Dear All,

I write to wish you a Happy Thanksgiving. This is a time of year when we reflect upon, and express gratitude for, our good fortune. I am profoundly thankful for all of you.

Much has changed over the last couple of years. The CONHS team has gotten stronger, more focused and dedicated to great teaching and more committed to outstanding scholarship and public service. We are more devoted to the success and well-being of our students.

I am grateful every day to be part of the TAMUCC and CONHS community and ever so proud to have you as part of my extended family. I wish you and yours a Healthy and Happy Thanksgiving.

Hassan Aziz, PhD, FACSs, MLS(ASCP)cm
Dean and Professor
SAVE THE DATE

November 28

FOW Meeting

1 PM in IH275
Full-time

STAFF & FACULTY

WELLNESS PROGRAMS

Grant funded through the Wellness Committee & HR.

WALK FOR WELLNESS
*Not a Rec. Sports membership.
Walk the indoor track in Island Hall recreation facility.
To sign up, let the Welcome Desk staff know you are a Walk for Wellness participant.

FREE FRIDAYS
*Not a Rec. Sports membership.
Workout in the Island Hall recreation facility on any Friday.
To sign up, let the Welcome Desk staff know you are a Free Fridays participant.

WELLNESS PUNCH PASS
*Not a Rec. Sports membership.
This 5 visit pass gives you full access to the Dugan amenities. Complete all 5 visits within the month and you will receive a complete reimbursement. Limit 1 reimbursement/month.
To purchase your pass, stop in the Rec. Sports office. Once you complete all 5 visits, email patricia.rodriguez@tamucc.edu.

ISLANDER HEALTH INITIATIVE
Each semester, 12 participants receive this all-inclusive program that teaches you new ways to better your health and wellbeing through seminars and free personal training. All participants receive a FREE Rec. Sports membership for the semester.
To apply, click Islander Health Initiative Application.

ISLANDER REWARDS
*Must have a Rec. Sports membership to qualify.
Get $50 back if you workout in the Dugan Wellness Center 45 times throughout the Fall or Spring semester (27 times for Summer). Employees who have payroll deduct are auto enrolled.
To purchase your membership, stop in the Rec. Sports office. Once you complete all 45 or 27 visits, email patricia.rodriguez@tamucc.edu.

Opens in December

$0
$0
$20
$175/semester

For more information
SCAN ME

Enriching lives, advancing healthcare, one ISLANDER at a time.
CONHS welcomed future Islander Nurses, Lab Scientists, and Healthcare Leaders to the island during TAMUCC’s Island Day event. The high school students and their families were able to get a feel for what it means to be an Islander as they toured our state-of-the-art learning facilities. We cannot wait to welcome these incoming students to our CONHS Family!
CONHS @ ISLAND DAY 11.11.23

Enriching lives, advancing healthcare, one ISLANDER at a time.
We want to thank our community member partners and alumni on the beautiful flowers we received for our 10 year accreditation!
On November 8th, Health Care Administration students enrolled in the HCAD 4100 course (Assessment of Accumulated Knowledge) were given the opportunity to work with the amazing Dr. Schomaker and the rest of the Career Services team on the development of their professional resumes. The primary goal of this activity was to help students align their academic accomplishments and skills with industry expectations as they prepare for Practicum.
College of Nursing and Health Sciences is Celebrating Our Healthcare Heroes!

Dixie Andelman
DNP, MSN, APRN, FNP-C

Brenda Buckner
DNP, MSN, CCRN, CDNP-AQ

Johanna Dee Evans
MSN, APRN, FNP-C

Rosario Garcia
MSN, APRN, FNP-C

Araceli Hernandez
MSN, APRN, FNP-BC, CVRN

Beth Johnson
MSN, APRN, FNP-C

Elizabeth Loika

Stephanie Smith
MSN, APRN, FNP-C

Tammy Walker-Smith
DNP, MSN, APRN, FNP-C

National Nurse Practitioner Week

We honor the contributions of nurse practitioners in providing high-quality, accessible healthcare. Thank you for all that you do! #NursePractitionerWeek #HealthcareHeroes

Enriching lives, advancing healthcare, one ISLANDER at a time.
Assistant Clinical Professor, Shelly Hernandez, led her Med-Surg II group through simulations in Islander Regional Hospital. Simulations promote critical thinking and decision-making by presenting students with realistic patient care scenarios. Nice job!
Celebrate International Education Week
November 13-17

Q&A
with Jamie Yan ‘26
pre-nursing major from Hefei, China

Tell us about your life as an international student on the Island.

