

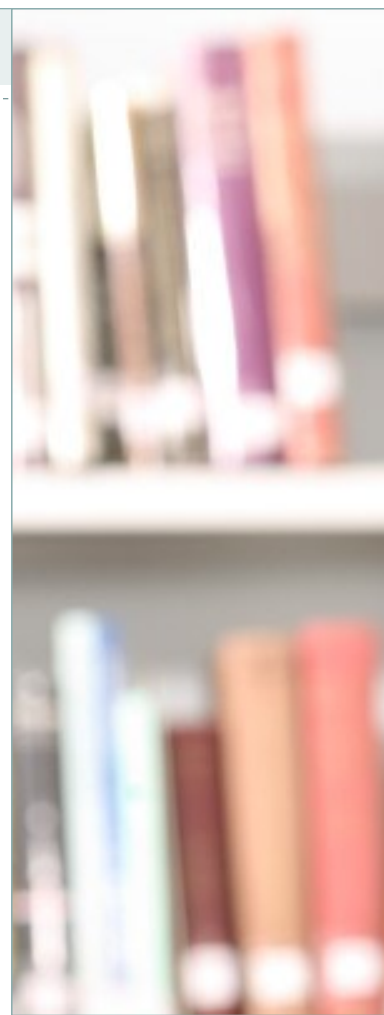


**Psssssst!**

**THE FALL  
SEMESTER  
IS COMING  
TO AN END**

Nighttime  
begins  
much earlier  
as the sun  
sets at 4:45  
PM post  
Daylight  
Saving. The

weather is chillier and the rain will begin feeding the dry California landscapes soon. This all means one thing, that its time for a winter break! Hopefully you all feel content about your nursing school journey and you can focus on other aspects of your life, temporarily perhaps? Having a break from studying, possibly working more hours; for some it may even mean a vacation. However you choose to spend your free time, the ERC wishes you a safe escape from lectures, clinicals and exams. The ERC staff would like to also congratulate the graduating class of 2024-II on a job well done.



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**UPCOMING DATES**

- Thursday, December 12  
**Graduation Ceremony**
- Friday, December 13  
**Fall Semester Ends**
- Monday, December 16  
**Winter Recess Begins**
- Mon-Fri, January 6-10  
**New Student Orientation**
- Monday, January 13  
**Spring Semester Begins**

