



Carolinan College of Health Sciences August 2017

CCHS Hours of Operation
Monday to Friday
7:30 AM to 4:30 PM
Badge access: 24/7

CCHS Computer Lab
Monday to Thursday
7:30 AM to 7:30 PM
Friday
7:30 AM to 4:30 PM
(No after-hours staff on Fridays)

Saturday, 11 AM to 4 PM
Sunday - Not staffed
Badge access: 24/7

CCHS Nursing Skills Lab
Monday to Friday
7:30 AM to 4 PM

AHEC Library
Monday to Friday
8 AM to 5 PM

CONGRATULATIONS GRADUATES - YOU DID IT!

Congratulations to the four histotechnology, six medical laboratory science, six radiation therapy students who will be graduating on **August 4**. The keynote speaker is Gary Catarella, Assistant Vice President, Hospital Operations, Carolinas Laboratory Network. As a reminder, the graduation and awards ceremony will begin at 2:00 PM and graduating students are expected to arrive by 1:15 PM. The ceremony will be at the Suzanne H. Freeman Auditorium on the campus of Carolinas Medical Center. All are welcome to attend.

NEW MISSION AND VISION STATEMENT APPROVED

The CCHS Board of Directors has approved the college's new mission and vision statements:

VISION - To be the first and best choice for healthcare education

MISSION - To transform lives by educating, engaging and empowering professionals for an evolving healthcare environment.

Each of these statements is the result of your active participation and feedback as the perfect mission and vision to move the College forward. Thanks for all you do to make CCHS great!

2017 ACE MODULES

The 2017 Annual Compliance Education (ACE) program will be available to students soon. The ACE program is a series of learning modules created to demonstrate that teammates and students within Carolinas HealthCare System meet compliance requirements. Each year, all students in clinical programs are required to complete the ACE modules that are most relevant for their program of study. A program representative will soon provide students with information on how and when to access ACE modules for 2017.

Connect
with CCHS



OPEN FORUM

Open Forum has now been converted to an online forum accessible via Moodle. In years past, this forum was held face to face but class schedules have made it difficult to schedule a date available to all. Click the *Open Forum with President Hopkins* link on your dashboard to access the page. Click the "Open Forum" link to begin a conversation. Once there, simply add a new topic or reply to others. Note: If you want to have a private discussion with President Hopkins, please contact him at hampton.hopkins@carolinacollege.edu to arrange an online Chat time.

TEAMMATE UPDATES

"And suddenly you know....it's time to start something new and trust the magic of beginnings..."



Kali Simien

Kali Simien, chair of the surgical technology program, will leave the college effective August 11, 2017. Kali has been with Carolinas HealthCare System for over 15 years. She joined the college in 2008 as a faculty member, and in 2012 became the program chair. In her time here, she has found creative ways to integrate technology into her teaching, has been a committed member of the Admission, Progression and Graduation Committee, and a valued member of the academic and leadership teams. Now that her daughter has graduated college, Kali has decided to use her bachelor's degree in business administration to pursue a career in real estate. She is excited about this opportunity as she moves into a new stage in her life. During her remaining time at the college, she is committed to ensuring a smooth transition in responsibilities to minimize the impact on her current students.

Meredith Hirsch's last day at CCHS will be August 7. After graduating from Duke's family nurse practitioner program this past May, she has taken a position as a family nurse practitioner within CHS. A 2000 alumnus of the school of nursing, Meredith began teaching at CCHS in 2008 and was the clinical instructor for NUR 101.



Meredith Hirsch

Dr. Mary Griffin is leaving the college effective August 11. Mary came to CHS in 1979 as an LPN and transitioned to the college in 2000. A lifelong learner, she went on to complete her ADN, BSN, MSN and PhD. Mary has accepted a fulltime position at Northeastern University beginning this fall. She was a faculty member in several different courses in both full and part-time positions.



Mary Griffin



Kristy Williams has decided to leave CCHS to explore other career options. Kristy, a 2010 alumnus of the school of nursing, supported the NUR 202 course as clinical faculty since 2010. Kristy's last day is August 11.



Kristy Williams

Reeshenah Agee has decided to leave CCHS to explore other career options. Sheena joined the college in August of 2014 as a staff assistant in the business office. Her last day is August 11.



Reeshenah Agee

STUDENT SUCCESS LIVES HERE!

Have you checked out the new Student Success Moodle page? If not check it out now!

