



CAROLINAS COLLEGE OF HEALTH SCIENCES

“No student ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction.”

~ Charles Kendall Adams, President, Cornell University, 1885

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GRADUATION IS ALMOST HERE!

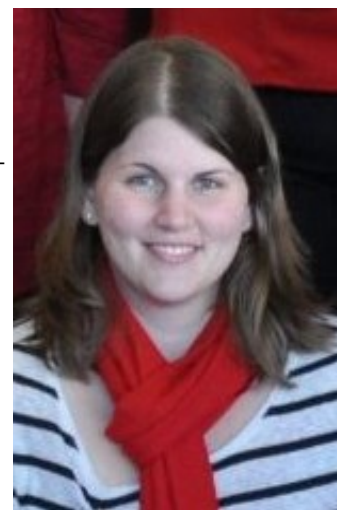
Congratulations to all nursing, radiologic technology and surgical technology students who will be graduating on **May 8** at 7:00 p.m. The ceremony will be held at Pritchard Memorial Baptist Church at 1117 South Blvd. The College will also recognize graduates from 1955 and 1965 on the occasion of their 50th and 60th anniversaries. All are welcome to attend. Our commencement speaker will be Dr. John Santopietro, chief clinical officer for Behavioral Health at Carolinas HealthCare System. For the last 15 years, Dr. Santopietro has been devoted to transformation of the current healthcare delivery model in order to improve care for patients suffering with mental illness. He has held leadership positions in community mental health, public and private hospital systems, and has worked in Maine, Massachusetts and Connecticut. He has taught psychiatric leadership nationally and is passionate about the need for clinical leadership in solving the substantial challenges which confront the healthcare community and the community at large when it comes to behavioral health.



There will be NO onsite TST clinic for May. TSTs are available through Teammate Health located in the Annex building across from the CMC emergency room entrance, M - F, 7:30 - 4:30.

STUDENT OF THE MONTH

Congratulations to Amanda Graves, the May Student of the Month. This is Amanda's second "tour of duty" as the CCHS Student of the Month, having also received that honor in November, 2014. A tireless volunteer, she was a foundation of CCHS's 2013 and 2014 Days of Service; she volunteered for CHS Flu Pandemic Training; she was in the group that headed to Raleigh for the "NC Day at the Legislature," she assisted at the CHS Tree Planting Day in early April, and she volunteers for administrative tasks in the CCHS administrative offices. Originally from Ohio (and still a huge Ohio State Buckeyes fan), Amanda has lived in Charlotte for almost 16 years, though not consecutively. She moved back to Ohio a couple of times but family obligations kept pulling her back to NC. She graduated from high school in just three years, having attended North Mecklenburg HS and Thomas Worthington in Ohio. She studied American Sign Language at CCCC and left just a few credits before earning her degree in order to start her nursing program at CCHS. Amanda credits much of her success to her "super supportive husband" of three years. They hope to have kids one day but for now enjoy pampering their two Yorkies.



Amanda Graves

CCHS Hours of Operation
 Mon - Fri, 7:30 a.m. - 4:30 p.m.
 Student badge access 24/7.
 Closed May 25

CCHS Computer Lab Staffed Hours
 Mon - Thurs, 7:30 a.m. - 7:30 p.m.
 Friday, 7:30 a.m. - 4:30 p.m.
 (No after hours coverage on Fri.)
 Saturday, 11 a.m. - 4 p.m.
 Sunday - No staff support.

Special Computer Lab Hours:
 No lab staff support May 25.

CCHS Computer Lab Access Hours
 24/7 access with CCHS badge.
 Please badge in & out.

AHEC Library
 Medical Education Building (MEB)
Staffed Access to Collection & Services, Mon - Fri, 8 a.m. - 5 p.m.
Badge access to 2nd floor study rooms is 24/7.

Special AHEC Hours
 The library will be closed on Monday, May 25 for Memorial Day.

MEB has the *UNC Medical School* sign and is across the street from the CMC ED entrance/ambulance bay. Walk to the covered sidewalk in front of MEB. Front door & 2nd floor badge readers give 24/7 access.

Connect with CCHS



MLS STUDENT WINS HONORS

Congratulations to Kaylee Brown, Medical Laboratory Science student and recipient of the Dr. Richard Early Award for Outstanding Scholarship in Clinical Laboratory Science. At the awards banquet in April, Kaylee was recognized by the North Carolina local section of the American Association of Clinical Chemistry for her dedication, professionalism and academic excellence exhibited while in the MLS program at Carolinas College. Way to go Kaylee!

POST-GRADUATION MEDICAL INSURANCE

Have you thought about post-graduation medical insurance requirements? It's now the law that you have medical coverage and as you leave CCHS your eligibility for student insurance may cease. Good news: Graduation is a life mile marker that triggers a "Special Enrollment Period." A special enrollment period allows a 60-day window for new graduates to sign up for medical coverage in the marketplace, even though it's not a typical open enrollment period.