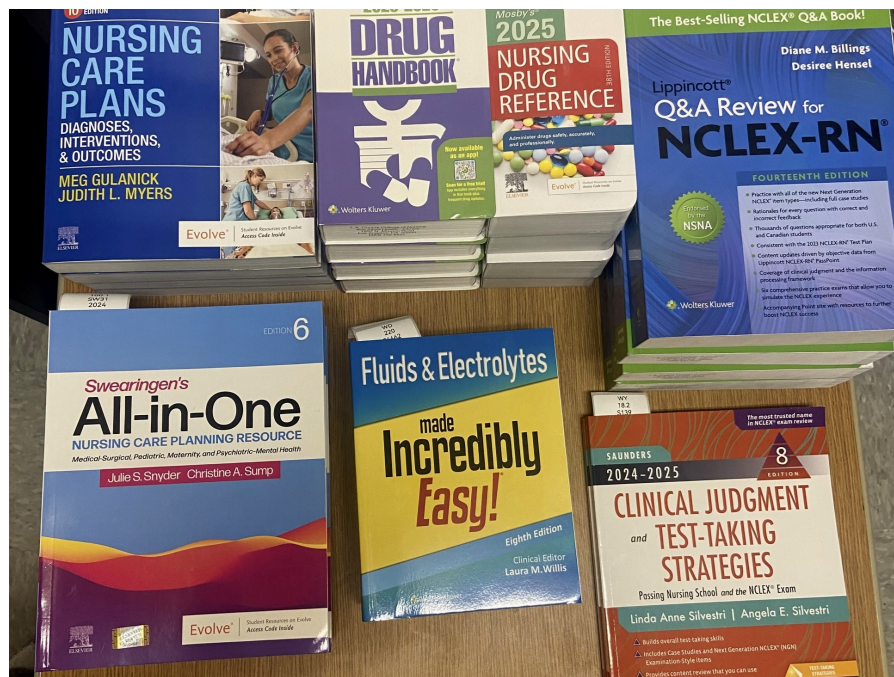
## NEW BOOKS IN THE LIBRARY

### COCOA VIBES

Starting December 5, 2024 the ERC Library will be hosting Hot Cocoa month. Please stop by during operating hours for the month of December and help yourself to a hot cocoa or tea and perhaps a few crumbly goodies. We are excited to continue the tradition of sharing warm decadent treats

The ERC Library is pleased to announce several new books that have been added to the catalog and are available for checkout. The drug reference manuals, NCLEX prep books as well as the new All-In-One and nursing care plan titles, have all been

updated. You may access the catalog [here](#). (Ctrl+ right mouse click)



*New titles in the ERC Library*

## STUDY ROOMS

**Study Rooms** are a great resource to support your learning, and the ERC wants to remind you that room reservations must be completed in the front office. Room reservation is on a first-come, first-served sign in basis. Please note that the library continues to offer a quiet place to study in the event that you arrive to campus before the front office business hours begins, as the library opens at 0630.



The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services, is the nation's medical research agency — making important discoveries that improve health and save lives.

You may wish to visit the Grants & Funding page [here](#)

There are many tabs and categories to pick from. I reviewed the National Statistics on Graduate Students and was in awe of the informative charts and graphs outlining everything National Statistics on enrollment, gender, residency and citizenship, to name a few. The NIH Data Book explores many topics with many insightful reports and overviews. The website also has a section regarding news releases. Please visit [here](#) to see new research regarding the role of mutant proteins in some of the deadliest cancers.

TAKE A VIRTUAL TOUR OF THE ENTIRE NIH CAMPUS, CLICK [HERE](#)

## NURSING NEWS

As nursing students it is probably very difficult to keep up with today's news cycle, much less news relating specifically to nursing. One website that keeps a running, ticker-style newsfeed is [Nursingworld.org](http://Nursingworld.org)

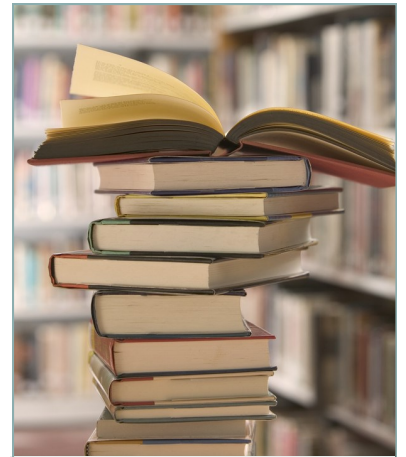
What makes this website special is that its news page propagates the latest articles from nursing associations and journals. There are a variety of topics including interviews, awards and award winners, upcoming conferences, and general announcements of projects and special events.

The website also gives readers access to a variety of online journals. Titles include the *Online Journal of Issues in Nursing*, *American Nurse* and *Capitol Beat Blog* to name a few.

The website also has a Resources Hub categorized by topic. Articles are quick and easy to read and cover topics like Nursing Leadership, Workplace, Career Resources, etc.'

The Career Center includes a snapshot of how many Employers, Job Seekers, Jobs and Resumes it contains.

Check it out, [here](#)



### DID YOU KNOW ?

The National Library of Medicine (NLM) in Bethesda, Maryland, is the world's largest biomedical library and a national resource for health professionals, scientists, and the public. The Library collects materials and provides information and research services in all aspects of biomedicine and healthcare, and the NLM medical database is available to the public worldwide. The Library contains 6 million items, including one of the world's finest medical history collections of old and rare medical works.

## 988 SUICIDE AND CRISIS LIFELINE

Since it went live on July 16 of 2022, 988 — which is available 24/7 and can be reached by calling or texting the number or using its [online chat service](#) — has received more than 10 million contacts.

