

NEWSLETTER

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IVCC in October

Welcome to the October edition of our Health Careers Newsletter! As the leaves change and autumn takes over, there's a lot happening around campus that you won't want to miss! Be sure to check out the exciting events, job postings, and valuable resources we have lined up for you this month. We are also thrilled to introduce our new Nursing

Director, Sue Smith, who brings a wealth of experience and enthusiasm to our healthcare community. And don't forget, Kimber King is here to support you with student meetings, so make sure to take advantage of this opportunity to enhance your academic journey. Stay tuned for all the latest updates and insights to help you excel in your healthcare career!



IVCC Sports

[View Here](#)

www.ivcceagles.com

www.ivcc.edu

October Events

3

JAZZ ENSEMBLE

Concert located in the Cultural Center from 7:00 PM - 10:00 PM.

5

WIND ENSEMBLE

Located in the Cultural Center from 7:00 PM - 10:00 PM.

6

DEVELOPMENT DAY

NO CLASSES; Oglesby and Ottawa campuses are closed.

10

COLLEGE & CAREER FAIR

Located in IVCC's gymnasium from 6:30 PM - 8:00 PM.

16

MIDTERMS

For 16-week courses.

19

SCHOLARSHIP RECEPTION

IVCC Foundation Scholarship Reception from 5 PM - 7:30 PM, by invitation only.

20

AGRICULTURE OPEN HOUSE

Fall agriculture open house from 7:30 AM - 11:00 AM.

24

MANUFACTURING EXPO

The Manufacturing Expo will be held in the gymnasium from 8:00 AM - 3:00 PM.

Continuing Education Center

IS OFFERING A VARIETY OF CLASSES THIS FALL!

From professional development hours, personal enrichment, cooking and art classes, to freshening up your computer skills, we have something for everyone!

[SEE OUR OFFERINGS!](#)





DR. TRACY MORRIS INVESTITURE

On Thursday, September 21, 2023, Dr. Tracy Morris was Invested as IVCC's eleventh President!

Her steadfast commitment to education and innovative leadership continue to inspire us all. We were thrilled to see this historic moment unfold and eagerly anticipate the positive transformations she will bring to our institution and the broader community. Join us in this momentous celebration!



Congratulations!

NEW CERTIFIED MEDICAL ASSISTANT LAB AT IVCC!



We are thrilled to introduce the brand-new Certified Medical Assistant Lab at our college, made possible through the generous PATH Grant. This facility represents a significant enhancement in the way our students learn and prepare for their careers in healthcare. With cutting-edge equipment and technology, the lab

provides an immersive hands-on learning experience that will empower our students with the skills and knowledge needed to excel in the ever-evolving healthcare industry. We are immensely grateful for the support that made this exceptional resource a reality and look forward to seeing our students thrive in this innovative learning environment.





INTRODUCING SUE SMITH, MSN RN

Director of Nursing

CONTACT DETAILS

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Hours: 8:00 AM - 4:30 PM

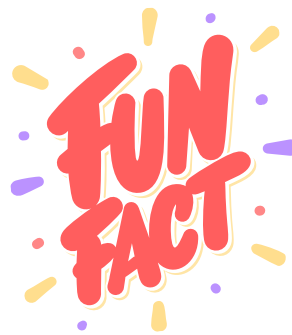


ABOUT

I spent my childhood in Dimmick and later graduated from high school at LP. For my undergraduate studies, I attended SIUE near St. Louis. Eventually, I moved back to the area and currently reside in Peru. Throughout my nursing career, I've had the opportunity to work in various healthcare settings, but the bulk of my experience as a staff nurse has been in obstetrics. In 2010, I earned my MSN in Nursing Education from OSF St. Francis, and subsequently, I taught at Methodist College for six years. Most recently, I held the position of Director of Occupational Health, Infection Control, Safety, Emergency Management, and EMS at St. Margaret's, until its closure. On a personal note, I am happily married to Joel, and we have three wonderful daughters: Aly, who is 11 years old, Emily, who is 7, and Kylie, who is 5.

MY FAVORITES

Food: Baked Goods **Music:** Rock/Alternative
Ride: Roller Coasters **Animal:** Cat
Pizza: Pineapple **Book:** Harry Potter



I danced
ballet for
over 25
years!



