

SFSC Professor Pursues Certification In Nurse Coaching

By DEBORAH BELL LATTER

Special To The Herald-Advocate

Kathleen Cappo, a South Florida State College (SFSC) Nursing professor, has become certified in nurse coaching through the International Nurse Coach Association.

"Nurse coaching is a new approach to practice for medical professionals," Cappo said. "It meets the needs of society in new ways—it's not a quick fix for a medical need. This is a way to nurse the whole person and comes out of the American Holistic Nurses Association (AHNA) values."

Approximately 250 nurse coaches have been nationally certified in the United States. The American Holistic Nurses Credentialing Corporation (AHNCC), which works with the AHNA, provides the only nationally accredited holistic nurse and nurse coach certification credentials in the United States.

Before embarking on studies in nurse coaching, nurses are required to have several years of nursing education and experience as a foundation to developing their coaching skills.

Cappo heard about the nurse coaching program while working toward her doctoral degree in Nursing Education through Florida Atlantic University. Her professor was involved a study in which she was focusing on the caregiver and how they could recognize the difference between delirium and dementia.

The professor was using coaching as an intervention and assistance when working with the caregivers who might be experiencing burnout. Cappo saw that the caregivers were able to make positive changes in their own lives.

With financial assistance from an SFSC Foundation Innovation Grant, Cappo was able to begin the program and join a cohort of students in Boston last May. The SFSC Foundation offers Innovation Grants to support self-contained projects that make an innovative contribution to SFSC by improving the quality of the teaching and learning process. All SFSC employees are eligible to apply for an Innovation Grant.

Cappo's training consisted of 120 hours—30 hours of intensive training in

May and 30 in October. Her final 60 hours were engaged with clients.

During the final 60 hours of the program, she chose her peers—SFSC nursing faculty—as her clients.

"I had four one-hour, one-on-one sessions with each of my clients," she said.

Cappo asked them to complete the Integrative Health and Wellness Assessment, a 36-item tool that considers the whole person and eight dimensions of health—life balance and satisfaction, relationships, spirituality, mental, emotional, physical (nutrition, exercise, weight management), environmental, and health responsibility.

"Nurse coaching helps the client or patient with self-discovery, so I don't tell them what to do," Cappo said.

The assessment tool uses a scoring system, so a client can see where they need help in certain areas, such as diet, weight, nutrition, sleep, or anything in their life they want to work on. The client, then, picks one or more areas that they'd like to work on.

"Through the skills of nurse coaching, you use techniques where the client has a self-awareness, self-motivation (internal and external), and self-development. The coach and client build a trusting relationship where they set smart goals for the client," she said. "There is no judgment. When coaching SFSC Nursing faculty, we'd meet on a weekly basis and set goals each week. Patients or clients look at themselves and decide what they really need to change. It's not somebody else telling them what to do. So through motivational interviewing and appreciative inquiry, there's a lot of positive talk. The person is built up and not built down to make things happen, so it's pretty effective."

Cappo would like to use nurse coaching with SFSC Nursing students.

"Nursing students are so stressed—it's competitive to get into the program and, when in the program, they have a lot of content to cover in a short period of time. And it doesn't end when they become a nurse. Nurses work 12-hour shifts, many times without breaks because they may be afraid something is going to happen to their patients. They're dealing with peo-



COURTESY PHOTO

Kathleen Cappo, a nursing professor at South Florida State College, has earned certification as an International Nurse Coach Association.

ple who are at their most vulnerable and there can be a lot of sadness. So they have to find ways to care for themselves and not be depressed and not get burnout."

Cappo has already started introducing nurse coaching into SFSC's Nursing Education curriculum. It's used in the Associate Degree in Nursing program.

"All our curriculum supports the holistic views, so we want to become a certified holistic program," she said. "Nurse coaching is another track that I would expose the students to, such as becoming an emergency critical care nurse or becoming an obstetrical nurse."