You are not alone

## AN APPLE A DAY! COPING DURING UNCERTAIN TIMES

This article was published in the Workforce Weekly email sent to all LA County workforce members. The ERC felt it was important to share the sentiment again in hopes of reaching those that may have missed their email.

Experiencing stress during Volatile, Uncertain, Com-

plex and Ambiguous (VUCA) times, can make it challenging to identify things to help you cope. Do what feels right for you and remember that what feels right may look different over time.



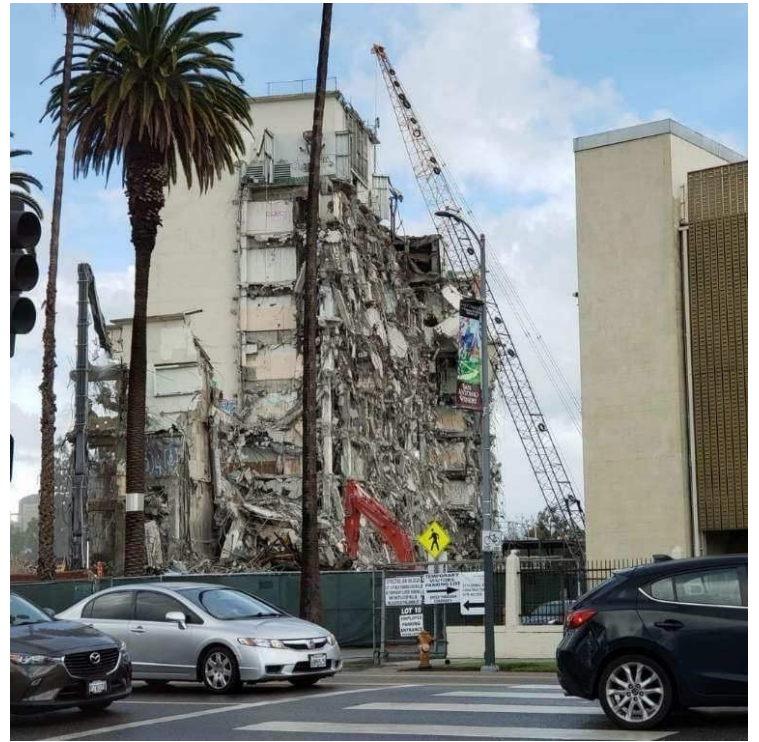
An **apple** a day can help. Try these “APPLE” techniques to help with coping:

- **Action** - Taking action in a positive way can help to increase feelings of control and improve mental health. Small activities such as helping a neighbor can increase feelings of gratitude, social connection, and happiness. If you are feeling stressed about a particular issue, giving your time to an organization that is targeting this issue can help you know that you are contributing to a possible solution.
- **Plan your day** - Planning activities, even if you don't feel like it initially, can help to decrease the isolation and withdrawal that often accompanies negative emotions. Activities may start small and build over time. Include a healthy bed-time to ensure adequate sleep.
- **People** - Engage with others within your support network, go to lunch with friends, call someone you trust, or spend time with family. Engaging with others helps to lessen stress, increase connection, and help you feel less alone.
- **Learn** - Learning a new skill, or hobby can help channel your worry energy into a positive activity. Actively engaging in something new can help take your mind off your worries and studies show that learning a new skill can help increase brain health.
- **Expect the need for more self-care** - Give yourself some grace. Understand that you may need more patience with yourself and others. Identify activities that make you feel better and make plans to do them.

## HEALTH INNOVATION COMMUNITY PARTNERSHIP

Are you curious what is being built around the LA General and USC Health Sciences Campus? If so please visit the Health Innovation Community Partnership website [here](#)

Their mission is to “promote and advance a healthy and economically resilient community in and around the Los Angeles General Medical Center and USC Health Sciences Campus, with a vision of a thriving health innovation district that provides world-class integrated health delivery, while at the same time promoting health equity, wellness, and economic well-being in the surrounding neighborhoods. The Partnership will effectively weigh the growth opportunities of the health campuses with the impact they will have on surrounding communities, advocate for community benefits, mitigate strategies, and meaningfully shape public decisions, all while prioritizing the needs of current low-income area residents.” The village will include a four-story Recuperative Care Center with 96 beds to provide immediate placement for



Before picture of the Women and Children's Hospital during demolition.