Graduating students who don't have insurance through a job, a spouse/partner or a new educational opportunity have two opportunities:

- 👉 Find a plan on the marketplace at www.healthcare.gov.
- 👉 Stay on your parent's plan if you're 26 or under.

What you cannot do is simply "ride it out" hoping for no accidents or illness. So, unless you're covered by your parents' plan or a spouse's/partner's plan, you need to either have a job that provides coverage, or select a plan from the Marketplace within two months of graduating. For more information, go to the college information portal (Moodle) under the section on graduation.



Kaylee Brown

FINAL EXAM WEEK SCHEDULE - SPRING 2015

	Monday May 4	Tuesday May 5	Wednesday May 6	Thursday May 7	Friday May 8
7:30 a.m.		RAD 203/213 Rm 240			
8:30 a.m.			RAD 111/112 Rm 240		
9 a.m.	NUR 101 Rm 190	BIO 200 Rm 161	NUR 152 Rm 161	BIO 101 (All Sections) Rm 190	BIO 102 (All Sections) Rm 190
		NUR 151 Rm 190	NUR 153 Rm 158	RTT 250 Rm 157	
			NUR 155 Rm 157		
11 a.m.		RTT 211 Rm 240			
12:30 p.m.			NUR 154 Rm 161		
1 p.m.		MAT 101 (Sect. 01) Rm 161		RTT 221 Rm 157	
2 p.m.		RTT 231 Rm 240			

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision making: service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc. One of the most significant is the monthly President's Forum. Attend and let your voice be heard! Dr. Sheppard will be available **May 28**, room 137, 2 to 2:45 p.m. If you are unable to fit this into your schedule, stop by her office (Room 110) or shoot her an email: Ellen.Sheppard@CarolinasCollege.edu.

WELCOME NEW TEAMMATES!

Tracy Walling has joined the college as the new histotechnology education coordinator. Tracy graduated from the University of Connecticut in 1981 where she majored in animal science (pre-vet). She learned histology at the bench and sat for her registry exam in 1985. Tracy is an avid gardener, a life long equestrian and loves to be outside. Most weekends will find her horseback riding or working in the yard. Said Tracy, "I'm sincerely looking forward to my new role with Carolinas College of Health Sciences." Tracy's office and the histotechnology student lab are located in the CMC-Mercy laboratory.



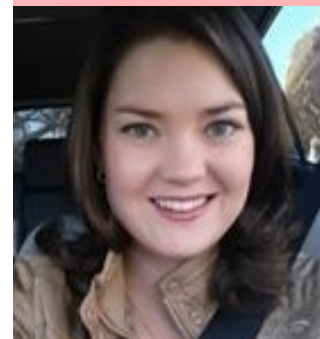
Tracy Walling



Misty Collier

Misty Collier will be teaching PSY 101: General Psychology and PSY 102: Human Growth and Development this summer. Ms. Collier completed her B.S. in psychology at UNC-Chapel Hill, her Master's of Arts in clinical/community psychology at UNC-Charlotte, and she is currently completing her PhD in industrial and organizational psychology online through Capella University. She also teaches similar courses at Cabarrus College of Health Sciences. In addition to teaching, Ms. Collier owns a private mental health practice in Huntersville, NC, where she works with individuals of all ages but specializes in work with children under the age of 10. Welcome Misty!

Merritt Newman has accepted the admissions representative position and will join the college on May 5. Merritt earned her Bachelor of Science degree in zoology at Auburn University and master's degree from the University of Virginia. She has three years of experience teaching high school level biology. She grew up in Texas and is excited to make Charlotte her home. In her spare time, she enjoys painting, traveling and playing with her dog. Merritt's office in Student Services is in room 165. Please stop by and extend a hardy CCHS welcome!



Merritt Newman



Susan Gell

WE'LL MISS YOU!

Susan Gell (formerly Bass) Learning Resources Specialist, has accepted a position as a nurse educator with Novant Health - Brunswick Medical Center in Wilmington, NC, be closer to family. Susan has been a valued CHS team member since 2001 and joined the College in 2002. Her last day will be May 27. The College wishes her well as she starts on this new life journey.

STUDENT AMBASSADORS NEED YOU!

Volunteers are needed to help Student Ambassadors welcome/greet new incoming students on **May 18**. Interested? Contact Rhoda Rillorta, Admissions Coordinator, 704.355.3243 or Rhoda.Rillorta@CarolinasCollege.edu. Free breakfast and lunch will be provided!

EMERGENCY NOTIFICATION TEST RESULTS

The College conducted a test of its emergency response communication system on April 9 and all went according to plan. Based on responses to the survey, 98% indicated they received the notification. General feedback from respondents indicated that the test was a success. The primary feedback received was inquiries on how to receive a text message... the instructions are below:

The process is simple to initiate text messaging: **1)** Log on to Sonis-Web using your existing e-mail & PIN; **2)** Click on "Update Bio" link at top of page; **3)** Enter your cell phone number & your provider; **4)** Check the "Text Me" Flag; **5)** Click "Submit" at bottom of page. *While there, check to make sure all of your phone numbers, as well as well as your address, are correct.*

Please remember that the system is designed to continuously call all numbers, up to four attempts, until answered. This is to ensure that in the event of an actual emergency, you will receive the notification. The College conducts an emergency notification test every fall and spring semester. The next test is scheduled for **November 12**. For more information regarding the emergency response communication system and other safety information at Carolinas College, please contact Hampton Hopkins in student services.