SFSC currently offers an online Bachelor of Science in Nursing program, a two-year generic associate in nursing degree program, a one-year transition licensed practical nurse to registered nurse program, and an 11-month practical nursing occupational certificate.

For information about these programs, call 863-784-7131 or visit southflorida.edu.

Deborah Bell Latter is director of community relations and marketing at South Florida State College and can be reached at 863-784-7251 or Deborah.Latter@southflorida.edu.

Heartland2060 summit Wednesday in LP

Seminars to cover
hemp, retaining good
talent and overall
economic resilience

By **PHIL ATTINGER**

STAFF WRITER

SEBRING — Heartland2060, a regional partnership among state agencies and local business and residential stakeholders, will have another summit on Wednesday in Lake Placid.

The summit, to be held from 9 a.m. to noon at the Lake Placid Government Center, will include seminars on:

- The Future of Agriculture, The Possibilities of Hemp, presented by Ricardo Alvarez, Florida Department of Agriculture regional director for South Florida

- The Future of Education, Securing the Talent Pipeline, presented by Keith Robbins, Florida Department of Transportation, District 1 freight coordinator

- The Future of our Communities, Building a Resilient Region, presented



VALENTINE

by a panel consisting of Donna Doubleday of CareerSource Heartland, Ken Kenworthy of Okeechobee Public Schools, Dr. Orathai Northern of Polk State College and Dr. Sid Valentine of South Florida State College.

Registration will start at 8:30 a.m. at Lake Placid Government Center, 1069 U.S. 27, but participants will need to RSVP online at heartland2060.org.

The Heartland 2060 partnership throughout DeSoto, Glades, Hardee,

SEMINAR | 2A

SEMINAR FROM PAGE 1A

Hendry, Highlands, Okeechobee and Polk counties exists to help a region work together to ensure current and future generations may live their values in a world that is constantly changing, according to the heartland2060.org home page.

By building a more

government may respond to changes in a cooperative, proactive partnership based upon shared goals and established relationships.

To do this requires a strategic plan of action, heartland2060.org states, to engage decision makers, community leaders, business owners, educators, environmentalists, and citizens. The plan is posted online and is

High school STEM students bone up on science SFSC

By **MARC VALERO**
STAFF WRITER

AVON PARK — Heartland area high school students tackled some chemistry experiments, learned about anatomy and physiology and delved into more in the sciences Saturday at South Florida State College.

The students were participating in one of the monthly forums that are a part of The Heartland Educational Consortium STEM Scholars Program. STEM Scholars is a

science, technology, engineering & mathematics (STEM) enrichment program to meet the educational needs of the gifted and talented high school students in grades nine through 12 in the Consortium's member districts of Highlands, DeSoto, Glades, Hardee, Hendry and Okeechobee counties.

Saturday's focus at SFSC was on sciences and mechatronics.

Consortium STEM Coordinator Lisa Shin said

about 90 students from the Consortium's six districts were at the forum to get to see how STEM is used in the real world.

SFSC chemistry instructor Kate Calvin said the students were doing chemistry experiments on the reaction to copper.

The students had copper sulfate and it had just been converted into copper 2 oxide, the black stuff, she said, referring to substance in the students' beakers.

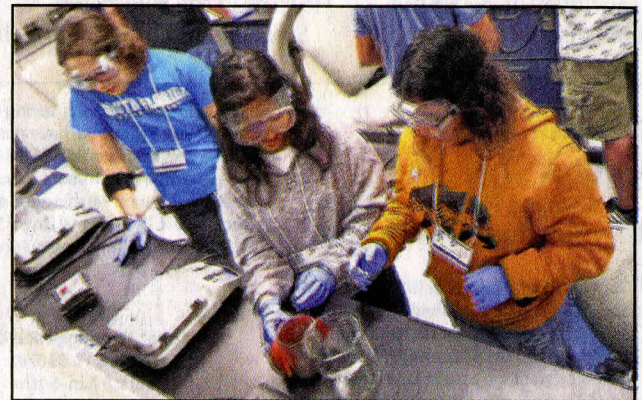
Okeechobee High School sophomore Damans

Olivera joined the STEM program this year and said this was her first STEM forum.

