



Daylight Saving
Time Ends Sunday,
November 7, 2021,
2:00 AM clocks are
turned backward 1
hour.

Daylight saving time became a national standard in 1966 when President Lyndon B. Johnson signed the Uniform Time Act, which was established as a way to continue to conserve energy. The thinking was if it's light out longer, that's less time you'll need to use the lights in your house.

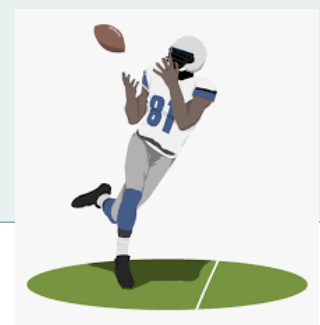
As we come to the conclusion of the fall semester...

we are thankful that the number of Covid cases has decreased. We are grateful for all your support with cleaning your work stations and staying home in lieu of signs and symptoms of illness. It is gratifying to see students studying together, helping one another as classmates and peers. We recognize your hard work! Your well deserved break is upon you, so take time to relax and enjoy your family and friends.



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BREAK TIME

Will “nursing” creep into your coveted rest and relaxation time? It may be difficult to avoid seeing a nurse on television or in the movies and you definitely cannot avoid seeing nurses on the news, fighting Covid in every nightly telecast. If you are inclined to binge watch a series about nurses, because you just can’t break away... here are 2 highly rated series found on Netflix:



Call the Midwife: stars Oscar winner Vanessa Redgrave and is a critically acclaimed series based on the best-selling memoirs of Jennifer Worth. This series offers a dramatic look at Anglican and lay nurse-midwives during the late 1950s who care for poor women and their babies in London's East End. Because it centers in the past and outside the United States, it may not appeal to all audiences. However, the show's focus on skilled, autonomous nursing professionals is a refreshing change from shows that depict nurses as medical workers simply doing the bidding of doctors who are the only heroes in the hospital. In fact, the nurses provide most of the care, and you rarely see a physician in the series. This is quite the opposite of what's generally portrayed in many nursing shows, but it should help give patients the right idea about nursing. It also establishes a mentorship-like environment in the very beginning with the first three episodes depicting expert senior midwives guiding the newer ones.

<https://www.onwardhealthcare.com/nursing-resources/popular-netflix-shows-may-give-patients-wrong-idea-about-nurses/>

Virgin River: features APRN Melinda Monroe, who flees L.A. to join the solo practice of a senior physician in northern California. The first season is mainly about small town romance in the shadow of past traumas. But Mel also shows advanced skills, managing issues including post-partum depression, emergency care at a remote marijuana camp, and the physician's regressive views of nursing. Mel has her own demons, but they don't seem to impair her focus or her life-saving skills. And the people of Virgin River notice, giving her a high level of respect with little condescension. Netflix has renewed the show for a second season, and based on the first one, nurses should be pleased.

<https://blog.truthaboutnursing.org/2020/10/virgin-river-season-1/>





Diamond painting is a combination of cross-stitch and paint-by-numbers. You use an applicator to apply hundreds of sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting. The end result is a vivid, shimmering work of art. Each kit comes with everything you need. There are thousands of designs to choose from. You can even submit your own print for a custom kit.

It is really inexpensive, fun and addictive. A perfect way to relax.

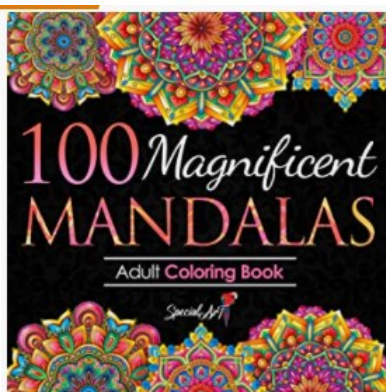
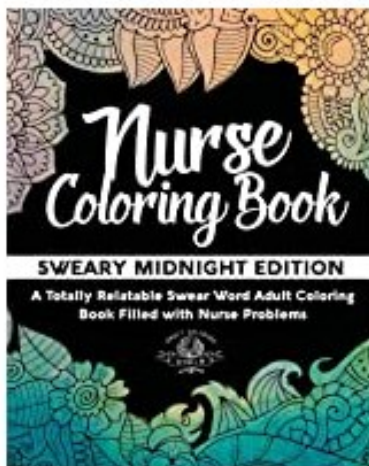
Look for them online or in stores like Michaels or Joann's.



This kit can be found on Amazon for only \$9.99



Most of us haven't colored in a coloring book since we were kids. These adult coloring books are very relaxing. There are a ton of themes to pick from. Try using Prismacolor pencils or vibrant brush tip markers. Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long semester of nursing school.



SKILLS LAB REGISTRATION

Don't forget:

Come prepared to practice your skills.

Resuming
Friday
hours!



Link to Registration Portal

<https://lacounty.sharepoint.com/sites/dhs-lacusc-CHC>

As we spring into the final inning of this semester we are grateful to announce that the skills lab has resumed Friday reservations. Sign-up on the registration portal.



November 11th is the date of Veterans Day each year, with only the day of the week fluctuating. What's the significance of that exact date? The armistice between the allied forces and Germany was put into effect on the 11th hour of the 11th day of the 11th month in 1918.