COMPLIANCE CORNER - No Passing Zones



Carolinas Medical Center has initiated "No Passing Zones" on some units. These yellow and black pennant-shaped signs have new meaning in the hospital. Some pennants at CMC have cues like "Every Patient, Every Time, Everyone" as a reminder to all to address patient needs quickly. Because the sound of call bells or visitors approaching the nurse's station is a common occurrence this initiative is designed to avoid team members wrongly assuming that someone else will respond.

Endorsed by the Hospital Quality Institute, the premise is that EVERYONE is responsible for addressing a patient's need, every time. (Even non-clinical employees on clinical units for any reason are required to respond or seek appropriate help.) Let's all do our part to change the culture and to help improve patient and visitor satisfaction.

WOW - THESE FOLKS WERE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that with Student of the Month, Outstanding Educator, Thank You Notes and lots more. But the easiest and quickest is writing a WOW card and putting it in the WOW box in the college lobby. The following CCHS students or teammates were recognized recently:

Students:

Nursing: Kim Dorval, Margaret Eubank & Abby Willis

Phlebotomy: Allen Smeltzer

Faculty/Staff...

Center for Life Support Education: Kristy Thillet

Clinical Laboratory Sciences: Kelly Shirley

Nursing: Cathy Borysewicz

Simulation Center: Crystal Bencken

Student Services: Sue Roux & Nancy Watkins



You are Awesome! The following peer tutors will graduate on May 8. Thank you for your spirit of giving! Blake Brawley, Audra DeYoung, Laura Eudy, Kyleen Gilliland, Jennifer Harris, , Marina Hess, Jason Hishon, Amanda Hoyle, Ashley Jagielnicki, Michelle Kemp, Tamarcus Kornegay, Jessica Logerfo, Kayla Lowe, Hana Munkittrick, David Owens, Michelle Pijunovic, Alicia Ramirez, Daniela Sanchez, Hallie Sanchez, Stephanie Sawyer, Sofia Sparger, Kristin Stapleton, Laura Turpin, Jody Warren, Christine Wilcox, Amy Williams & Leah Wilson.

Recruiting Peer Tutors! Do you enjoy helping other students learn? Do you want to keep past course material fresh in your mind? Are you looking for a flexible service opportunity you can arrange around your schedule and priorities? Consider becoming a Carolinas College Peer Tutor! If you've earned an "A" or "B" in a course and feel you could help another student with some academic coaching, please contact Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@CarolinasCollege.edu.

Condensed Summer Semester. If you are taking a full-semester course in the summer, you know the summer semester is shorter than the fall and spring semesters, increasing the need for strong organization and consistent weekly and daily study plans. Take advantage of any review sessions offered for your course(s), and be prepared to make changes at the first signs of difficulty. If you wish, see Nancy Watkins to discuss your plan for success.

For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Success Center page on the Information Portal. (Click on Student Success Center under Student Resources.)

Student Employment Opportunities - Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS Human Resources Recruitment Specialist, will be on campus **May 4**, 10 a.m. to noon, and is available to you at 704.631.0314 or morgan.mustian@CarolinasHealthcare.org. As of newsletter press time, there are still appointments times available, but you'll want to sign up ASAP!

To make an appointment with Morgan:

- ☞ Log into the information portal and click on *Student Success Center* under *Student Resources* at the top of the page.
- ☞ Select the *Job Search Resources* tab. When you open that section, the interview sign-up sheet will be your first choice. You may sign up for any open 15-minute timeslot.

Don't have time to make an appointment? Don't worry! If you have a question and Morgan is not busy with another student, don't hesitate to talk with her. If that doesn't work contact Nancy Watkins in the Student Success Center. We'll find answers for you!

PHI THETA KAPPA (PTK)

Congratulations to all our graduates! Special thanks to our graduating board members: Amy Williams, Sofia Sparger, Marianne Sweitzer, and Tamarcus Kornegay. PTK wishes you all much success!

Congratulations to our new board members: Kathryn Gorham, President; Mary Warren, Vice President; Hannah Shelton, Secretary; Teresa Greene, Treasurer; Jason Mitchell, Service/Community Outreach Chair.

HUGE thank you to all who helped with last month's community service events:

- ☞ Fifteen units of blood were collected during April's blood drive. This blood will provide needed care to 45 patients.
- ☞ Those who helped make sandwiches for Urban Ministries and served at the Men's Shelter this past month - all your efforts were greatly appreciated!

Upcoming Events:

- ☞ **May 28:** Summer CCHS Blood Drive
- ☞ **June 17:** PTK Induction Ceremony, room 190
- ☞ **June 25:** PTK Meeting 11:00 a.m., room 161

PTK t-shirts are still available for purchase. See Cathey Miller in room 252 to get yours today! Sizes are available in S, M, L, and XL for only \$9.90.