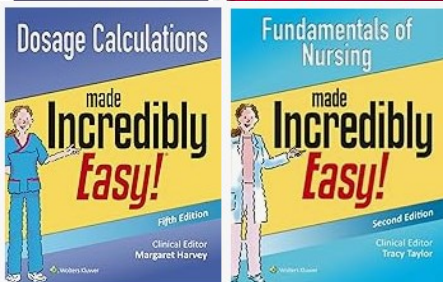
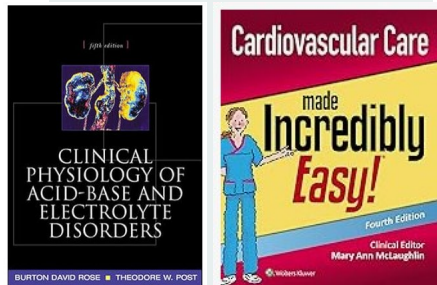
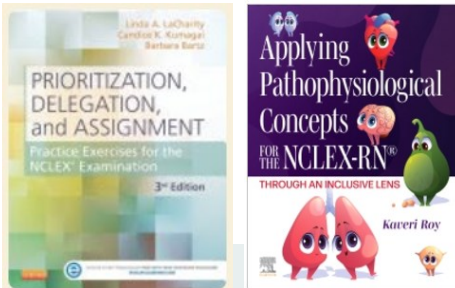
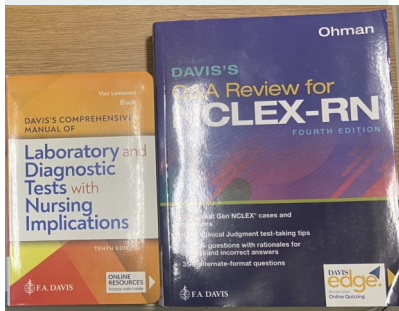
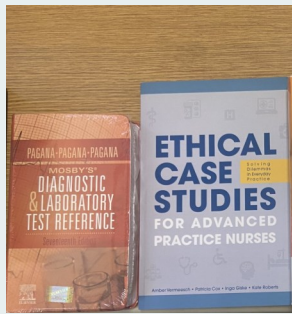
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New Construction of the Restorative Village



people being discharged from an inpatient hospital setting who lack a supportive place to live. Secondly, a 64-bed Residential Treatment Program will encompass four buildings providing a short-term alternative to hospitalization to address mental health needs. A Sobering Center will help individuals with addictions get a new lease on life.

## MORE NEW BOOKS



## FINANCIAL AID

Students, you can now apply for the **2025-26 Free Application for Federal Student Aid** and **California Dream Act Application**.

- Submit your application by the **state priority deadline March 3, 2025** to qualify for federal and state aid.

After filing: **Create a free WebGrants 4 Students account** to check on your Cal Grant (state grant) and GPA status at: <https://mygrantinfo.csac.ca.gov/>.

- Resources:

**Filling Out the FAFSA® Form**  
**How To Submit the FAFSA® Form if Your Contributor Doesn't Have an SSN | Federal Student Aid**  
**Undocumented Students | California Student Aid Commission**

**IMPORTANT:** Students should only complete one of the applications based on the citizenship requirements.



## SCHOLARSHIPS

**Department of Health Care Access Information (HCAI): ADN Scholarship Program** – deadline: 12/13/24, 3pm

**Nursing Angels Foundation** – deadline: 3/1/25

**Essential Visionaries Scholarship** – opens December

For additional information regarding financial aid and scholarship opportunities please visit the CONAH Financial Aid page on the CONAH Website. You can CTRL+CLICK [Here](#) to be taken to that webpage.