

March Health Careers Newsletter

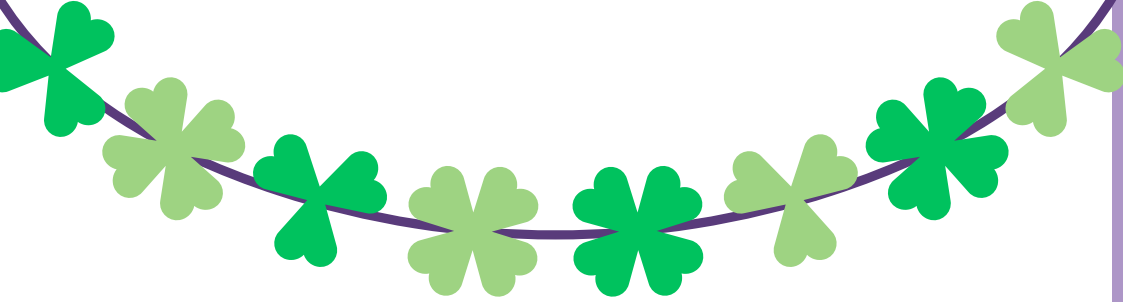
Illinois Valley Community College

Spring is on the Horizon!

Welcome to the March newsletter! Spring is in the air, and March is full of excitement! If you missed the deadline for health professions applications, some programs might still have availability for a Fall 2024 start date. Reach out to the dedicated program manager of your desired program more information. [CLICK HERE](#) TO DISCOVER PROGRAM CONTACTS.



Another clinical rotation successfully concluded, marking a pivotal step closer to graduation for our esteemed Nursing 2212 students, and a notable milestone towards retirement for Dr. Francisco. Throughout this period, the collective synergy of this group has been exemplary, fostering skill enhancement, independence, and bolstering confidence over the past eight weeks. Gratitude is extended to OSF-SE for providing an enriching experience. Moving forward, the impending final exam, HESI assessments, a well-earned spring break, and the culminating clinical endeavor await. *Good luck Nursing students!*



EVENTS IN MARCH

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05

Jazz Ensemble Concert

Cultural Centre; 7:00-9:00PM

05

Project Success Fundraiser

Culver's of Peru; 5:00-8:00PM

Proceeds will be used to make Easter baskets for foster children in the area!

07

Wind Ensemble Concert

Cultural Centre; 7:00-9:00PM

08

College Closed

No Classes

10

IV Symphony Orchestra

Cultural Centre; 3:30-5:30PM

11

Spring Break Begins

No Classes; March 11-March 15

17

St. Patrick's Day

LaSalle Parade - March 9

Utica Parade - March 16

**both are family friendly!*

27

Wellness Wednesday

CTC-121; 12:00PM-1:00PM

See page 3 for details!

31

Easter Sunday

CLICK [HERE](#) FOR ALL EVENTS!



Wellness Wednesday

Join Project Success and Transformative Growth for Wellness Wednesday on March 27th from 12:00-1:00PM. The session, held in CTC-121 (the yoga room) offers an opportunity to unwind and relax. Come for an hour dedicated to de-stressing and rejuvenation!

Interested in taking a health or wellness class?

Strength Cardio Core

March 5 - April 2; 8 sessions
Tuesday and Thursday evenings
4:45PM-5:15PM - Oglesby Campus

REGISTER

SPRING INTO WELLNESS



Discover the tools to nurture your well-being and balancing college life.

~~Wednesday, Jan. 31~~
~~Wednesday, Feb. 28~~
Wednesday, March 27
Wednesday, April 24

Join us the last Wednesday of every month

When: 12-1 pm

Where : CTC 121 Yoga Room



Partnering with Transformative Growth, too!

In-Person Afternoon Yoga

March 11 - April 8; 8 sessions
Monday and Wednesday evenings
4:45PM-5:45PM - Oglesby Campus

REGISTER

March is National Nutrition Month!

National Nutrition Month® is a yearly initiative launched by the Academy of Nutrition and Dietetics. Throughout the month of March, individuals are encouraged to explore the principles of informed food selection and cultivate healthy eating and physical activity routines.

CLICK [HERE](#) FOR RESOURCES & TIPS!

LOCAL JOB POSTINGS

IVCC *Career Services*

IVCC's Career Services assists IVCC students, alumni, and employers within the IVCC District. Their services include job and internship opportunities, resume writing assistance and critiquing, tips on the job search process including cover letters and interviewing, and more!

[VISIT WEBSITE](#)



OSF POSTINGS

PLEASANT VIEW

MORRIS HOSPITAL



WOMEN'S HISTORY MONTH



Join Us:

IVCC is commemorating Women's History Month with a series of brown-bag discussions. The month's theme is "Women Who Advocate for Equity, Diversity and Inclusion."