CULTURAL & RELIGIOUS DIVERSITY: Understanding and respecting others' beliefs.

Charlotte's increasing diversity is reflected in the patients we serve. A culturally competent provider knows that religious beliefs can bring comfort to patients dealing with illness, pain and stress. Listed below are some of the current month's days of cultural and spiritual significance.

May 1 - Beltane [also called Beltain or May Day] – Wicca. Celebration of the sacred marriage of the divine forces—and the conception of the sun-child—that are the basis of all creation.

May 2 - Twelfth Day of Ridván – Bahá'í. The conclusion of the Bahá'í festival that commemorates Baha'u'llah's exile in Baghdad leading up to his declaration as the one announced by the Báb in 1863 C.E. **Birthday of Gurū Arjan Dev – Sikhism.** Gurū Arjan Dev (1563 – 1606 C.E.) was the fifth of the Sikh Gurūs.

May 4 - Ghambar Maidyozarem ends – Zoroastrianism. The end of the celebration of the creation of the sky and the harvesting of the winter crops. **Visakha Puja [Buddha Day] – Buddhism.** Celebrated on the full moon of the sixth lunar month, this is a triple commemoration of the historical Buddha's birth, enlightenment, and death and entrance into nirvana.

May 7 - Lag B'Omer – Judaism. The 33rd day in the counting of the period between Pesach [Passover] and Shavuot [the giving of the Law]; the festival begins at sundown. **National Day of Prayer – Multi-faith, USA.**

May 14 - Ascension Day – Christianity (Western churches). The anniversary of Jesus' ascension into heaven, celebrated 40 days after Easter. In the Roman Catholic Church, this day is celebrated on Sunday, May 17th. **Laylat al-Isra' wa al-Mi'rāj – Islam.** The commemoration of the Prophet Muhammad's night journey from Mecca to Jerusalem, his ascent into heaven and return on the same night, and his receipt of Allah's commandment of the five compulsory daily prayers. This celebration begins at dusk.

May 15 - Restoration of the Aaronic priesthood – Church of Jesus Christ of Latter-day Saints. Marking the restoration of this order by John the Baptist and conferred upon the Prophet Joseph Smith and Oliver Cowdery on this date in 1829 C.E.

May 17 - 'Azamat – Bahá'í. The beginning of the fourth month of the Bahá'í year, 'Azamat means "grandeur." **Yom Yerushalayim – Judaism.** A celebration of the city of Jerusalem.

May 20 - Ascension Day – Christianity (Eastern churches). The anniversary of Jesus' ascension into heaven, celebrated 40 days after Easter.

May 23 - Shavuot [Feast of Weeks] – Judaism. A two-day festival, beginning at sundown, that celebrates the harvest of first fruits and the giving of the Law (or Torah) to Moses at Mt. Sinai. The name Shavuot derives from the Hebrew words for "seven" and "week," because it marks seven weeks following Pesach or Passover. **Declaration of the Báb – Bahá'í.** The celebration of the day in 1844 C.E. when he announced his identity as the Gate or herald of the new age in Shiraz, Persia (modern-day Iran). **Birthday of Gurū Amar Das – Sikhism.** Gurū Amar Das (1479 – 1574 C.E.) was the third of the Sikh Gurūs.

May 24 - Pentecost Sunday – Christianity (Western churches). A celebration of the Holy Spirit's descent upon the Apostles following Jesus' ascension into heaven, Pentecost [which derives from the Latin for "fifty," because it occurred 50 days after Easter] is often known as "the birthday of the Christian Church."

May 29 - Ascension of Baha'u'llah – Bahá'í. The anniversary of the death of the founder of the Bahá'í faith in Palestine in 1892 C.E. Adherents suspend work on this day.

May 31 - Pentecost Sunday – Christianity (Eastern churches). A celebration of the Holy Spirit's descent upon the Apostles following Jesus' ascension into heaven, Pentecost [which derives from the Latin for "fifty," because it occurred 50 days after Easter] is often known as "the birthday of the Christian Church." **Trinity Sunday – Christianity (Western churches).** Marking the celebration of God manifested in three Persons: as Father, Son, and Holy Spirit. **Laylat al-Bara'at or Nisf Sha'bān – Islam.** According to Muslim tradition, Allah approaches the earth on this night (the middle day of the eighth month in the Islamic calendar) to call humanity to repentance and grant forgiveness of sins.

MENTAL HEALTH FIRST AID (MHFA): IT'S TIME HAS COME

Mental Health challenges are a fact of modern life.

- ☞ One in four adults (62 million Americans) experience mental illness in a given year. One in 17 (13.6 million) live with a serious mental illness such as schizophrenia, bipolar disorder.
- ☞ Eighteen percent of American adults (42 million) live with anxiety disorders, such as panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD).
- ☞ Forty-six percent of homeless adults in shelters live with serious mental illness and/or drug dependence.
- ☞ Half of all chronic mental illness begins by the age of 14; three-quarters by age 24. Despite effective treatment, there are long delays - sometimes decades - before people get help. Sources: http://www2.nami.org/factsheets/mentalillness_factsheet.pdf.

