the Lynwood Leadership Team for all of their hard work in supporting us through the process of closure.

To our students, congratulations are in order! The May 2010 Cohort will be completing their program this October and we are so proud of their accomplishments. The August 2010 Cohort will be completing their program shortly after and have received many "wow" cards and positive feedback from our clinical affiliations. The February 2011 Cohort has just completed their first clinical rotation and have also received numerous compliments on how caring and thorough they are! Keep up the good work and continue to grow and learn each day! This is your time to shine!

Finally, I would like to share some pictures that depict the hard work that our students put into their learning. These posters were designed by students in our May 2010 cohort.





MY EXPERIENCE

Thursday, October 20, 2011, was a very busy day. I was placed escorting people and had to walk a lot. I had the opportunity to use therapeutic communication. I would have loved to use more hands on with patient care. It was a different experience; I enjoyed it very much. I would joyfully volunteer for another event like this because I like the feeling of knowing that I can help make a difference in a person's life.

Griselda Orozco

I thoroughly enjoyed my experience at CareNow/LA! I participated in the RAM-LA event in 2009 as well. I would definitely do this again, as a student nurse as well as a licensed nurse volunteer. I enjoy working with the community and in a very busy environment. It was a great experience being part of a team with Ms. Tittle who took charge with crowd control and once my position was assigned, I did my best to assist her. I felt like our August 2010 class as a whole did their part no matter where we were assigned. Mrs. Latham, Mrs. Richardson and Ms. Cox were there to support and help us when we needed it. I think it is such a beneficial experience as a student nurse to understand the people you are helping and to want to continue to be part of the community. I will recommend having all the classes participate in the future.

Anonymous

It was a different experience on Thursday, October 20, 2011. Right from the time we arrived we knew it was going to be a big crowd; the line got longer by the minute. Upon checking in, we encounter a small dilemma where we were not showing up on the list of volunteers, but that was not a problem because help was needed. Although I would have like to do something within my scope of practice, directing patients to the appropriate station was not a problem. I found myself taking patients from the waiting area and directing them over to extractions, prophylaxis, or tooth fillings. Yes, I was volunteering in the Dental Care area. There I was, learning along with other Dental Tech students. Assisting and communicating with Dentists and their team was quite an experience. I also learned about teamwork and communication while working along with classmates. I look forward to helping out again, but hopefully next time with my area of knowledge.

Marlene Rojas

Thursday, October 20, 2011, was an extremely humbling experience for me! I must admit that in the first few minutes upon arrival I was highly disappointed in the fact that we were not able to help out in our area of specialty, nursing. However, as time progressed and we were all given assignments I felt happy we decided to stay and get in where we fit in. Seeing so many people receive the help they needed and hearing some of their stories was such an eye opener. I realized that I am blessed in so many ways and it also reassured me that nursing is really what I want to do. I would most definitely participate as a volunteer for CareNow/LA or any other organization willing to help the community. I am truly grateful for the experience.

Sophie Arzu

CareNow/LA 2011 was an awesome experience! Watching everyone come together to help people who do not have healthcare was a really touching moment. Although at first there were some difficulties I am glad we were able to get through it and find a place to contribute. I definitely want to help again in the future. Next time though, we should be told specific instructions to what we are going to do prior to getting to the arena, so that we are more prepared and can be more efficient in helping out. Other than that, I loved it! It was educational in that we learned not only about leadership styles and nursing but also time management and insight to different professions.

Jessica Gonzalez

Working at the event CareNow/LA 2011, was quite an eye opener. I never realized how many people are in need of even the most basic health care. And what surprised me the most was how grateful these people were, even to me and I was just showing them where to go. The event itself seemed to be a bit unorganized but that was to be expected for the first day of the event.

