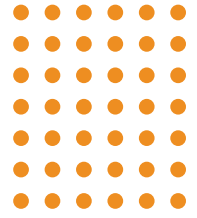


SENIOR



FALL 2019

SAN JACINTO COLLEGE

FOCUS



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DRIVING TO
NURSING AT
AGE 67
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CHANGE!



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For more information and a complete list of courses, visit sanjac.edu/cpd or call **281-542-2020**.

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Questions about San Jacinto College programs and services described in this publication should be directed to the Contact Center at 281-998-6150. Comments or questions about the publication can be directed to the San Jacinto College Marketing, Public Relations, and Government Affairs Department at 281-998-6152.

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Visit San Jacinto College online at sanjac.edu. Call us at 281-998-6150



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About San Jacinto College

Surrounded by monuments of history, industries, and maritime enterprises of today and the space age of tomorrow, San Jacinto College has served the citizens of East Harris County, Texas, since 1961. The College is fiscally sound, holding bond ratings of AA and Aa2 by Standard & Poor's and Moody's. San Jacinto College is a 2019 Aspen Prize for Community College Excellence Top 10 institution, a 2017 Aspen Prize Rising Star Award recipient, and an Achieving the Dream Leader College. The College serves approximately 45,000 credit and non-credit students annually and offers eight areas of study that put students on a path to transfer to four-year institutions or enter the workforce. San Jacinto College's impact on the region totals \$1.3 billion in added income, which supports 13,044 jobs.

For more information about San Jacinto College, call 281-998-6150, visit sanjac.edu, or join the conversation on Facebook and Twitter.

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NEWS & NOTES

San Jacinto College to host grand opening and state of the college

San Jacinto College will host a grand opening and State of the College address at the new Center for Petrochemical, Energy, and Technology (CPET), Wednesday, Sept. 18 at 7:30 a.m.

The 151,000-square-foot Center will demonstrate the College's national Top 10 ranking by delivering highly skilled graduates for the petrochemical manufacturing industry while inviting companies to use the facility for their workforce training.

Created for industry, by industry, CPET will house programs and training labs in process technology, instrumentation and analyzer technology, electrical, nondestructive testing, and craft trades.



It will feature an 8,000-square-foot exterior glycol process unit to develop troubleshooting skills for entry-level, advanced credit students, and incumbent workers. Additional features will include the newest software programming, equipment, and technology along with conference, training, and assembly spaces.

For more information about the CPET, visit sanjac.edu/CPET.

Construction underway for College's 2015 bond projects

New and exciting facilities changes are underway at San Jacinto College, funded by the College's \$425 million 2015 bond referendum.

Several existing buildings on the Central, North, and South Campuses are undergoing general infrastructure upgrades, including increased Wi-Fi accessibility and ADA-compliant building access. The architectural firms and construction teams have matched tile, paint colors, and other various design elements and aesthetics to ensure cohesiveness among the renovated spaces. Under renovation this fall semester are Central's Davison Tech Building, North Campus' Spencer Building, and South Campus' Longenecker Building.

This fall, students in the early college high school programs at the Central, North, and South Campuses will enjoy new and updated



classroom spaces, new dining facilities, and new water bottle filling stations.

The Central Campus' new 55,000-square-foot Welcome Center is well underway and will serve as a one-stop facility for student support services, including admissions, financial aid, education planning, counseling, and testing.

The North Campus' new Cosmetology and Culinary Center, also currently under construction, will feature a full-service salon and spa where students and the community can experience services such as haircuts and color, manicures, pedicures, massages, and facials all facilitated by San Jacinto College cosmetology students. Culinary students will also train in state-of-the-art kitchen facilities with multiple food prep stations, ovens, stoves, and industry-standard walk-in refrigerators and freezers. The facility will feature a bistro dining area open to the public and able to host catered events with meals prepared by culinary students.

