

Nursing CAP: Introducing youth to nursing, healthcare and STEM careers

An early grasp of math and science concepts is critical for success in the growing number of healthcare and STEM careers.

An understanding of this necessity led Regina McKinney, an advanced practice registered nurse, to organize Nursing Careers and Pathways, aka "Nursing CAP" in 2013. As a certified registered nurse anesthetist with Virginia Anesthesia Perioperative Care Specialists, she has for many years administered anesthesia to patients in the three area hospitals the practice serves.

Nursing CAP's mission is to introduce middle and high school minority, economically disadvantaged, and first generation college students to the fields of nursing, science, technology, engineering and healthcare. Most live in Suffolk, but the program is open to students of any city. Current enrollment is 48.

Mrs. McKinney and other volunteers meet with the students twice monthly from September to June, engaging them in a variety of stimulating activities.

"Tutoring is one of the most important components because gaining an understanding of vital science and math concepts in middle school is crucial to success in these subjects in high school, college, and beyond," said Mrs. McKinney.

Guest speakers are brought in each month, and hands-on activities are a part of most sessions. Through community partners, the youngsters are given mentoring opportunities.

Students perform community service at a Suffolk transitional care/rehabilitation center, where they engage residents with Christmas, Easter and Valentine's Day arts and crafts. "We want to instill compassion for the elderly and the importance of community service," added Mrs. McKinney.

Field trips and classes on self-esteem, character development, and study skills round out efforts to ensure that students are well-equipped to become productive and responsible citizens.

On March 11 Nursing CAP will host its first "Red, Black and White Affair" fundraiser. See details on Page 16.

For more information about the organization: www.nursingcap.org.



Clockwise from top left: "Day in the Life of a CRNA" and Airway Management Skill Lab with Lt. Willet last October.

Nursing CAP students participate in a Vital Signs Skill Lab session in December 2013.

Nursing CAP volunteers and students 2015-2016.

Students prepare for a community service event at Kindred Transitional and Rehabilitation Center-Nansemond Pointe in December 2015.

"I Am The Dream Design Time Party" with Urban Artistree sponsored by Tau Chapter, Chi Eta Phi Sorority.



announcements&events



National Council of Negro Women to host Harambee Fashion Show

The National Council of Negro Women, Norfolk Section will host its Harambee 2017 "My Black is Beautiful" Fashion Showcase and Breakfast on **Saturday, February 25, 8 - 10 a.m.**, at Applebee's, 5750 E. Virginia Beach Blvd., Norfolk (near Military Circle).

Models for the African-inspired fashion show are the NCNW Norfolk Youth (Rosebuds and Roses) and members of Empowered Women of Virginia (EWOV).

Proceeds will benefit NCNW youth programs. EWOV will be giving away free coats, scarves, and hats to the members of the community. Donation is \$10. For tickets: 757-343-7018 or ncnorva@gmail.com.



Village Family hosts monthly "Feed the Village" food giveaway

Village Family, a local hunger relief nonprofit, hosts its "Feed the Village" food box giveaway every 4th Sunday, 3-5 p.m., at First New Kindling Baptist Church, 543-A E. Little Creek Road, Norfolk.

The next giveaway will be **Sunday, February 26**. Village Family also hosts a food pantry program that supports children, seniors, veterans, and families with food insecurities. Each box contains a five-day supply of food for a family of four.

Village Family is a partner agency with the Foodbank of Southeastern Virginia and the Eastern Shore. In addition, food is collected from donors and/or purchased from local stores. The program also provides food emergency assistance, clothing and educational resources.

For more information: www.village-familyoutreach.net, 757-656-9577, or villagefamily@mail.com.

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Young People's Guild to present youth pageant

The Young People's Guild Foundation will host its "Mr. & Miss Sweetheart Pageant" **Wednesday, February 25, 4 p.m.**, at the Wyndham Hotel, 700 Monticello Avenue, Norfolk. Pageant age groups are 3-5, 6-9, 10-13 and 14-17. The categories are Casual Sportswear, Talent, Historic African American Costumes, and Evening Attire. Tickets are \$15.