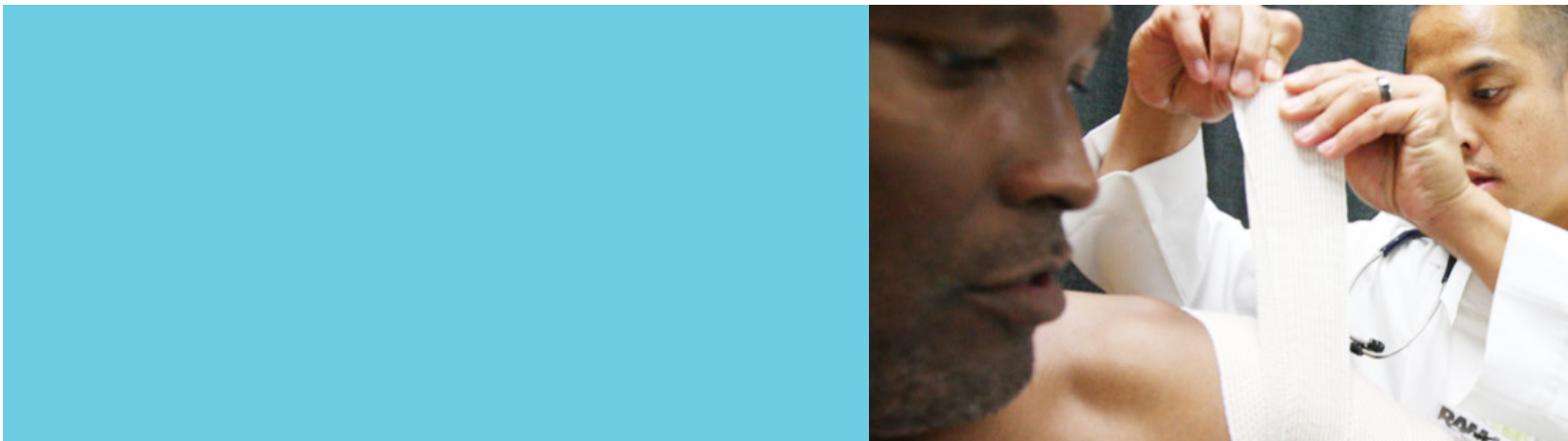
Anonymous

Volunteering at CareNow/LA was a spiritual experience for me. I felt blessed to be able to serve in a meaningful way, even if it was as an "escort," because I saw our role as hospitality, decreasing the patient's anxiety by making sure they got to the right area for service. Next year, I would like to assist SFCC students in "triage" to give our students the experience of caring for a variety of people and illnesses. I enjoyed meeting and networking with other instructors. Parking was convenient; they fed us and made sure we had what we needed to do our job. Great experience! Congrats to the organizers!

Gloria Cox, MSN, RN

CareNow/LA was a blast. Our August 2010 students did their thing! They outshined other students using their critical thinking and organizational skills. Giving back felt really good!

Margaret Latham, MSN, BSN, RN



CONGRATULATIONS

VINCENTIAN SPIRIT 1ST QUARTER WINNERS

Griselda Orozco (AUG10)

Griselda was nominated three times by fellow classmates for exemplifying Compassionate Service. In clinical she is always making herself available to assist classmates as well as her patients. Not only is Griselda helpful, but she “is a lovely person inside and out.”

Sobeida Avitia (AUG10)

Sobeida has been nominated for Simplicity. “Sobe is extremely smart and is so humble about it.” She can simplify concepts for her classmates to grasp. Her simple smile encourages and her simple hugs provide comfort.

THE VINCENTIAN SPIRIT COMMITTEE IS LOOKING FOR MONTHLY NOMINATIONS FOR THE VINCENTIAN SPIRIT AWARD. DO YOU KNOW SOMEONE WHO DOES A GREAT JOB AND EMBODIES THE VINCENTIAN VALUES OF RESPECT, COMPASSIONATE SERVICE, SIMPLICITY, ADVOCACY FOR THE POOR, AND INVENTIVENESS TO INFINITY?

IF YOU DO, PICK UP A NOMINATION FORM (STUDENT LOUNGE OR LIBRARY) AND LET THE COMMITTEE KNOW WHO DESERVES RECOGNITION.

Vincentian Values

Respect

Recognizing our own value and the value of others

Compassionate Service

Providing excellent care with gentleness and kindness

Simplicity

Acting with integrity, clarity and honesty

Advocacy for the Poor

Supporting those who lack resources for a healthy life and full human development

Inventiveness to Infinity

Being continuously resourceful and creative

Editor's Note

If you have story ideas and would like to contribute to future issues of the Guiding Light, please contact Miss Luna at extension 8027 or email at LindaLuna@dochs.org.

Articles and other submissions may be edited and are subject to space limitations.