Everyone acknowledges the problem; few know what to do. Carolinas HealthCare System looked at the community and itself, and responded, "We do know what to do!" Thus, Mental Health First Aid - a national curriculum for the lay person - was adopted. In April, CCHS voted to be the first college in the region to require all teammates and first semester students to complete MHFA. The long-term impact will be profound, and CCHS is proud to be on the cutting edge. Effective fall 2015, new students will attend the 8-hour interactive training during their first semester, with all costs covered. Sessions will be available for continuing students and teammates as well.

SGA BOOKFAIR

Thank you to all who purchased items from the Books Are Fun Book Fair. Over \$800 worth of merchandise was sold earning SGA a \$160 fundraising donation. SGA funds go toward the yearly class gift and SGA-sponsored student activities.

STUDENT NURSES ASSOCIATION (SNA)

Happy graduation! Grads, make sure to attend the graduation breakfast on **May 8** to find out the winner of the Cynthia Favorite Scholarship, a peer-nominated, \$250 scholarship awarded by the SNA to a graduating NUR202 student. Good luck to the nominees!

On April 20, SNA board members sponsored a panel discussion, *How-To-Survive-Intermediates*, which was well attended by NUR101 students. Attendees received tips about specific classes, studying, and time management to help prepare them for entry into intermediate-level nursing classes.

Thank you to everyone who purchased goodies from the SNA bake sale on April 6. Donations help fund snacks and supplies for speaker engagements and other SNA activities, such as the Cynthia Favorite Scholarship.



L to R: Christine Perzinski, Gary Humphries, Elizabeth Humphries, Chris Yen & Erin Holland



L to R: Erin Holland, Chris Yen, Christine Perzinski, Caroline Roberts & Elizabeth Sutcliffe give tips to survive intermediate nursing courses.

Our next guest speaker, scheduled for June, will be a forensic nurse. Details regarding this and an upcoming Florence Crittenton community service opportunity will be sent soon!

FREE EXERCISE CLASSES FOR CCHS STUDENTS/TEAM MEMBERS

LOCATION	Day of the Week (all month)	DAY/TIME	FEE	CONTACT		
<p>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!</p> <p>∞</p> <p>All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.</p> <p>∞</p> <p>From Shomars restaurant on East Blvd., head toward South Blvd. It's before the Greek Orthodox Church on the left. Park in the back or on East. ID badge required.</p> <p>∞</p> <p>Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.</p>	<p>Mondays</p> <p>Zumba Kick Boxing</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>	<p>Free to CCHS students and CHS teammates with badge ID.</p> <p>∞</p>	<p>Livewellevents@carolinashealthcare.org or 704.446.1645.</p> <p>∞</p>		
	<p>Tuesdays</p> <p>Total Workout Dance Fusion (Hip Hop/Zumba)</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>	<p>All classes are led by highly qualified, experienced instructors. Exercise flooring is safe, cushioned material. Bring your own water, towels, and yoga mat. Other materials specific to the class are provided (weights, hoops, etc.)</p>	<p>Park on East Boulevard or in the lot behind the LiveWell building. Enter through the door at the rear of the building.</p> <p>∞</p> <p>Some CHS units and some professions now require "fitness testing" as part of the hiring process. They want to assure your lifting and bending abilities meet the job specifications. Not sure you can easily lift 50 pounds? Start bending & lifting now!</p>		
	<p>Wednesdays</p> <p>Body Sculpt Yoga</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>				
	<p>Thursdays</p> <p>Pilates Socacise</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>				
	<p>Mon & Wed</p> <p>Quick Fit Small group training with Jeremy Sinclair</p>	<p>4:30 - 5:10 p.m. OR 5:20 - 6 p.m.</p>			<p>\$50.00 for 4 weeks (8 sessions)</p>	<p>Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>

CHS AMBASSADOR OPPORTUNITIES

Carolinas HealthCare System (CHS) participates in tons of local activities – sometimes to provide assistance, sometimes for visibility. Either way, energetic, outgoing CCHS students can help as ambassadors. Below is a list of events coming up. To participate in any of them, email Devon.Smith@CarolinasHealthCare.org or call 704-667-6509. The only rule: If you sign up, show up; you are representing both CCHS and CHS! (This is different from being a CCHS Student Ambassador. See Rhoda Rillorta in Student Services for more information about becoming a Student Ambassador.)

Fridays in May • 5:30PM. Blakeney Summer Concert Series: This family friendly concert series will feature live music weekly and an opportunity for families to relax. There is no admission fee for the event that is located between Brix and Bravo. Ambassadors are needed to greet community members and staff our information table.

Saturday, May 2 • 6:30AM. Girls on the Run of Charlotte South Region 5K: Girls on the Run will provide a family oriented 5K for community members. We will have a booth set up in the Girls on the Run Village at Whitehall Corporate Park. Ambassadors are needed to greet community members and staff our information table.