"It's cool; I like it. We are pretty active here," she said.

The goal of the HEC STEM program is to better prepare students to be competitive in the global economy.

The HEC STEM program includes forums at colleges, universities and other locations, that are held on Saturdays and include hands-on breakout sessions.



MARC VALERO/STAFF

Students in the Heartland Educational Consortium STEM Scholars program conduct an experiment in a chemistry lab at South Florida State College.

Semi Pro basketball comes to Highlands County

Heartland Racers season starts this weekend

By **JIM TAYLOR**
CORRESPONDENT

AVON PARK – Coming in less than two weeks, the American Basketball Association (ABA) in the form of the Semi Pro Heartland Racers, will be making debut in Highlands County with their first and all their home games being played at South Florida State College.

The Racers are co-owned by Dr. Tamika Sims, a Florida Native and

Ray Hucks, Jr.

Dr. Sims noted, as posted on the Racers website, has always had a passion for athletics and helping others.

“I decided to be a part of the ABA after meeting another ABA owner while residing in Durham, NC.” added Sims, “She inspired me to have a team of my own. I decided Sebring would be a great place to start a team. It will bring the Heartland community together on a positive note and will create

a way to network and promote businesses as well.”

Raymond Hucks, Jr, is a native of North Carolina and a graduate of North Carolina State.

Per the website Hucks stated that he has always had a passion for basketball and the power it has to galvanize youth and communities.

“My goals are to bring great energy, perseverance and an organization of excellence to the ABA



JIM TAYLOR/CORRESPONDENT

RACERS | 2B

Avon Park's Marcus Dewberry (right) puts a spin move on the defender.

RACERS

FROM PAGE 1B

family and the Heartland community.”

Sims believes that with the strong management staff she has in place, they should do well, “a lot of them have lived here all their lives and they are connected to the community.”

“We are trying to create a level of cohesiveness in the community and between all the different cities,” continued Sims. “We are not just entertainment, not just athletics, we plan to set up some youth athletic programs, mentoring programs as well as some educational programs. It is a learning experience in putting this together, it has been challenging, but we are getting it together. We have gotten a lot of support from the community.”

Pacer Head Coach Chris Hawthorne stated that the first year is always the toughest for a new team, but the goal and expectations remain high as he wants a winning record and to

make the playoffs.

The ABA allows players to hone their skills in the hopes of being recruited by overseas teams or other semi-pro teams that may be a developmental team for a professional team. The options are many for the players.

General Manager Dave Bernard added that the goal as an organization is to be part of the G League.