Construction continues at the South Campus' 74,000-square-foot Engineering and Technology Center and the 39,300-square-foot Cosmetology Center. The Engineering and Technology Center will feature new computer labs along with a MakerSpace featuring a 3D print shop, metal shop, and a wood shop to allow students to build their designs. The Cosmetology Center will also feature a full-service salon with updated labs, classrooms, and lounge areas. All of these new facilities are slated to open in spring 2020.

For more information on San Jacinto College 2015 bond construction projects and their progress, visit sanjac.edu/bond.

▶▶▶▶▶▶▶▶▶▶ Department of Labor awards San Jacinto College \$12 million grant

The Department of Labor has awarded San Jacinto College a \$12 million federal grant to partner with other public and private sector entities to train at least 5,000 workers in information technology (IT) fields.

Second only to California, Texas had more than 960,000 IT employees in 2017. To ensure the Texas workforce develops and maintains the skills needed for these jobs, four Texas community colleges and industry leaders have partnered on the Texas Is IT (TXIT) apprenticeship project.

“The goals of this grant program include accelerating the expansion of apprenticeships to new industry sectors, promoting the large-scale expansion of apprenticeships across the nation, and increasing the apprenticeship opportunities for all Americans,” said Dr. Sarah Janes, San Jacinto associate vice chancellor for continuing and professional development, and grant lead. “We are excited to partner with Alamo Colleges, Austin Community College, and the Dallas Community College District on this project.”

Together with national industry partners IBM Corporation, Lockheed Martin Corporation’s IT-Related Occupations, Rackspace, Cerner Corporation, and Cisco Systems, the four Texas community colleges intend to train 5,000 apprentices and pre-apprentices over 48 months.



The Texas Workforce Commission and the California Division of Apprenticeship Standards will also assist with this grant, with additional support from the American Association of Community Colleges and the Houston-Galveston Area Council.

Since 2010, IT employers nationwide have added 1.5 million new jobs. The Bureau of Labor Statistics (BLS) estimates an additional 557,100 new information technology jobs with a growth of 13 percent nationally. This grant will support IT apprenticeships in Texas before scaling nationwide, with participants who are unemployed, underemployed, or incumbent workers of partner employers.

▶▶▶▶▶▶▶▶▶▶ San Jacinto College, WGU Texas ink partnership



San Jacinto College has cemented a partnership with online nonprofit university WGU Texas to create pathways for the College’s students, employees, and graduates to work toward a bachelor’s or master’s degree and further their education at WGU Texas.

“With this partnership, both institutions are committed to providing our students with educational pathways to earn a four-year degree, expand their education, and increase their earning potential,” said

Dr. Brenda Hellyer, San Jacinto College Chancellor. “We are excited about helping students reach their next goal.”

This is the second transfer agreement between the College and WGU Texas. The first was signed earlier this year and streamlined the process for students and graduates pursuing a bachelor’s degree in nursing at WGU Texas.

The signing event at San Jacinto College included remarks from Deer Park Mayor Jerry Mouton Jr., who is a WGU Texas and San Jac graduate.

Through the agreement with WGU Texas, San Jac graduates, faculty, and staff may select among the more than 60 accredited bachelor’s and master’s degree programs in information technology, business, health professions, and teaching. Transfer students also receive special benefits, including a five percent discount on tuition at WGU Texas and access to exclusive partner scholarships up to \$2,000.

“WGU Texas is thrilled to expand its presence in the greater Houston area by providing more San Jacinto College students a seamless pathway to completing their bachelor’s and master’s degrees and preparing them to enter some of the state’s most in-demand careers,” said Dr. Steven Johnson, chancellor of WGU Texas. “Community colleges enroll almost half of all students in the state—over 730,000 students. This partnership creates an opportunity to link those students to alternative, viable pathways to earning a degree.”

STARTING NURSING CAREER IN 60s? 'YES, I CAN!'