All of the following events will be held in CTC 124-125 on our Oglesby Campus and are free and open to students and the public.

March 5 | 12:00PM

Facilitator Heather Steele of Safe Journeys draws parallels between the hypothetical violence depicted in the book "Parable of the Sower" and real-world gender-based violence in times of crisis.

March 20 | 12:15PM

Instructors Amanda Cook Fesperman and Kim Radek-Hall host a discussion exploring the meanings and interrelationship between feminism, fascism, and a few other F words.

March 21 | 12:30PM

The topic for the Brown Bag Lunch will be "Intersectionality and Impact: Celebrating Notable Women in Disability History." Staff and students will examine the history of disability rights and discuss the accomplishments and obstacles faced by women with disabilities.

March 28 | 12:30PM

Instructor Kayla Greenwell leads a discussion on Afrofuturism, highlighting women's transformative impact on science fiction writing, reclaiming a genre once used to silence them.

This series of events is sponsored by the Diversity, Equity and Inclusion Committee, SAGE (Students Advocating Gender Equality), the Golden Z Club of the Illinois Valley, and One Book One College.

IVCC WOMEN'S HISTORY MONTH!

In honor of Women's History Month and our college's 100th anniversary, we'll be spotlighting 31 influential women or groups of women from LPO and IVCC history on our social media pages. Don't forget to follow us at @Illinois Valley Community College!

IVCC Women's History Month
Dr. Jean Goodnow and Dr. Tracy Morris

Dr. Goodnow:

- First female President of IVCC (1996-2005)
- President of Delta College (University Center, MI) (2005-2021)
- Acquired \$15 mil. in grants for IVCC
- Established IVCC Development Office
- Helped develop 9 new IVCC career programs

Dr. Morris:

- President of IVCC (2023-present)
- First IVCC graduate to be IVCC President
- Previous Associate VP for Student Services, Director of Admissions and Records, and Counselor/Orientation Coordinator at IVCC
- Previous VP for Student Services at Illinois Central College and Compliance Officer at Joliet Junior College

Left: Dr. Morris at her IVCC graduation
Right: Dr. Goodnow and Dr. Morris in 2023
Front: Dr. Morris at IVCC in 2023

IVCC 100
LPO • 1918-2018 • IVCC

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SUBSCRIBE



Dental Assisting

Spreading smiles and knowledge! The IVCC Dental Assisting Program visited Spring Valley CCSD 99 and LaSalle Elementary School District 122 to educate preschool students about the significance of oral hygiene. Through engaging activities and interactive sessions, they instilled the importance of dental care, setting the foundation for a lifetime of healthy smiles!

Nursing 1210 Students

Congratulations to the NUR1210 students and Mrs. Boughton on their successful clinical rotation at OSFSE and OSFSC! We extend our gratitude to both facilities for their invaluable partnership, providing an exceptional learning opportunity for our students!



Have You Used Artificial Intelligence?

Have you ever used Artificial Intelligence before? ChatGPT was utilized to compile some fascinating facts about St. Patrick's Day, showcasing how it can be used for personal use! Remember, proper usage is key! Here are some AI tips to consider: always fact-check information from AI sources, explore diverse viewpoints, and be mindful of potential biases in the data. With these tips in mind, let's delve into some intriguing tidbits about St. Patrick's Day!

(These facts were taken from ChatGPT)



ST. PATRICK'S DAY FACTS:

- It's a tradition to wear green on St. Patrick's Day. This is because green is associated with Ireland, the Emerald Isle, and also because it is said to make you invisible to leprechauns, mischievous fairies who would pinch anyone they could see.
- St. Patrick's Day parades are held in many cities around the world, but the largest and most famous parade is in New York City. The tradition of parades on St. Patrick's Day actually began in America, not Ireland.
- In Chicago, they dye the Chicago River green every year to celebrate St. Patrick's Day. This tradition dates back to 1962.
- St. Patrick's Day is celebrated not just in Ireland and the United States, but in many countries around the world, especially in places with large Irish populations like Canada, Australia, and Argentina.
- St. Patrick's Day Symbols: Besides the shamrock, other symbols associated with St. Patrick's Day include the harp (the symbol of Ireland), the leprechaun, and the Celtic cross.
- Traditional Irish dishes are often enjoyed on St. Patrick's Day. These may include corned beef and cabbage, Irish soda bread, shepherd's pie, and colcannon (a dish made with mashed potatoes and cabbage or kale).
- The first St. Patrick's Day parade was not held in Ireland, but in the United States. The inaugural parade took place in New York City in 1762, organized by Irish soldiers serving in the British army.