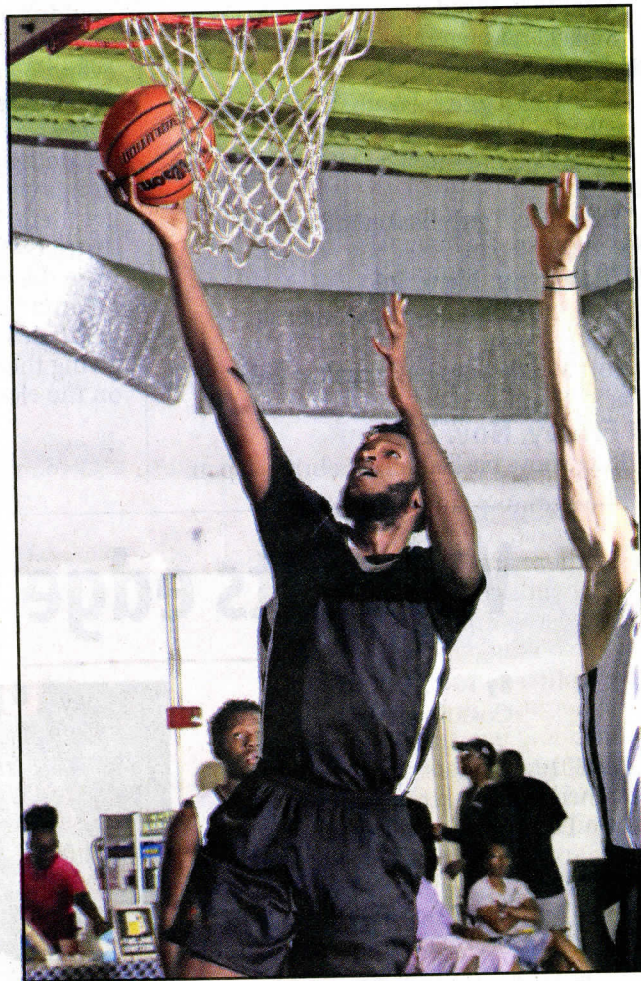
According to the G league website, the NBA G League is the NBA's official minor league, preparing players, coaches, officials, trainers, and front-office staff for the NBA while acting as the league's research and development laboratory.

This year's team includes: John Allen III, Jaterrio Bing, Tywan Daniels, Marcus Dewbury, Tyris Godfrey, Alvin Gunter, Quintin Gunter, Jalen Johnson, Leon Mobley, Anfernee Munnings, Joseph Nobles, Ladaius Richardson, Joe Sayre, Carl Smith, with alternates Dameon Braswell, Adolphus Lewis and Javon Pratt. Several of which are local players in

Highlands County.

The Heartland Racers will play their first game against the Sarasota

Manatee at South Florida State College on Saturday with a start time of 7pm.



JIM TAYLOR/CORRESPONDENT

Joseph Nobles goes for the easy layup last Saturday in the Heartland Pacers exhibition game.

SFSC Named One Of Top 150 Community Colleges

By **BROOKE MCDONALD**

Special To The Herald-Advocate

South Florida State College has been named one of the top 150 community colleges in the nation by the Aspen Institute College Excellence Program.

The honor allows SFSC to compete for a \$1 million Aspen Prize for Community College Excellence.

Based on strong and improving in student outcomes—including in learning, completion rates, employment rates and earnings, and equity—15% of community colleges nationwide have been invited to apply for the Aspen Prize.

"The recognition from The Aspen Institute affirms that SFSC is a top-performing college due to quality learning initiatives led by a stellar faculty," said Dr. Thomas C. Leitzel, SFSC president. "By analyzing the data Aspen collects, SFSC far exceeds performance indicators in such areas as number of credentials awarded, graduation rates, and overall student success."

The 150 community colleges named today as eligible to compete for the 2021 Aspen Prize were selected from a pool of nearly 1,000 public two-year colleges nationwide using publicly available data on student outcomes.

Located in 39 states in urban, rural, and suburban areas, serving as few as 500 students and as many as 75,000 students, these colleges represent the diversity and depth of the community college sector.

Data show that over the last two years, student retention, graduation rates, and degree completion have improved at the top tier of 150 Aspen Prize-eligible colleges.

"Community colleges play a vital role in developing talent and enabling social mobility across the country, and it's crit-

ical for them to get better at what they do," said Josh Wyner, executive director of the Aspen Institute College Excellence Program. "We're pleased to see evidence that these institutions are improving, that more are delivering on their promise. We're also pleased to play a role in honoring outstanding community colleges and sharing what works to ensure great outcomes for students—through graduation and beyond."

The top ten finalists for the 2021 Aspen Prize will be named in May 2020. The Aspen Institute will then conduct site visits to each of the finalists and collect additional quantitative data, including employment and earnings data. A distinguished jury will make award decisions in spring 2021.