By Courtney Morris

While some people are collecting Social Security, Betty Fisher is getting a new lease on life.

Six decades ago, Fisher dreamed of becoming a nurse, and now she is making that dream a reality.

This spring, she completed San Jacinto College's licensed vocational nursing to registered nursing (LVN to RN) transition program and, at 67, was the oldest College graduate to walk across the NRG Stadium stage.

She reminds fellow seniors now is the time to pursue your dreams. And San Jacinto College is the place to get started.

"There's a lot of support for the older generation at San Jac. If you have to go back to school and learn a new trade, the College can help you through that transition," she said.

Long Road to RN

According to Fisher, earning a new degree is possible for anyone with tenacity to start and finish, and she has almost a decade from start to finish of her nursing education to prove it.

"When you go into anything as an older person, you have to believe you can do it. It might not be as easy as it is for others, but nothing is going to stop me," she said.

After retiring from a 24-year trucking career, Fisher hit a patch of boredom. A friend suggested she pursue nursing since she had always enjoyed caring for people.

Uncertain, Fisher, then 56, enrolled in a San Jacinto College psychology class to get her feet wet.

"My instructor, Sunshine Gage, made me believe I could do anything. It was like a light switch went on. I realized how fun it was to learn new things," she said.

Although nursing programs can be highly competitive, Fisher got accepted into the vocational nursing program at the South Campus on her first try.

But a year later she received the big diagnosis: cancer.

Determined to finish what she had started, Fisher completed the program, then immediately started cancer treatments.

When she could finally transition into the RN program, she learned some of her prerequisites were out of date, and she had to repeat them.

"It seemed like a snowball effect to catch up," she said.

Fast forward to 2017. Fisher faced another setback: this one, named Harvey, left her home flooded.

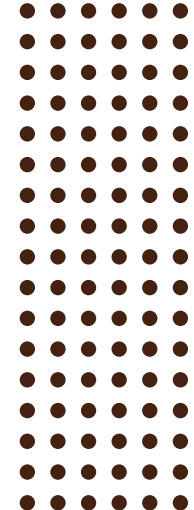
Enter encouragement from instructors like Gage, MaryJane Babin, and Terry Berg and a heavy dose of personal stubbornness.

Nothing could keep Fisher from reaching her goal -- not even having to spend almost double the time studying as her 20-something counterparts.

"The RN program is very intense, not for the weak of heart," she said. "It's intimidating when you're the only person there who's a senior. Can I keep up? The answer is, 'Yes, I can' — because I graduated."

Solution Finder

Berg, associate degree nursing transition program professor, chaired the RN admissions committee when Fisher applied.



She remembers Fisher as the only applicant ever to submit a detailed letter about how she had prepared to succeed in the program.

Later, as her instructor, Berg witnessed firsthand this nontraditional student's dedication.

"Betty kept to her plan. She was one of the first students to class, was prepared, and always had a question for me from her reading assignment," she said.

During clinical rotations, Fisher put 110 percent into her tasks, whether making patients feel like old pals or scouting out every learning opportunity. According to Berg, she took responsibility for her learning.

"Betty does not find excuses. She finds solutions," Berg said.

Go for the Dream

After acing her RN licensing exam this July, Fisher is excited to launch her career as a labor and delivery or long-term care nurse.

"Nursing is truly where I belong. I have something to offer the nursing field out there — today," she said.

INSPIRATION FRESH OUT OF THE OVEN

SAN JACINTO COLLEGE CAKE DECORATING COULD SPARK CREATIVITY IN YOU By Melissa Trevizo

San Jacinto College cake decorating instructor Debra Hodge has been making and designing cakes since she was old enough to climb on a stool and hold a measuring cup.

“My mother loved baking and decorating cakes,” Hodge said. “I was always her ‘gofer’: Go for a mixing bowl or a cup of sugar. She would work me like crazy, and I thought she was working me too hard. It wasn’t long before I realized I loved it.”

