

Keiser University Daytona Beach

Newsletter

Winter 2025

OTA Orthotic Fabrication Lab

Occupational Therapy Assistant students measured and built a custom orthotic (resting hand splint) for a volunteer patient. Patients then wore the orthotic, and feedback was given to each student. It was a great opportunity for the students and volunteers to learn more about splints!



Community Resource Fair

During the first week of fall classes, a variety of community resources were invited to campus. Students were able to connect with The Gathering Place, SPOT Fitness, Express Professionals, and the Florida Department of Health.



Dean's List and Honor Roll Celebration:

Students who met academic goals for the Winter and Summer 2024 semesters were celebrated. Friends and families were invited to celebrate the hard work that these scholars have completed. Continue to keep up the great work!



Congratulations



Ice Cream with Halifax Health and AdventHealth



Students had the opportunity to network with recruiters from Halifax and AdventHealth. Our students were also able to ask questions about positions and what it is like working for each employer. Thank you to everyone that participated and stopped by.



A Financial Reset for 2025

**Contributed By: Geoff Stam, Director Default Management and Financial Wellness,
Office of the Chancellor**

Hello 2025! While we set our financial sights on a new year, we continue to see everything from eggs, to gasoline, to clothing, to our electric bill cost us more money. Our dollar seems to cover less and less. With that in mind, how do we make the money we have stretch further?

It's time to re-evaluate and reset our budget. We don't necessarily have to cut out or down on everything we do, but where can we make some adjustments to make sure everything we need to cover financially is handled. Wondering where to start? Begin with the Short-Term Financial Goals. These goals typically are less complicated to complete and generally more manageable. Anything from saving for an emergency fund, paying down a credit card or other debt, saving for a special item, or making sure you are breaking-even at the end of the month/budgeting period. Your goals depend on your personal (family) financial status. Create these goals with the SMART principles in mind to set you on your path.

The SMART principles: Specific – very clearly defined; Measurable – has check-points to show progress; Attainable – a goal that you can complete and is not out of reach; Relevant – goal is yours (and your family's) and important to your financial health; Time-Framed – you have a time to complete it (3 months, 6 months, 12 months).

Next, determine your income, identify expenses (ALL of them), and create a simple budget. This is your roadmap to completing your financial objectives. View your budget as a guide to your money and not a restrictive document. A way for you to tell your money what to do versus wondering what happened to it all. But don't forget to treat yourself (even if it's a small treat) within your budget. Your short-term goals should drive this budget.

If you've never created a budget before, it might be frustrating initially and the first attempt may not be successful, and that's okay. If you learn from the mistakes and apply them to the next budget, it will be more effective. Plus, there are plenty of FREE tools available to take advantage of that can assist you along the way.

It's not a document set in stone, it will change and refine itself over time. The more you use it, the more effective the budget will become, and you will see your goals nearing completion. Here are some sites to help:

<https://www.google.com/sheets/about/>

<https://mint.intuit.com/>

<https://goodbudget.com/>

<https://www.rocketmoney.com/>

<https://www.ramseysolutions.com/everydollar/budgeting>

<https://portal.iontuition.com>

Focus on the positive that comes from any of the financial goals you have achieved! Don't let your mistakes stop you from trying to realize financial success, learn from them. Every goal you reach will help you move on to the next goal and the next. With some work, determination, and perseverance, you can make 2023 a financial success!

Attention Student Loan Borrowers!

If you hold federal direct Unsubsidized loans, interest will start to accrue on those loans from the time they are disbursed. Federal direct Subsidized loans will continue to have interest paid by the federal government while you remain a student above ½ time (in-school deferment) or are on a deferment period such as grace period.

Please register for the free website <https://portal.iontuition.com> to track your loans; know your servicer, review interest rates and accrual as it restarts, understand repayment plans/options, as well as deferment, forbearance, and consolidation.

Please feel free to contact me if you have any questions or need additional assistance. I can be reached at (904) 238-3099, or gstam@keiseruniversity.edu.

OTA Cultural Festival

The Occupation Therapy Assistant (OTA) program hosted a Community Cultural Fair Event. Students researched different countries and learned what occupational therapy looks like in that country. They then shared this information with other students and community members who attended the event. This event strengthened our partnerships in the community while advocating for inclusion and diversity.



MILO Ribbon Cutting

Keiser University partnered with MILO—a world-leading provider of interactive simulation training, curriculum, range design, and equipment—to offer simulator training to our criminal justice community partners at the Daytona Beach Campus.

On Wednesday, October 16th, the Daytona Campus held its official ribbon-cutting ceremony attended by federal, state, county, and local law enforcement agencies, as well as local dignitaries and members of the media.

Criminal justice agencies can use these realistic, versatile MILO Range M-SATS (Mobile-Situational Awareness Training System) units throughout the year to complement their current tactical judgment training.



Approach Goals Playfully!