Saturday, May 9 • 7:00AM. Heart of a Champion Day: This event is designed to provide Nation Ford and Fort Mill high school student-athletes with a physical including an EKG to participate in athletics. This event is held at the Fort Mill Medical Plaza. Ambassadors are needed for various roles with clinical and non-clinical positions available.

Saturday, May 30 • 8:00AM. Healthy Together: The goal of this event is to provide an interactive and educational way to showcase health and wellness benefits to residence of York County. This large scale fitness and nutrition education expo will feature several vendors and partners of Carolinas HealthCare System. This event is held at the Anne Springs Close Greenway Recreation Complex. Ambassadors are needed to greet community members and staff our information tables and registration.

CCHS HONORS OUR HEROES ON MEMORIAL DAY



Memorial Day will be celebrated on Monday, **May 25**. There will be no classes and the college's administrative offices will be closed. Ever wonder about the difference between Veteran's Day (in November) and Memorial Day? Wonder no longer:

- ☞ Veteran's Day honors all U.S. military veterans, both living and dead.
- ☞ Memorial Day honors those U.S. military veterans who gave their lives in war.

On **May 25**, as you enjoy your day away from work or school, pause to remember the hundreds of thousands of men and women who were courageous enough to fight for the freedom and liberties we enjoy today. Many of them never returned from those conflicts. They are truly worthy of our reflection on this hallowed day.

HVAC SYSTEM UPDATE & ADVISORY

The heating and cooling system in the central part of the building (lobby, room 190, 100-hallway) has experienced technical difficulties and a major and costly component needs replacing. Our building manager, Lincoln-Harris has invited bids on the project and expects to award the bid this week. After the project is awarded, we will have a better idea of how long the project will take... but it could be several weeks. We have been fortunate that the temperature has been mild but this may change. Lincoln-Harris is prepared to address warmer temperatures with temporary measures such as fans or portable AC units. However, in the interim, if you have class or tasks in the central core of the building and warmer weather is expected, consider dressing in layers so that you can remove outer wraps or long sleeves. Strapless tops and short shorts are still not appropriate. If you feel particularly warm (or cool) please tell Joy Godwin, at the front desk.

KUDOS TO YOUR CCHS STAFF, FACULTY AND TEAMMATES

IT PAYS TO SAY YES TO OPPORTUNITY! Because they responded quickly to Dr. Sheppard's offer to sponsor students to the annual CHS Diversity Conference, Meg Jones, Zach Wright, and Meredith Pendleton were offered the chance to attend a symposium at which they heard from luminaries such as legendary Duke Coach K (Mike Krzyzewski), US Surgeon General Richard Carmona; author of *Blindspot*, Dr. Mahzarin Banaji; and Carolinas HealthCare System CEO Michael Tarwater.

Susan Gell and Kristy Williams (nursing faculty), each defended their dissertation work – the final leg of the academic journey to earning the doctorate of nursing practice (DNP) from Gardner-Webb University.

Lee Braswell, director of the radiation therapy program, concluded research and presented findings before a professional board at Duke University.

Hampton Hopkins, dean of student affairs, was selected to lead a well-attended session at the annual CHS Diversity Symposium. He spoke on recognizing and overcoming personal biases.

Susan Thomasson, director of continuing education, was selected to present and moderate a panel on massage therapy at the CHS Integrative Health Summit in June, and will also present at the May CAPE conference (Carolinas Advocates for the Patient Experience) on massage therapy and healing touch.

Drs. Susan Patterson, Lori Bequette, and Kristy Williams all presented posters or topics at the regional conference of the Southern Group for Educational Affairs, a multi-state assembly of medical educators.

CONTINUING EDUCATION OPPORTUNITIES

Basic Phlebotomy Skills for Health Care Professionals Workshop. May 4, 8:30 a.m. to 4:30 p.m. Cost \$169. CEUs: 0.65 CEUs (equivalent to 6.5 class hours). Learn the basic “WHY behind the HOW” for a standard adult venipuncture. We also will cover basic lab tests, test tubes, the correct order of the draw, anticoagulants and MORE! Come for a fun hands-on class! Contact Lakisha Bennett for a registration form. Lakisha.Bennett@carolinascollege.edu or 704-355-2663.

BCLS Online - Part 1. Cost \$22.00 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address (<https://www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect>); choose BLS Online - Part 1. The course takes approximately 1 hour. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Skills Check Part 2 (see below).

BCLS Online Skills Check - Part 2. May 6, 13, 20 & 27, 1 to 3 p.m. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

Healing Touch Level 2. May 16 - 17, 9:00 a.m. to 6:00 p.m. Cost \$295 (students). Credit: 16 CEUs. Healing Touch is a nursing-based continuing education program for registered nurses, physicians, body therapists, counselors, psycho-therapists, other health professionals, and all individuals desiring an in-depth understanding and practice of healing work using energy-based concepts. For information contact Lakisha Bennett at Lakisha.Bennett@carolinashealthcare.org or 704-355-2663. Fliers located at www.CarolinasCollege.edu > Continuing Education > Healing Touch.