As an adult, Hodge entered The Wilton School of Cake Decorating and Confectionary Arts and took as many classes as she could mastering techniques in

buttercream, royal icing, fondant, gum paste, and sugar, as well as baking cakes.

“I learned so much from Wilton, and I knew that I wanted to work for them,” Hodge said. “I taught for Wilton for 20 years. Even while teaching I tried to absorb anything I could. I have a love for learning, especially in the arts.”

Now, Hodge teaches cake decorating for the Life Long Learning division of San Jacinto College’s continuing and professional development department. The course is divided into three sections: Building Buttercream, Flowers and Cake Design, and Gum Paste and Fondant.

In the series of courses, students learn to ice and decorate cakes; create flowers using buttercream, royal icing, gum paste, and fondant; create decorative border; cover a cake in fondant; and many more techniques. Each session is two hours long and meets four times.

“I teach students the fundamentals from zero,” Hodge said. “You can come in not even knowing what a piping bag looks like, and I can bring you all the way up to an expert decorator.”

Hodge believes everyone can become a cake decorator if they just apply themselves.

“I love being able to teach someone a skill when they don’t think they can,” Hodge said. “I feel that everyone has creativity in them that can be brought out.”

To learn more about the cake decorating courses and other Life Long Learning courses, visit sanjac.edu/cpd



“I TEACH STUDENTS THE FUNDAMENTALS FROM ZERO. YOU CAN COME IN NOT EVEN KNOWING WHAT A PIPING BAG LOOKS LIKE, AND I CAN BRING YOU ALL THE WAY UP TO AN EXPERT DECORATOR.”

COMMUNITY PARTNERSHIPS INCREASE THE SCOPE ON SENIOR HEALTH AND WELLNESS

By Andrea Vasquez

Senior health and wellness initiatives are becoming increasingly important to a number of community organizations, businesses, and educational institutions. San Jacinto College Continuing and Professional Development's (CPD) Community Engagement division is partnering with a number of community and health organizations to offer free health and wellness workshops.

"We value our current partnerships and the new ones we're creating," said Dr. Janice Sullivan, San Jacinto College CPD dean of community engagement. "This fall will focus on cancer and fall prevention for seniors. According to the National Council on Aging (NCOA), every 11 seconds an older adult is treated in the emergency room for a fall, and every 19 minutes a fall results in death for this age range. To address this need, San Jacinto College CPD will host several health workshops culminating to the 'Watch Your Step - Fall Prevention and Balance for Seniors Expo' in November."

MD Anderson and the Kelsey Research Foundation are joining the College to bring the Active Living After Cancer (ALAC) program to local seniors. Funded by the Cancer Prevention and Research Institute of Texas, ALAC offers support and resources not only for cancer survivors but for their caregivers as well. "The ALAC program shows participants how to safely incorporate moderate physical activity back into their everyday lives and works with them to get additional resources for health-related issues," said Stacy Duriso, Kelsey Foundation certified senior community health worker.

Parsons House Assisted Living La Porte is also looking forward to bringing its specialized chair fitness class, "Scrambled Legs," to the College for seniors to improve balance and leg strength. "Part of the Parsons House philosophy is to serve the senior population through community service," said Krista Adams, Parsons House Assisted Living La Porte director of marketing and community relations.

Below is a list of free health-related workshops offered during fall 2019. All workshops and classes will be held at the San Jacinto College Central Campus CPD Community Center at 8060 Spencer Highway, Pasadena, Texas 77505, in Building C1, Room C1.108:

Active Living After Cancer (ALAC)

ALAC aims to improve the quality of life of cancer survivors and their caregivers by promoting physical activity and providing

resources for survivorship issues. Eligibility requirements include having a previous cancer diagnosis and must no longer be receiving chemotherapy or radiation (except hormone therapy) at the time of enrollment. The ALAC program at San Jacinto College runs on Tuesdays from Aug. 6 – Oct. 15.