Wow! Can you believe it's almost time again for fall classes? Here are five ways to prepare for the fall semester:

- 1) Start checking your school e-mail more often. Some of your instructors will be using this tool to communicate with you.
- 2) Start from where you left off with your old planner, or maybe start a new one – a planner is a great tool to keep you organized and on task.
- 3) Check out your fall schedule – How else would you prepared for the fall semester if you do not have a sense of your schedule?
- 4) Reflect on the good times from last semester (for some of you it may be Spring, for some it may be Summer), now look forward to the new semester at hand and let everything that happened in the previous semester go.
- 5) Lastly, think about what you did that aided your success, then make a list of the things you need to change and develop specific action steps to address each one.

As always, I am here to assist you, please do not hesitate to drop by and see me if stress/anxiety is getting in your way.

Orientation to CHS Job Placement Process for Senior Nursing Students - August 28. A representative from the CHS New Graduate Placement Center, as well as a number of Carolinas Medical Center hiring managers, will be on campus for a job placement orientation and interviewing workshop. Take advantage of this important opportunity to practice your interviewing skills in a small group setting. Contact Sam Smith with questions.

For more success/study tips, check out the Student Success Center page on the information portal. (Click on *Student Success Center* under *Study Skills and Self-help.*)

Recruiting Peer Tutors for Summer/Fall 2017 courses. 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 a "B" in a course and feel you could help another student with some academic coaching, please contact: Sam Smith, Student Success Center, room 254, 704-355-4025, samuel.smith@carolinashealthcare.org.

Student Employment Opportunities - Talk with CHS Human Resources

If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with CHS Recruitment Specialist Clifton Chapman in the lobby between 10 a.m. and noon on Monday, **August 7.**

To make an appointment:

1. Log onto the information portal and click on *Student Success Center* under CCHS Quick Links on the home page.
2. Select the *Employment Resources* tab. When you open that section, the interview sign-up sheet will be under *Current Part-time and PRN Job Opportunities*. You may sign up for any open 15-minute timeslot.

You can still talk with the recruiter on a drop-by basis without making an appointment as long as he is not busy with another student. An HR representative usually visits the college on the first Monday of each month. Feel free to email or call with your questions: Clifton Chapman, Clifton.Chapman@carolinashealthcare.org, 704.631.0347. Sam Smith is also available here at CCHS to support your job search efforts.

Success Quote of the Month: Success means we go to sleep at night knowing that our talents and abilities were used in a way that served others.
~ Marianne Williamson

Success Tip of the Month: Be the best version of you!



Sam Smith
Student Success Coordinator



CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session August 1, 3:30 to 5 PM. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

BCLS for the Healthcare Provider August 16, 8 AM to noon. Cost \$50. Textbook not 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.

Heartcode BLS Online Program Cost \$28.50 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address: www.onlineaha.org. Choose HeartCode BLS. The course takes approximately two hours and must be taken before attending the Heartcode BLS Online Skills Check. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Heartcode BCLS Online Skills Check Part 2.

Heartcode BLS Online Skills Check August 2, 9, 16, 23 & 30 1 to 3 PM. 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).

Stress Management (Multiple Webinar Dates) August 8 (9 to 10 AM); August 16 (Noon to 1 PM); August 24 (1 to 2 PM). Goals of the webinar: 1) Define stress and understand your sources of stress; 2) Understand the effects of stress on the body; 3) Learn strategies to reduce stress in your daily life. 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.

Inhaled Clinical Aromatherapy Class August 9, 4:30 to 6:30 p.m. Cost \$105. 0.2 CEUs equivalent to 2.0 contact hours. This 2-hour class is part of the required foundation for offering clinical inhalation aromatherapy training in the healthcare setting. Participants will learn the background, safety, benefits and practical application of essential oils used within Carolinas HealthCare System. Upon completion of this training class and after showing proof of having completed the PeopleLink e-learning module titled "Inhaled Clinical Aromatherapy," ICACs will have the credentials to be able to validate other teammate's competency as an Inhaled Clinical Aromatherapy Provider (ICAP) on their unit.

Healing Touch Level I August 26-27, 8:30 a.m. to 6:30 p.m. Cost \$295 (student rate). 18 contact hours for nurses and massage therapists. Healing touch is an energy-based therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. The goal of healing touch is to restore balance in the human energy system. This is a program of study offered by the national Healing Touch Program. (www.healingtouchprogram.com).