BCLS for the HealthCare Provider. May 13, 8 a.m. to 1 p.m. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.Dull@carolinashealthcare.org.

Healing Spaces (Chaplain's Grand Rounds). May 21, noon to 1 p.m. Suzanne Freeman Auditorium. Presented by Katie Williams. The interface between inspiration and healing can help patients tap their vast resources for strength and endurance, leading to improved medical outcomes. CHS's Spiritual Care Division sponsors an annual lecture series and in 2015 the focus is on *Integrative Health: Mind, Body and Spirit*. It's **FREE** to CCHS students and teammates. Each topic stands alone so it's OK to come to just one. Bring your lunch and enjoy! The Suzanne Freeman Auditorium is in the Cannon building at the top of Loop Road. See Joy Godwin, receptionist, for directions.

Introduction to IV Therapy. May 27. Choose 8 to 11:30 am or 12:30 to 4 p.m. Cost \$79. CEUs: 0.35 (equivalent to 3.5 class hours). Learn and review basics for Intravenous Therapy/ Vascular Access. Great orientation to this valuable skill set. For information, contact Lakisha Bennett at Lakisha.Bennett@carolinashealthcare.org or 704-355-2663. Fliers located at www.CarolinasCollege.edu > Continuing Education > Workshops.

Single Parenting (Webinar). May 27, Noon to 1 p.m. Participants will discuss different disciplinary approaches, normalize fears of single parenting, and learn how to take care of the needs of a single parent Sponsored by CHS Employee Assistance Program (EAP), 720 East Blvd. **FREE** for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register. CHS' EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help, call CHS' EAP for a private appointment or to register for a class.

AFTER THE SMOKE CLEARED...

After the smoke cleared and excitement diminished following the Code Red on April 15, several college representatives met with CHS teammates and others involved in the incident to review the process and explore what could be improved. While our initial response was excellent – we evacuated the building in less than two and a half minutes – that was not all that went well. We discovered that we were very prepared to handle an unexpected emergency situation and that our students and teammates responded with great professionalism. Our partners at the Charlotte Fire Department and our building managers were engaged and responded in a timely manner and the situation was resolved quickly. However, we discovered an opportunity to improve communication between those in the building and those who evacuated. We also found an opportunity to improve the coordination between Carolinas HealthCare System and the College, particularly in terms of specific fire protocols. Congratulations to everyone who managed the incident.

IMPORTANT DATES TO REMEMBER (Details about each are found elsewhere in this newsletter)

May 4	HR Rep Morgan Mustian on Campus Basic Phlebotomy for HealthCare Professionals	May 27	BCLS Online Skills Check - Pt. 2 Introduction to IV Therapy Employee Assistance Program Webinar, <i>Single Parenting</i>
May 4 - 8	Final Exams	May 28	Open Forum with President Sheppard PTK-Sponsored Blood Drive
May 6	BCLS Online Skills Check - Pt. 2		
May 8	Graduation Awards Breakfast/Ceremony		
May 13	BCLS Online Skills Check - Pt. 2 BCLS for the HealthCare Provider		
May 16-17	Healing Touch, Level II		
May 18	New Student Orientation		
May 20	BCLS Online Skills Check - Pt. 2		
May 21	Chaplain's Grand Rounds, <i>Healing Spaces</i>		
May 25	Holiday - College Closed		

Save the Date

June 17	PTK Induction Ceremony
June 15	PTK General Meeting

CAROLINAS COLLEGE OF HEALTH SCIENCES

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QUICK REFERENCE SHEET

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 PAT.LEWIS@CAROLINASCOLLEGE.EDU

PROVOST: LORI BEQUETTE, PHD
Academic Programs, Online Bookstore; Technology; Faculty Matters, Moodle
 Room 212, 704.355.3920; LORI.BEQUETTE@CAROLINASCOLLEGE.EDU

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TECHNOLOGY
 LARRY TURNER, 704.355-7577; LARRY.TURNER@CAROLINASCOLLEGE.EDU
 KISHA CHOICE, 704.355.7572; KISHA.CHOICE@CAROLINASCOLLEGE.EDU

STUDENT SUPPORT SERVICES

STUDENT AFFAIRS
 DEAN HAMPTON HOPKINS, EdD

BUILDING ISSUES, ENROLLMENT MANAGEMENT,
 STUDENT AFFAIRS, SONIS
 ROOM 164, 704.355.5525
 HAMPTON.HOPKINS@CAROLINASCOLLEGE.EDU

ADMISSIONS OFFICE
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 ROOM 166, 704-355-5051
 RHODA.RILLORTA@CAROLINASCOLLEGE.EDU
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 JOY.GODWIN@CAROLINASCOLLEGE.EDU

STUDENT LEADERSHIP, ORGANIZATIONS, SUPPORT

REGISTRAR: SUE ROUX
 REGISTRATION, RECORDS, GRADES, TRANSFER CREDIT
 ROOM 165, 704-355-6676
 SUE.ROUX@CAROLINASCOLLEGE.EDU