Applications will be accepted until February 18, and pageant coaching is available by appointment. For information about participating or for tickets: Joyce Tasby at 202-812-2804 or ypguild-pageants@gmail.com.

HBCU Choral Festival

NSU choirs to host annual HBCU Choral Festival

Norfolk State University Choirs will host their annual HBCU Choral Festival, featuring the choirs of Claflin, Elizabeth City State, Hampton, and Norfolk State universities on **Sunday, February 26, 5 p.m.**, at L. Douglas Wilder Performing Arts Center on the NSU campus.

Advance tickets are \$20 adults, \$10 students/children (No Children under age 8); on the day of the concert: \$25 adults, \$15 students/children. Purchase tickets online at nsuchoirs.com.

Tickets are also available at the NSU Ticket Center and at the Wilder Center on Thursday/Friday preceding the concert (noon - 4 p.m.) and one hour before the concert. information: 757-823-8529.



Penelope Burk

Academy for Nonprofit Excellence to host forum on how to be "donor centered"

"Challenging Times: Learn to Be More Donor-Centered," will be presented by TCC's Academy for Nonprofit Excellence at its 2017 Annual Forum.

Penelope Burk, best-selling author and fundraising futurist, will be the featured

speaker. It will be held **March 2** at the TCC Roper Center in downtown Norfolk, starting with refreshments at 4 p.m., and the program at 5 p.m. For tickets/information: <http://www.hamptonroadscf.org>.



Kidney donors/recipients sought for National Kidney Month ceremony

To commemorate National Kidney Month, Health & Awareness will host a "Split Pen Ceremony" for organ donors and recipients on **Saturday, March 4, 10 a.m.-1 p.m.**, at the Brittingham-Midtown Community Center, 570 McLawhorne Drive, Newport News.

The ceremony begins with testimonials by donors or their family members and individuals who have received transplants. Each donor or a family member is presented the half of the pin engraved "I Gave the Gift of Life." The recipient is presented with the half engraved "I received the gift of life."

If you or someone you know qualifies for this ceremony, submit the information to HealthAwareness@Outlook.com. For more information or to reserve an exhibitor table: gladdin06@msn.com or 757-376-7645.



Nursing CAP plans "Red, Black and White" fundraiser

Nursing CAP (Nursing Careers and Pathways) requests your support of its first annual "Red, Black and White Affair" fundraiser on **Saturday, March 11, 8-11 p.m.**, at the Planter's Club, 4600 Planter's Club Road, Suffolk.

"This exciting and elegant evening will consist of delicious food, music, a silent auction, door prizes, and fun," stated Regina McKinney, president. "It will support our youth programs."

Tickets are \$50 (\$25 tax-deductible) and may be purchased at www.nursing-cap.org. For information: rmckinney-crna@gmail.com. (See article on Page 3.)



Beach AKAs' "Pink Accolades" scholarship and awards gala

The Virginia Beach Pearls Foundation and Alpha Kappa Alpha Sorority, Virginia Beach Chapter, will host their 10th Annual Pink Accolades Scholarship and Awards Gala on **Saturday March 25, 4 p.m.**, at the Murray Center, 455 E. Brambleton Avenue, Norfolk.

Six high school girls who participated this year in the chapter's "Tenacious Teens: Tomorrow's Leaders" program will be honored. The honorees and their schools are:

- Tori Henderson - Oscar Smith
- Shakera Franks-Brown - Green Run
- Cassidy Richardson - Princess Anne
- Jalen White - Oscar Smith
- Mya Hunter - Western Branch
- Raegan Riddick - Oscar Smith

Tickets are \$40. Children's tickets are available. For tickets/information: Maerine Mitchell (757-230-7289) or Toni Taylor (757-615-2300).

The Tenacious Teens: Tomorrow's Leaders program is open to all Hampton Roads high school girls in grades 9-12 who excel in academics, athletics, artistry, extracurricular activities or community service.

The program provides enrichment workshops focused on academic excellence, college preparation and success, etiquette, and financial literacy. It ends with the Scholarship and Awards Gala where one young lady is crowned "Miss Tenacious Teen" and receives a scholarship for college.

The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.

— Martin Luther King, Jr.

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