



## INSIDE THIS ISSUE

Pearl Keib Retirement .....	1
Student Announcements ..	1
Faculty Announcements...	1
Beat the Summer Heat.....	2
Correction .....	2

## Pearl Keib Announces Retirement

Pearl Keib, Associate Degree Nursing Instructor has announced that she will be retiring at the end of this quarter. Pearl has been a member of the senior level Associate Degree Nursing faculty for 20 years. For 13 of those years, she served as coordinator of the Practical Nursing to Associate Degree Nursing articulation program.

She shared that she will miss the collegiality of her peers and how much they have helped her grow personally and professionally. She will also miss the daily interaction with students.

Pearl shared, "It has been a wonderful experience." She expressed sincere appreciation to the faculty and staff for all they have done throughout the years and wishes good luck as semester conversion progresses.

In her retirement, she plans to stay busy with her nine grandchildren, travel with her husband, and take advantage of work opportunities within the community.

The Health Sciences Division wishes Pearl all the best in her future adventures. She will be missed by the students, faculty, and staff.

## Student Announcements



Frances Geckle, Physical Therapist Assistant student, was recently involved in the All-Ohio Academic Team in Columbus. The All-Ohio Academic Team program provides statewide recognition and cash scholarships to outstanding two-year college students.

Amanda Smith, Hali Weiser, and Romatt Myers, Respiratory Care students, raised \$2000 for the American Lung Association by coordinating a concert featuring local bands and an auction at the town hall in Savannah. The students received donations from area businesses for the auction, including Cleveland Indians tickets and a massage package.

## Faculty Announcements

Congratulations to Cindy Freeman, a recent recipient of a Tribute to Women and Industry (TWiN) award. The award honors women annually who have made significant contributions and achieved responsible positions in industry through managerial, executive, or professional roles.

The division would like to wish Seaneen Sullinger much success as she leaves the college and moves back to California.

Welcome to Brad Wood, the newest full-time faculty member to join the division in the Physical Therapist Assistant program.

Congratulations to Kelly Gray, the new Director of Nursing! Kelly is currently an instructor in the Associate Degree Nursing program.

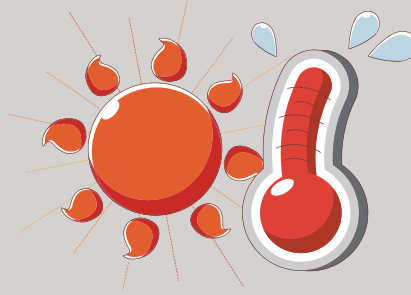


## How to Beat the Summer Heat

Recently we have seen temperatures approaching the 90's. As you head out into the summer heat, here are some tips to help keep you and your family healthy:

- Stay Hydrated! Drink 2-4 glasses (16-32 ounces) of cool fluids each hour. Avoid drinks containing caffeine, alcohol, and/or excessive sugar. Children are more prone for dehydration than adults.
- Wear lightweight, light-colored, loose fitting clothing. A wide brimmed hat can provide shade and keep your head cool.
- Apply sunscreen 30 minutes prior to going outside and continue to reapply according to the package directions.
- Electric fans provide comfort, but will not prevent heat-related illnesses when the temperature is in the high 90's. Taking a cool shower or moving to an air conditioned place is a much better way to cool off.
- Plan outdoor activities carefully, such as in the morning or evening hours when the temperature is cooler.
- Pets can also suffer from heat-related illnesses. Make sure Fido and Kitty have a constant supply of clean water and a shaded area to cool off. Keep in mind that the

pads of their feet can also burn easily on hot sand or pavement.



Among the most severe heat-related illnesses are heat exhaustion and heat stroke.

**Heat Exhaustion** is a mild form of a heat-related illness that can develop after several days of exposure to high temperatures and inadequate replacement of fluids. Symptoms may include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and/or fainting.

The following steps should be taken to cool the body during heat exhaustion:

- Drink cool, nonalcoholic beverages
- Rest
- Take a cool shower, bath, or sponge bath
- Seek an air conditioned environment
- Wear lightweight clothing

If heat exhaustion is left untreated, it

### *Tips for a happy and healthy summer!*

may lead to a heat stroke.

**Heat stroke** is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Symptoms of heat stroke may include an extremely high body temperature (above 103°F), red, hot and dry skin, lack of sweating, rapid and strong pulse, throbbing headache, dizziness, nausea, confusion, and loss of consciousness.

If you see any of these signs, you may be dealing with a life threatening emergency. Seek immediate medical assistance while cooling the body with the following steps:

- Move to a shady area
- Cool the body rapidly using whatever method possible (immerse in a tub of cool water, use cool water from a garden hose, sponge body with cool water)
- Monitor the body temperature and continue cooling until the temperature drops to 101°-102°F

Following these tips and watching for the warning signs of the onset of a heat-related illness can help insure you have a safe and enjoyable summer.

**Correction**

In the Winter Quarter, 2011, newsletter, it was erroneously reported that the recipient of a recent Master's degree in Nursing was Michelle Denny.

Correction—The division congratulates Michelle **Shirley** for her completion of a Master's degree in nursing.