**KIMBER
KING**

Healthcare Careers Navigator

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 📧 kimber_king@ivcc.edu
 📍 Adult Education Center
 CTC-220G

*In need of a meeting to discuss your current academic standing or goals? Please reach out to **Kimber King**, Health Careers Retention & Success Navigator*





Health Care Careers

CHECK OUT LOCAL JOB POSTINGS IN THE AREA!



Discover local healthcare job openings! IVCC Career Services is here to support you in your job hunt! Building an impressive resume and preparing for interviews. Whether you're a recent graduate or an experienced professional, we're your partner in achieving your healthcare career goals. Reach out today!

VISIT WEBSITE



OSF POSTINGS



DENTAL ASSISTING



MORRIS HOSPITAL

self care checklist

- LISTEN TO A FEEL GOOD PODCAST
- DRINK PLENTY OF WATER
- BE KIND TO YOURSELF BY PRACTICING DAILY AFFIRMATIONS
- SET HEALTHY BOUNDARIES
- HOLD THE DOOR OPEN FOR SOMEONE
- LIMIT YOUR SCREEN TIME
- LEARN TO COOK A NEW RECIPE
- WRITE A LIST OF SHORT AND LONG TERM GOALS
- DECLUTTER YOUR ROOM, DESK OR CAR
- STRETCH AND MEDITATE FOR 15 MINUTES
- GO TO BED 30 MINUTES EARLIER
- CHECK OUT A BOOK FROM JACOB'S LIBRARY
- PRACTICE DEEP BREATHING EXERCISES
- HAVE A SPA DAY AT HOME
- REGULARLY ASSESS YOUR BUDGET

For a broke and busy college student who needs some self-care!

small changes equal big results

Self-Care

DAILY CHECK LIST

Download our self-care checklist designed to help you prioritize your well-being and maintain a happy, healthy lifestyle!

DOWNLOAD



Printables

CALENDARS

Download and print our daily, weekly, and monthly calendars to help assist you in staying organized.

DOWNLOAD

HALLOWEEN



Origins in Samhain

HALLOWEEN HAS ITS ROOTS IN THE ANCIENT CELTIC FESTIVAL OF SAMHAIN, WHICH MARKED THE END OF THE HARVEST SEASON AND THE BEGINNING OF WINTER. IT WAS BELIEVED THAT ON THIS NIGHT, THE BOUNDARY BETWEEN THE LIVING AND THE DEAD WAS BLURRED.



Jack-O'-Lanterns

THE TRADITION OF CARVING PUMPKINS INTO JACK-O'-LANTERNS COMES FROM AN IRISH FOLKTALE ABOUT A MAN NAMED STINGY JACK, WHO TRICKED THE DEVIL. PEOPLE USED TO CARVE TURNIPS BEFORE PUMPKINS BECAME THE NORM.



Trick or Treating

THE CUSTOM OF GOING DOOR-TO-DOOR AND ASKING FOR TREATS ON HALLOWEEN IS BELIEVED TO HAVE ORIGINATED FROM THE MEDIEVAL PRACTICE OF "SOULING," WHERE THE POOR WOULD ASK FOR FOOD AND, IN RETURN, OFFER PRAYERS FOR THE DEAD.



BOO!

El Día de los Muertos

HALLOWEEN IS SOMEWHAT SIMILAR TO THE MEXICAN HOLIDAY DIA DE LOS MUERTOS (DAY OF THE DEAD), WHICH ALSO HONORS DECEASED LOVED ONES BUT TAKES PLACE FROM OCTOBER 31ST TO NOVEMBER 2ND.



Costumes

COSTUMES: WEARING COSTUMES ON HALLOWEEN WAS INITIALLY A WAY TO DISGUISE ONESELF FROM SPIRITS OR EVIL ENTITIES THAT WERE THOUGHT TO ROAM FREELY ON THIS NIGHT.



Candy Corn

CANDY CORN, A POPULAR HALLOWEEN CANDY, WAS CREATED IN THE LATE 1800S BY GEORGE RENNINGER, AN EMPLOYEE OF THE WUNDERLE CANDY COMPANY.



HAPPY HALLOWEEN