Previous winners of the Aspen Prize for Community College Excellence are: Miami Dade College (Fla.) and Indian River State College (Fla.), 2019; Lake Area Technical Institute (S.D.), 2017; Santa Fe College (Fla.), 2015; Santa Barbara City College (Cali.) and Walla Walla Community College (Wash.), 2013; Valencia College (Fla.), 2011.

The Aspen Prize is gener-

ously funded by ECMC Foundation, Joyce Foundation, The Kresge Foundation, and Siemens Foundation.

The Aspen Institute College Excellence Program aims to advance higher education practices, policies, and leadership that significantly improve student outcomes, especially for the growing population of low-income students and students of color on American campuses.

For information, visit www.highered.aspeninstitute.org.

The Aspen Institute is a community-serving organization with global reach whose vision is a free, just, and equitable society. For 70 years, the Institute has driven change through dialogue, leadership, and action to help solve the world's greatest challenges. Headquartered in Washington, D.C., the Institute has offices in Aspen, Colorado, and New York City, and an international network of partners. For information, visit aspeninstitute.org.

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November 28, 2019

SFSC Celebrates Commencement

By DEBORAH BELL LATTER

Special To The Herald-Advocate

South Florida State College (SFSC) celebrates its new graduates with a Commencement ceremony on Thursday, Dec. 12, at 6:45 p.m., at the Alan Jay Wildstein Center for the Performing Arts, SFSC Highlands Campus, Avon Park.

The Commencement speaker is Dolores Breedlove who graduates with her Bachelor of Applied Science in Supervision and Management.

Approximately 255 students will have met the SFSC graduation requirements. Of these, 18 will receive a Bachelor of Applied Science in Supervision and Management, 97 receive their associate degrees, 103 receive vocational certificates or college credit certificates, and 58 receive State of Florida High School diplomas. Participating in the Commencement ceremony will be 188 students.

Mace bearer and chief marshal for this year's ceremony is Tom Bush, and marshals are Brian Bohlman, Courtney Green, Robert Hampton, Dr. Theresa James, Shaila Jensen, Cindy Kinser, Michelle Macbeth, Claire Miller, Tasha Morales, and Ricardo Pantoja.

The Commencement rehearsal takes place on Thursday, Dec. 12, at 10 a.m., in the Wildstein Center on SFSC's Highlands Campus. A Commencement reception will be held in the Catherine P. Cornelius Student Services and Classroom Complex (Building B) immediately following the Commencement exercises.

For questions about SFSC's Commencement, call 863-453-6661.

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Hotel Jacaranda is greeting the holiday season

Saturday, November 9, 2019



MARC VALERO/STAFF

A furniture top Christmas display at the Hotel Jacaranda.

By MARC VALERO

AVON PARK — It's Santa, holly and ivy, colorful decorations, greenery, a lot of red punctuated with gold ribbons and more — it's the Hotel Jacaranda's Joan Hartt Grand Lobby and Arcade ready for the Christmas season.

The finishing touches were completed Thursday on the colorful displays, which include a life-size Santa next to a towering Christmas tree.

There are plenty of toy soldiers, wooden nutcrackers, seasonal characters and even reindeer to put a smile on those young and old.

When you visit the Hotel Jacaranda don't forget your camera or cellphone for some wonderful photo opportunities for you and your family.

If you are new to the area, the Hotel Jacaranda, which opened in 1926, is on the Main Street Mall (19 E. Main St.) in Avon Park.



MARC VALERO/STAFF

Santa stands next to the large Christmas tree in the Hotel Jacaranda.



MARC VALEROSTAFF

A reindeer and sleigh are among the Christmas decorations in the Arcade at the Hotel Jacaranda.



COURTESY PHOTO

The Christmas village at the Hotel Jacaranda.



MARC VALERO/STAFF

Some of the Christmas decorations feature stuffed animals in the Arcade at the Hotel Jacaranda.