"Scrambled Legs" chair exercises

Parsons House Assisted Living La Porte will bring its fun chair exercise class to the College on Thursday, Aug. 29, from 12 – 1 p.m.

Community Fitness

CPD will host community fitness on Thursday, Sept. 6, and Friday, Oct. 4, from 12 – 1 p.m.

Wellness in Retirement

The Council on Recovery's Wellderly Program will conduct a four-part monthly workshop series on wellness in retirement. The workshops begin on Wednesday, Sept. 25, from 12 – 1 p.m.

Watch Your Step - Fall Prevention and Balance for Seniors Expo

Join CPD Community Engagement on Nov. 21, from 9 a.m. – 1 p.m., and more than 25 community partners bringing resources, information, and giveaways. This free event for adults ages 55+ will feature workshops led by health care professionals discussing how to reduce home fall risks, types of fall injuries, and the effects of medications on balance. The event will also feature live musical entertainment, free food, and prizes.

For more information about or to pre-register for these free San Jacinto College CPD workshops, call 281-478-3665 or email Community.Education@sjcd.edu.



HEALTHY AGING MONTH

TAKE CONTROL OF YOUR HEALTH, HAPPINESS By Courtney Morris

Age . . . we can't choose it, but we can choose our attitude and actions.

In honor of Healthy Aging Month this September, we share practical tips to improve your physical and mental well-being.

San Jacinto College faculty offer the following ideas for making healthy choices in all areas of life:

Aye, Aye to Eye Health

It takes more than eating carrots to ensure good vision.

As you age, focus on an annual eye exam for diagnosis and treatment of conditions. Diabetic? See an eye doctor every 6-12 months.

"Eye conditions can't be prevented, but early detection is key," Debra Clarke, eye care technology program director, said.



Here are some conditions and symptoms to be aware of.

- **Cataracts:** Cause blurry, hazy, or less colorful vision
- **Glaucoma:** Damages the optic nerve, causing fluid build-up in the front of the eye
- **Age-related macular degeneration:** Damages part of the retina, impacting central (not peripheral) vision

While you can't completely avoid issues, you can live an overall healthy lifestyle, including managing cholesterol and avoiding smoking, to improve eye health.

Unlock the Potential of Ultrasounds

Have persistent abdominal or other pain? An ultrasound may uncover the problem.

Too much cholesterol in the body can create gallstones, which obstruct the release of bile and hinder digestion, said Samisha Davis, diagnostic medical sonography program director.

Untreated, gallstones can cause inflammation, severe pain, fever, and even cancer.

"The most common risk factor is obesity," Davis said. "Other factors include having diabetes or liver disease and taking hormone therapy drugs containing estrogen."

Her tips for reducing gallstone risk:

1. Don't skip meals. Fasting causes bile to build up in the gallbladder.
2. Lose weight slowly — no more than 1-2 pounds per week.
3. Maintain a healthy weight. Eat healthy foods and increase physical activity.

If you have persistent pain anywhere, see your health care provider for an ultrasound.

Be Proactive about Prescriptions

Sometimes senior adults knowingly or unknowingly abuse meds — whether taking more than the prescribed dose, taking unneeded meds, or mixing prescriptions with alcohol or other drugs.

Problems include negative drug interactions, addiction, and even overdose.

"People can feel intimidated to ask their doctor questions, but it's very important to discuss all medications as well as supplements or vitamins," Cayman Tirado, mental health services program director, said.

According to Tirado, you may request a medication review with your pharmacist, who will analyze your meds for harmful interactions and side effects.

Concerned? Ask your doctor these questions:

- Do I take any meds that could cause a drug interaction?

BACK TO SCHOOL FOR YOUR HEALTH

- ▶ Invest in your social life for good health!
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- ▶ Learn more at sanjac.edu/cpd or call 281-542-2020.