Introduction to Integrative Practices August 31, September 14 & 28, October 12. Graduation November 30. 8 a.m. to 12:30 p.m. Location: CHS-Northeast, Clinical Services Bldg., Room 3335. Cost \$295. 2.4 CEUs equivalent to 24 class hours. This course provides clinicians and non-clinicians with an introduction to evidenced-based holistic and integrative practices to help create comfort and enhance the patient and family's medical care. Also included are HANDS-ON experiences in the classroom and an integrative project to be completed. The course consists of four modules: Introduction to Integrative Practices and Self-care; Holistic Presence and Aromatherapy; Mindfulness (which includes relaxation breathing techniques and guided imagery); Energy and Manual Medicine and Integrative Practicum.

AUGUST FITNESS CLASSES - Free to Students and Teammates with ID Badge

Earn ALL IN TO WIN prize drawing entries! Receive 1 entry for every 4 classes attended (any location & YWCA Work out Wednesdays). For locations outside Charlotte, consult the CHS LiveWELL website.

LOCATION	CLASS	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>Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.</p>	Kickboxing Zumba	Monday 5-6 PM 6-7 PM	Free: Badge required	livewellevents@carolinashealthcare.org
	R.I.P.P.E.D. Cardio Dance	Tuesday 5-6 PM 6-7 PM	Free: Badge required	livewellevents@carolinashealthcare.org
	Pure Strength Yoga	Wednesday 5-6 PM 6-7 PM	Free: Badge required	livewellevents@carolinashealthcare.org
	Barre Urban Cardio Dance	Thursday 5-6 PM 6-7 PM	Free: Badge required	livewellevents@carolinashealthcare.org
	"Quick Fit" small group training with Jeremy Sinclair	Mon & Wed 4:30-5:10pm or 5:20-6:00pm	\$50.00 for 4 weeks (8 Sessions)	Call 704.446.1645

PHI THETA KAPPA (PTK) UPDATE

There are still several vacant officers' positions: President and Secretary. Please contact co-advisors Tracy James (tracy.james@carolinashealthcare.org, Room 126, phone #355-0035) or Cathey Miller (cathey.miller@carolinashealthcare.org, Room 252, phone # 355-0036) if you are interested in becoming an officer. PTK will be hosting a blood drive with the Community Blood Center of the Carolinas on **August 31**, 11:30 to 3:30. All donors will be entered into a raffle for tickets to the Carolina Panthers vs. Minnesota Vikings game on December 10. Please consider rolling up your sleeve for this great community involvement event and a chance to see our hometown NFL team in action!

PTK is a national honor society, which recognizes and encourages the academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming. For questions, please contact PTK advisor Cathey.Miller@CarolinasCollege.edu.

WELCOME!

Lindsay Munn has accepted the position of part-time nursing clinical faculty for NUR 101. Lindsay comes from UNC Chapel Hill where she recently completed her PhD and her MSN. She worked there as well as a research assistant, teaching fellow and research associate. Prior to that she worked for the UNC Healthcare System in Chapel Hill in a variety of nursing roles within the pediatric intensive care unit. Additionally, she has worked for the Moses Cone Health System as a nurse in their birthing suites. Lindsay received her BSN from UNC-Greensboro. Please welcome Lindsay when you see her on campus this fall.



Lindsay Munn

FINANCIAL AID REMINDER

Tuition payments are due **August 18** by 4 p.m. If you plan to use financial aid please complete the 2017-2018 FAFSA immediately to avoid delay (www.fafsa.gov) – school code 031042.

Activities & Deadlines For August

Complete information, with times, is elsewhere in the newsletter.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Admissions Information Session	2 Heartcode BLS Online Skills Check	3	4 Graduation Ceremony	5
		Final Exams				
6	7 CHS HR Rep On Campus	8	9 Heartcode BLS Online Skills Check EAP Webinar - Stress Mgmt Inhaled Clinical Aromatherapy Class	10	11	12
13	14 	15	16 BCLS for the HealthCare Provider Heartcode BLS Online Skills Check EAP Webinar - Stress Mgmt	17 New Student Orientation (Non-Clinical)	18 Tuition Payment Deadline	19
20	21 Full Fall & Fall I Classes Begin! 	22	23 Heartcode BLS Online Skills Check	24 EAP Webinar - Stress Mgmt	25 Registration/Drop/Add Ends	26 Healing Touch L1
27 Healing Touch L1	28 Orientation to CHS Job Placement Process for NUR202 Seniors	29	30 Heartcode BLS Online Skills Check	31 Intro to Integrative Practices PTK Blood Drive		

