

# QUINCY COLLEGE

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## **Quincy College community embraces cold water to participate in Jordan Hospital Club Cancer Center Polar Plunge for 5th year**

**SOCIAL MEDIA RELEASE (116 Characters): Quincy College fields two teams at #plymouthma polar plunge for @BIDPlymouth; raises critical funds for #cancercare**

**Plymouth, MA (2/26/16)** - On Saturday, March 5th, two Quincy College teams comprised of Quincy College President Peter H. Tsaffaras J.D., Quincy College staff, faculty, and students will take a refreshing cold dip in the icy waters of the Atlantic to support cancer research at Nelson's Park at the junction of Nelson and Water Streets in Plymouth, MA. This is the 5th year that the Quincy College community will participate in the Jordan Hospital Cancer Center Polar Plunge.

Each participant is asked to fundraise \$100 as part of their polar plunge participation; proceeds raised will support Jordan Hospital Cancer Center at Beth Israel Deaconess Hospital's Plymouth campus. Since the first brave polar plungers jumped into the icy sea 13 years ago, Jordan's Polar Plunge has raised over \$1,000,000 for the Jordan Hospital Club Cancer Center. For 2016, the organization hopes to raise \$100,000.

Nine students from Adjunct Instructor Vibeke Rasmussen's General Biology class will take the plunge on March 5th. These students are on the pathway to healthcare success at Quincy College. In fact, two of Professor Rasmussen's students who are registered Certified Nursing Assistants will be attending the event to check Quincy College participant's vital signs before and after the plunge. In addition, students are designing a class logo and will be on hand to support participants with warm towels.

"Designing the team logo, organizing the team, and coordinating the vital sign reading is largely a collaborative and cooperative exercise that helps support learning inside and outside the classroom. Quincy College students are excited about the community service aspect of the polar plunge, both supporting participants and giving back to Jordan's Hospital Cancer Center. As a result of this extracurricular activity, students are forming closer relationships to each other, their local community, and as a class as a whole," Instructor Rasmussen explains.

Jordan's Hospital Club's motto of "Excellence in health care, right here in our community, where and when we need it, requires our support and advocacy" resonates with Quincy College's priority of developing and maintaining a strong connection to the communities that support their campuses; Quincy and Plymouth.

Mary Burke, Dean, Quincy College Plymouth Campus and Vice President of Academic and Administrative Affairs reflects on the annual Polar Plunge that is now a Quincy College tradition: "Quincy College is honored to support our local community, forging a strong relationship to the communities that support our campuses. The Jordan Cancer Center Polar Plunge event is a wonderful reflection of our campus community and is a great event to unify Quincy College students, staff, faculty, and administration and the Plymouth community at large. We look forward to this annual event every year."

President Peter H. Tsaffaras always willing to take the plunge for charity has participated in the John Hancock Birthday Polar Plunge at Wollaston Beach in Quincy in years past.

Join the President Tsaffaras, Quincy College Students, Faculty and Staff at this year's Jordan's Hospital Club Polar Plunge. To join the Quincy College team or make a donation in support of a Quincy College participant, visit: <http://jordanspolarplunge.com/quincycollege>.

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## ABOUT QUINCY COLLEGE

*Founded in 1958, Quincy College is a two-year, municipally affiliated community college serving approximately 4,500 students at campuses located in Quincy and Plymouth, Massachusetts. Quincy College is an open access institution that encourages academic achievement and excellence, diversity, economic opportunity, community involvement, and lifelong learning. The College facilitates valuable learning relationships that inspire students to realize their educational and professional futures. The college offers 35 associate degree programs and 21 certificate programs in a variety of disciplines, including those within Professional Programs, Liberal Arts, Natural & Health Sciences and Nursing. The college is accredited by the New England Association of Schools and Colleges, and is licensed by the Massachusetts Board of Higher Education to grant the degrees of Associate in Arts and Associate in Science. The college draws a diversity of students from the greater Boston area, South Shore, Cape and the Islands, as well as 121 countries around the world.*

*For additional information, visit [www.quincycollege.edu](http://www.quincycollege.edu)*