- How should I organize my meds to avoid making a mistake?
- How do I know if I am abusing my prescriptions and need help?



Choose Health

Adopt a healthy lifestyle before you have issues.

Fill your plate with healthy proteins, fruits, vegetables, and whole grains. Lace up your sneakers instead of lounging on the couch after dinner. Instead of worrying, get screenings to check for health conditions.

But health is more than external. It's also about attitude.

Check your complaints at the door. Be realistic but maintain a positive outlook to help you face challenges and improve your quality of life.

Take control of your health and happiness today!

SAN JACINTO COLLEGE HONORS RETIREES AT ANNUAL LUNCHEON

By Torrie Hardcastle

Nearly 100 retirees came together to reminisce and reunite at San Jac's recent Retiree Luncheon, held every spring. The College hosts the event annually to keep in touch with retirees, many of whom spent decades with the College, and to provide retirees with an opportunity to continue to engage with the College.

"It's so important for our retirees to still feel connected with the College," said Vickie Del Bello, Vice President of Human Resources. "This event is a fun way for the retirees to gather and catch up with each other while also catching up on the latest College news."

In addition to the catered lunch and plenty of reconnecting, the attendees also enjoyed remarks from College Chancellor Dr. Brenda Hellyer, watched a new San Jacinto College video, and grabbed photos to take home as mementos.

Retiree Ginger Lambert, former director of safety, health, environment, and risk management, says she will always have a special place in her heart for the College and her fellow retirees.

"I worked at San Jac for 37 years, starting when I was 18 years old," she said. "So essentially I grew up with the institution and the people who made it great. With

so many years invested in one place, a deep sense of ownership and pride develops, and this luncheon provides a rare opportunity to reconnect with those folks who shared a large part of my life."

Susan Titus, a former administrative assistant in business and technology, recently retired after 17 years at the College and echoed Lambert's sentiments as the group's newest member.

"After working at San Jac for so long, the employees become family and family that I plan on staying in touch with," she said. "This was my first luncheon to attend since retiring in May, and Dr. Hellyer made us feel appreciated and feel like we all contributed in some part to the success of the College. I'm definitely looking forward to the next retiree luncheon."



"THIS EVENT IS A FUN WAY FOR THE RETIREES TO GATHER AND CATCH UP WITH EACH OTHER WHILE ALSO CATCHING UP ON THE LATEST COLLEGE NEWS."





COMMUNITY EDUCATION CENTER EVENTS

Date	Event	Time
Aug. 6 – Oct. 15	Active Living After Cancer (ALAC)	11:30 a.m. – 1 p.m.
Aug. 8	CPD Information Session: How to Apply for Job Training Grants	2 – 4 p.m.
Aug. 29	Scrambled Legs Chair Exercise Class	12-1 p.m.
Sept. 6	Community Fitness	12-1 p.m.
Sept. 12	CPD Information Session: How to Apply for Job Training Grants	1 – 3 p.m.
Sept. 18	MDT Financial Social Security Workshop	12 – 1 p.m.
Sept. 25	Wellness in Retirement: Aging and Mental Health workshop	12 – 1 p.m.
Oct. 4	Community Fitness	12 – 1 p.m.
Oct. 10	CPD Information Session: How to Apply for Job Training Grants	1 – 3 p.m.
Oct. 17	Texas A&M Master Gardener Program: Texas Superstar Plants	12 – 1 p.m.
Oct. 29	Wellness in Retirement: Grief Grabs You workshop	12 – 1 p.m.
Nov. 21	Fall Prevention Conference and Expo	9 a.m. – 1 p.m.

All Community Education Center events are held at the San Jacinto College Central Campus Community Education Center at 8060 Spencer Highway, Pasadena, Texas 77505, in Building C1, Room C1.108 All events are free. Times and event schedules listed are subject to change. For more information or to register for an event, call 281-478-3665, email community.education@sjcd.edu, or visit sanjac.edu.




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