Quick Reference Sheet

Administration

President

Hampton Hopkins, EdD
Room 110, 704.355.5316
Hampton.Hopkins@CarolinasCollege.edu

Assistant: Pat Lewis, 704.355.2029
Pat.Lewis@CarolinasCollege.edu

Provost

Lori Bequette, PhD
Room 212, 704.355.4305; Lori.Bequette@CarolinasCollege.edu
Academic Programs, Online Bookstore; Technology; Faculty Matters, Moodle

Academic Affairs Support

Janice Bellamy, 704.355.1550; Janice.Bellamy@Carolinashealthcare.org
Michelle Webb, 704.355.0712; Michelle.Webb@Carolinashealthcare.org

Technology

Larry Turner, 704.355-7577; Larry.Turner@CarolinasCollege.edu
Chris Davenport, 704.355.7572; Chris.Davenport@CarolinasCollege.edu
Janna McColgan, 704.355.2662; Janna.McColgan@CarolinasCollege.edu

Student Support Services

Student Affairs

Karen Lewis, EdD
Dean
Karen.Lewis@CarolinasCollege.edu
Room 164, 704.355.5585

Enrollment Management,
Student Affairs, Sonis

Admissions Office

Suite 166, 704-355-5051
Kenielle Morris, MEd
Director of Recruitment and Retention
Kenielle.Morris@CarolinasCollege.edu

Joy Godwin, Staff Assistant
Joy.Godwin@CarolinasCollege.edu
Merritt Newman, Admissions Representative
Merritt.Newman@CarolinasCollege.edu
Student Leadership, Organizations, Support

Student Records and Information Management

Chrisanne Rancati, MA
Director
Chrisanne.Rancati@CarolinasCollege.edu
Room 166, 704-355-6676
Registration, Records, Grades, Transfer Credit

Student Success Center

Sam Smith, MBA
Student Success Coordinator
Room 213, 704.355.4025
Samuel.Smith@CarolinasCollege.edu
Tutoring, Placement, and Student Success

Administrative and Financial Services

Business Office

Kim Bradshaw, MEd
Dean, Room 207, 704.355.5584
Kim.Bradshaw@CarolinasCollege.edu

Audrea Chapman, 704.403.1754
Audrea.Chapman@carolinashealthcare.org
Claudia Trower, 704.355.5229
Claudia.Trower@CarolinasCollege.edu
Refunds, Tuition/Fees; Cash Handling; Sonis

Financial Aid Office

Suite 208, 704.355.8894
Kirstie Clark, 704.355.8894, Kirstie.Clark@CarolinasCollege.edu
Cynthia Peace, 704.355.5579, Cynthia.Peace@CarolinasCollege.edu
Support: Resheenah Agee, 704.355.5486
CHS Educational Loan Forgiveness, Federal Loans, Grants & Scholarships

Additional Support Services

On-line Bookstore

<http://direct.mbsbooks.com/CarolinasCollege.htm>
CCHS Logo Store: www.CarolinasCollege.edu

Employee Assistance Program

(Personal & Family Counseling)
A free benefit for CCHS students
704-355-5021

Parking, Access Control & ID Badges

Annex Building
(behind Medical Education Bldg., next to ED)
704.355.3111

Important Dates for Summer 2017

Full Summer Final Exams.....	Jul 31-Aug 4
Program Completion & Awards Ceremony	Aug 4
New Student Orientation (Clinical).....	Aug 14-15
New Student Orientation (Non-clinical)	Aug 17
Full Fall & Fall I Classes Begin	Aug 21
Registration/Drop/Add Ends.....	Aug 25
Holiday - COLLEGE CLOSED	Sept 4
Fall I Midterm.....	Sept 13
Last Day to Withdraw - Fall II	Sept 22
Fall I Classes End.....	Oct 6
Fall I Final Exams.....	Oct 9-12
Fall Break - No Classes (Admin offices open)	Oct 16-17
Full Fall Midterm	Oct 18
Last Day to Withdraw - Full Fall.....	Nov 10
Fall II Midterm.....	Nov 15
Holiday - No Classes (Admin office open)	Nov 22
Holiday - COLLEGE CLOSED	Nov 23-24

Important Phone Numbers

Clinical Laboratory Sciences.....	704.355.4275
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
General Studies.....	704.355.3920
Human Resources (Employment)	704.355.2101
Inclement Weather	704.446.7854
Nursing	704.355.5343
President's Office.....	704.355.5316
Radiation Therapy Program	704.355.6937
Radiologic Technology	704.355.7688
Surgical Technology.....	704.355.1547
Security (CHS dispatch)	704.355.3333
Security Escorts.....	704.355.2093
Student Housing (Home Management)	704.731.8096
Teammate Health.....	704.641.0206