As we lead off into this New Year, I think it is important to take a moment to really talk about goals! So, what is a goal?

Most of us understand that a goal is something that we want to achieve. However, many of us miss the true essence and excitement of a goal. You see, for a thing to be a goal, that means it has to include things that we've either never done before or have tried doing but have remained unable to hold onto the goal long enough to move it into a habit or way of being.

Goals are meant to create change. Sometimes, the change is limited to one place, like an external change in life or a behavior change to our habits. Oftentimes, goals encompass a variety of changes that all come together to truly transform or elevate our lives. This is the excitement and challenge of a goal. A goal's purpose is to test, build, and strengthen you and/or the life around you.

When we approach goals too seriously, we can become discouraged, frustrated, or lose focus on our goal. Although I believe in dedication and commitment to your goals, as a Coach, I also understand that there should be an aspect of playfulness while working to achieve your goals.

Play is actually a very useful and beneficial tool of learning. It helps us build new neurological pathways without stress. It also supports a positive emotional attachment to our goals, making it a natural source of joy and release of tension for years to come.

As you step forward with your New Year goals, follow these 3 actions to bring a little playfulness into your goal achieving process!

- Before you take action on your goal, mindfully connect to the joy and satisfaction you will feel once having achieved your goal.
- Start any action toward your goal with an attitude of gratitude for both the ability and luxury of being able to work toward a personally or professionally desired goal.

Make the work of a goal fun, whether that be having music playing while working, taking activities to a favorite location, or inviting friends in on the action.

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October – Breast Cancer Awareness Month

Keiser University Daytona participated in the 2024 Susan G. Komen More Than Pink Walk. Students, staff, and faculty walked to raise awareness and support the treatment of this disease. The campus also held a Pink Out Day where everyone was encouraged to wear pink in solidarity. The fight to end breast cancer needs us all!



Financial Wellness Seminar



Geoff Stam, Director of Default Management and Financial Wellness, visited the Daytona Beach campus to give a financial wellness seminar to upcoming graduates. The students were able to learn about their loan repayment options, forgiveness plans, student loan interest, and the impact of new legislation on the student loan program. Check the Leadership Distinction Program (LDP) calendar for upcoming dates.

Volusia County Basket Brigade



Our campus collected holiday food items that filled 12 boxes for the Volusia County Basket Brigade. The contribution helped to feed 12 local families, and Volusia County came together to fill hundreds of boxes. Students and staff went out to distribute the boxes to local families in need. Keiser University and Volusia County came together to make a difference for so many this holiday season.

Scare Fair 2024

Our campus had another successful Scare Fair in October. Community partners participated and passed out candy and Early Learning Coalition passed out children's books. Faculty and staff decorated the building, and along with some high school volunteers, really put on a haunting spectacle. The community showed up and had a blast!



Calvary Christian Center Food Drop

Faculty, staff, and a student volunteered at Calvary Christian Center's monthly Community Food Drop. Second Harvest Food Bank of Central Florida partners with Calvary Christian Center to fight hunger and feed hope. This event helps hundreds of local families each month that need resources. Keiser University Faculty and Staff: Sarah Neel, Amanda Andrews, Kelly Simmons, Ricardo Saldana, and Sarah Miller. Keiser University Medical Assisting Student: Caitlin Torrado.



Veterans Day Tribute

Keiser University Daytona Beach is fortunate to have so many veterans amongst our faculty, staff, and student population. During our annual Veterans Day Tribute, Mr. Joseph Sicinski, a 93-year-old Korean War veteran, shared his experience and wisdom. The Daytona Vet Center pinned the veterans in attendance in honor of their dedication and sacrifices for our country. The experiences and insights veterans have will undoubtedly enrich our community, and we are grateful for the unique perspectives they bring to our campus.




★ THANK YOU ★
veterans



Marine Science Center (MSC) Volunteer Event

Daytona staff helped clear out Brazilian pepper trees for a planned expansion and renovation of the science center. This plant is a nonnative invasive plant, MSC used it as an opportunity to not only talk about the difference between native and nonnative plants, and the impacts they have to native flora and fauna species, but also plants that are in and around the science center that animals use for cover and food sources. Staff were then given a tour of the MSC which has been closed to the public since September 2024, due to their renovation and construction. They participated in a stingray feeding, where everybody got to hand feed cownose stingrays. The Daytona staff were then led outside to the turtle rehabilitation center, where they had the chance to see turtles going through the process of being rehabilitated either from starvation, sickness, or human interaction. If the turtles are healthy enough to be off on their own after rehabilitation, they will be released to the wild. The MSC also has a bird sanctuary where staff had the chance to see a red shouldered hawk, a great horned owl, and two bald eagles that had been struck by vehicles. One of the volunteers brought out an American kestrel, which is North America's smallest falcon. There were also several pelicans being rehabilitated as well.