STUDENT SUCCESS CENTER
 NANCY WATKINS
 ROOM 213, 704.355.4025
 NANCY.WATKINS@CAROLINASCOLLEGE.EDU
 HOURS: MONDAY - FRIDAY, 8:30 AM - 5 PM
 TUTORING, PLACEMENT, STUDENT SUCCESS

FINANCIAL AND ADMINISTRATIVE SERVICES

BUSINESS OFFICE
 KIM BRADSHAW
 SUITE 208, 704.355.5584
 KIM.BRADSHAW@CAROLINASCOLLEGE.EDU

SUPPORT: SHENAH AGEE, 704.355.5229
 REESHENAH.AGEE@CAROLINASHEALTHCARE.ORG
 REFUNDS, TUITION/FEES, CASH HANDLING, SONIS

FINANCIAL AID OFFICE
 JILL POWELL/MICHAL SINGLETARY
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 JILL.POWELL@CAROLINASCOLLEGE.EDU
 MICHAL.SINGLETARY@CAROLINASHEALTHCARE.ORG

SUPPORT: ANN KEATHLEY, 704.355.5486
 ANN.KEATHLEY@CAROLINASCOLLEGE.EDU

CHS EDUCATIONAL LOAN FORGIVENESS, FEDERAL LOANS, GRANTS, SCHOLARSHIPS

ADDITIONAL SUPPORT SERVICES

CHARLOTTE AHEC LIBRARY
 MEDICAL EDUCATION BUILDING, 1ST & 2ND FLOOR
 704-355-3129

HOURS
 MONDAY - FRIDAY 8 AM - 5 PM. (2ND FLOOR: 24/7)

ON-LINE BOOKSTORE
[HTTP://DIRECT.MBSBOOKS.COM/CAROLINASCOLLEGE.HTM](http://direct.mbsbooks.com/carolinascollege.htm)
 CCHS LOGO STORE:WWW.CAROLINASCOLLEGE.EDU

PARKING, ACCESS CONTROL & ID BADGES
 ANNEX BUILDING
 (BEHIND MEDICAL EDUCATION BLDG, NEXT TO ED)
 704.355.3111

EMPLOYEE ASSISTANCE PROGRAM
 (PERSONAL & FAMILY COUNSELING)
 A FREE BENEFIT FOR CCHS STUDENTS
 704-355-5021

COMPUTER LAB
 ROOM 153, 704.355.7572

STAFFED
 MON - THURS, 7: 30 A.M. - 7:30 P.M.
 FRIDAY, 7:30 A.M. - 4:30 P.M.
 SATURDAY, 11 A.M. - 4 P.M.

UNSTAFFED
 SUNDAYS.
 STUDENTS HAVE 24/7 ACCESS WITH
 CCHS BADGE. PLEASE BADGE IN & OUT.

IMPORTANT DATES FOR SUMMER 2015

PROGRAM COMPLETION & AWARDS CEREMONY MAY 8
 NEW STUDENT ORIENTATION (CLINICAL/NON-CLINICAL) MAY 18-19
 FULL SUMMER & 7-WEEK CLASSES BEGIN MAY 26
 REGISTRATION/DROP/ADD ENDS MAY 29
 HOLIDAY (COLLEGE CLOSED) MAY 25
 7-WEEK MIDTERM JUNE 17
 FULL SUMMER MIDTERM JUNE 24
 LAST DAY TO WITHDRAW - 7-WEEK CLASSES JUNE 26
 HOLIDAY - COLLEGE CLOSED JULY 3
 7-WEEK CLASSES END JULY 10
 LAST DAY TO WITHDRAW - FULL SUMMER JULY 15
 7-WEEK CLASSES FINAL EXAMS JULY 13-15
 FULL SUMMER CLASSES END AUG 3
 FULL SUMMER FINAL EXAMS AUG 4-7
 PROGRAM COMPLETION & AWARDS CEREMONY AUG 7

IMPORTANT PHONE NUMBERS

COLLEGE'S MAIN NUMBER 704.355.5043
 COLLEGE'S MAIN FAX NUMBER 704.355.5967
 CPR/ACLS/PALS 704.355.5699
 DISABILITY SERVICES 704.355.5585
 EMPLOYEE ASSISTANCE PROGRAM 704.355.5021
 TEAMMATE HEALTH 704.641.0206
 STUDENT HOUSING (HOME MANAGEMENT) 704.731.8096
 HUMAN RESOURCES (EMPLOYMENT) 704.355.2101
 INCLEMENT WEATHER 704.446.7854
 PRESIDENT'S OFFICE 704.355.5316
 GENERAL STUDIES & ASSESSMENT 704.355.3920
 RADIATION THERAPY PROGRAM 704.355.6937
 SCHOOL OF CLINICAL LABORATORY SCIENCES 704.355.4275
 SCHOOL OF NURSING 704.355.5343
 SCHOOL OF RADIOLOGIC TECHNOLOGY 704.355.7688
 SCHOOL OF SURGICAL TECHNOLOGY 704.355.1547
 SECURITY (CHS DISPATCH) 704.355.3333
 SECURITY ESCORTS 704.355.2093