Remember
VETERANS DAY
Honoring All Who Served



VETERANS DAY BY THE NUMBERS

<https://nationaltoday.com/veterans-day/>

19.5 million – the approximate number of veterans in the United States.

9 million – the number of veterans over the age of 65.

5.06 million – the number of veterans receiving disability compensation.

2 million – the number of female veterans of those receiving disability compensation.

500k – the number of World War II veterans still living in the United States.

1.56 million – the number of veterans in California, the highest number in the country.

1.46 million – the number of veterans in Texas, the second-highest number in the country.

11% – the percentage of veterans who experience homelessness.

50% – the percentage of veterans experiencing homelessness who also live with a mental illness like PTSD.

TAKE ADVANTAGE OF FREE APPS

DynaMed

Calculators

Medical Equations

Clinical Criteria

Decision Trees

Statistics Calculators

Units & Dose Converters

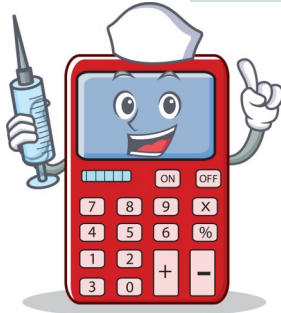
Search by Specialty

Math Calculator

Glossary

References

Send Comment to Editor



From The County Webpage under the Dynamed Icon you can access calculators and converters.

Register for an account from a County Computer and download the app to your mobile device.

Access to Topics, Drugs, Calculators, and CME Credits.

Do you use Twitter? Of all the social media platforms at your disposal, Twitter may serve you best in the following ways:

- Breaking news. News is increasingly broken on Twitter, and you can follow events as they unfold in real time, often in the voices of real, on-the-ground people. ...
- Trackability
- Conversation
- Collaboration
- Inclusivity



I appreciate the hashtags that help you find relevant information. #Nursing #Nursinglife

LAC+USC , Nursing Job Boards and Nursing blogs can help you stay connected when you don't have time to spare.

IBM Micromedex®

My Subscription | Gateway | Training Center | **Mobile Application Access** | Logout

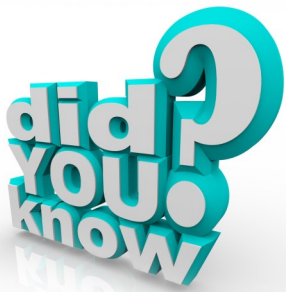


If you visit the County Intranet page you will notice many applications. Some very practical applications have mobile apps which would normally cost you subscription fees. To gain access to these from your mobile device, you will need to **first create or register for an account on the applications' home page from a County PC**. This first step is crucial as it establishes your credentials via the Med Center IP address. Second you will download the mobile application to your device. Third, you will sign in with the username/password combination that you created on the

County PC. It is suggested that you download UpToDate and Micromedex. Micromedex has its own password to use when downloading the mobile app. You can find the passwords under the Mobile Application Access tab at the top right of the application. There you can select the app you find most appropriate. Please keep in mind that Nursing Reference Center Plus also has a mobile device which carries the Davis Drug Guide for Nurses. The Davis Guide is probably more suitable for student work, but it is good to have multiple tools at your disposal.



Reminder: Please refrain from listening to audio at the library computers. If you require sound, please ask at the circulation desk to establish a secluded station to work from. It is advised that you bring earbuds from home.



There are three million nurses in the U.S.

The [U.S. Bureau of Labor Statistics](#) reported that there were about three million nurses as of 2020. To put this into perspective,

there are roughly as many nurses as people living in Jamaica.

On a global scale, there are over 28 million nurses in the world. This accounts for 59% of healthcare professionals. As of October 2020, there were more than 4 million registered nurses in the United States. The average age of those nurses is 47.9 years old and almost half of the nurses (47.5%) are aged 50 and older.

Men are a growing portion of nurses in the United States. In 2018, men made up 9.6% of the total nursing population which was an increase from 7.1% in 2008.

HOME FOR THE HOLIDAYS: THANKSGIVING

7 Things We Do After Thanksgiving Dinner

Take a nap
Take a walk
Argue about who should wash the dishes

Wash the dishes
Look for lids to match the containers for leftovers
Watch football
Play board games

Our Favorites PIE CHART

Pie Flavor	Percentage
Pecan	12%
Apple	19%
Pumpkin	13%
Banana Cream	10%
Cherry	9%

- Source: Crisco® and American Pie Council

1784 If Ben Franklin

had his way, the turkey would be our national bird. An eagle, he wrote in a letter to his daughter, had "bad moral character." A turkey, on the other hand, was a "much more respectable bird."

- Source: greatseal.com

Americans gobble up 46 million TURKEYS on Thanksgiving Day

- Source: University of Illinois Extension

Plumbers get 50% MORE CALLS on the day after Thanksgiving than any other day of the year. Why?

Turkey bones in the garbage disposal.

- Source: RotoRooter

40% of Campbell's Cream of Mushroom soup sold in the US goes into making green bean casserole.

- Source: from History.com



December 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16 Graduation Ceremony	17 Fall Semester ends	18
19	20 Winter Recess Begins	21	22	23	24 Holiday	25
26	27	28	29	30	31 Holiday	



Designed By **Brilliantokids**