I am part of the International Student Organization and the Chinese Student & Scholars Association. As a volunteer, I help organizations put on various on-campus cultural events and I also help with Student Government Association events. Some of my favorite memories so far are Islanders Beach Bash and Islander Lights. My advice for new international students is to leave the comfort of your dorm behind, and go make new friends at the various events on campus. Go Islanders!
Q: What advice would you give to your first-year self?

A: If I could give my first-year self advice, I would tell her that impostor syndrome is real! That you are capable of doing the same things that everyone else is doing if not better, just because you're a first-generation student it doesn't mean that you are less than anyone. To not let others make you feel like you cannot accomplish all your goals or that you can't handle everything that you are doing because you can! That you have so many people supporting you no matter how lonely it might feel sometimes.

Q: As an Upperclassman, what memories do you have of being a first-generation college student? What challenged you and what surprised you?

A: One significant memory from my time as a first-generation student is the day my parents dropped me off for move-in. Despite the emotional nature of that day, what kept me going was the awareness that I would be the first in my family to graduate from college in the U.S., and the hard work my parents put in to bring me to this point.

Each semester, my nursing courses present new challenges. It’s astonishing how we manage to absorb a wealth of new knowledge, handle clinical duties, stay on top of homework, work, and maintain a social life all simultaneously.
Megan Kramr and Bryana Cazarez of the CONHS Student Success Team attended Falfurrias High School’s Career & Education fair on 11/15. They were able to talk with so many future Islander nurses and healthcare leaders! We can’t wait to see them on campus!
Dr. Luis Espinoza presented two posters at the American Public Health Association 2023 Annual Conference from November 12 to November 15, 2023. One poster was entitled, “Nonlethal Violent Victimization and Vision and/or Hearing Loss: An Examination of the 2016-2021 National Crime Victimization Surveys” and “The Association Between Nonlethal Violent Victimization, Police Reporting, and Sensory Disabilities Among Adolescents”. Dr. Espinoza also moderated a Public Health Education and Health Promotion (PHEHP) Section session entitled, “COVID Experiences”. Dr. Espinoza serves currently as co-chair of the PHEHP Membership Engagement Committee and chair of the PHEHP Scholarship and Development Committee. Dr. Espinoza is pictured Dr. Amanda Hinson-Enslin, a co-author for both projects.
Megan Barrera works at Christus Spohn Shoreline.

“My most impactful takeaways/experiences from school would have to be the time we spent in the simulation labs. The simulation labs created a space where we could critically think and use our nursing judgement to make decisions for our patient(s). During orientation to my hospital, we were asked to participate in Mock Code Blue and I felt 100% comfortable in the simulation because of the exposure I had at TAMU-CC. The simulation labs were a safe place to make mistakes and learn from them.

From the education we received in lecture, to the hands-on skills and mock codes in simulation labs, to applying our assessment skills on patients during clinical rotations, I feel I was greatly prepared for my New Graduate Registered Nurse role by all TAMU-CC faculty and staff!”
SAVE THE DATE!

Dean’s Welcome Back

January 10, 2024
9:00 am
IH 275

Enriching lives, advancing healthcare, one ISLANDER at a time.
Successful Request Submissions Include:

Photos & Content

Send Newsletter Items to:
CONHS.DeansOffice@tamucc.edu.

MISSED A NEWSLETTER? YOU CAN FIND ARCHIVE NEWSLETTERS ON THE CONHS WEBSITE.

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