



Students and CCHS teammates celebrate Spirit Day.

Carolinan College of Health Sciences - November 2017

A NIGHT AT DISCOVERY PLACE

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

The college will be closed November 23 & 24.

Carolinan College of Health Sciences, in partnership with Carolinas HealthCare System, The Leon Levine Foundation and Discovery Place, presented the "Being Me" exhibit. The exhibit was launched on October 6 with "One Night Wonder" at Discovery Place. A huge thank you to Carolinas HealthCare System, CCHS faculty and students, Carolinas Simulation Center, CHS Corporate Communications and Outreach, and Discovery Place. This ongoing partnership will provide an opportunity for future student involvement. If students are interested in participating in future events, please contact your instructors or program chairs for information on how you can be involved.

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
Badge access: 24/7

The library will not be staffed on November 23 & 24.



Pictured left to right: Kelly Shirley, nursing student Allison Jonkers, Tracy James, Tina Lamberta, Jodie Huffstetler, Jackie Meunier, Alisha Borchardt, Carla Cozzen, Susan Thomasson, Dr. Theresa Hall, Cynthia Bean. Back row - Jared Smith

Connect with CCHS





CELEBRATING IMAGING COLLEAGUES AND STUDENTS!

National Radiologic Technology Week is celebrated annually to recognize the vital work of RTs across the nation and takes place each year during the week that includes November 8 to commemorate the discovery of the X-ray by Wilhelm Conrad Roentgen. The week celebrates the important role medical imaging and radiation therapy professionals play in patient care and healthcare safety. National Radiologic Technology Week 2017 is November 5 to 11. Please join the College in honoring the contributions of medical imaging and therapeutic radiology.



LET'S TALK TURKEY!!

The College is pleased to announce the continuation of a treasured CCHS tradition, the annual Thanksgiving luncheon. This year's luncheon will be held on November 20, 11 a.m. to 1:30 p.m. CCHS teammates will provide and serve fabulous desserts to go along with the turkey dinner. The dinner includes all the traditional favorites: turkey, dressing, mashed potatoes and gravy, green beans and rolls...so come hungry!

PRIORITIZED ELIGIBILITY CRITERIA FOR CHS AFFILIATED HOUSING

As Carolinas College continues to grow, the wait list for housing has become extensive. As a result, the criteria for eligibility for housing in Carolinas HealthCare System (CHS) properties has been re-evaluated. Please note, Carolinas College does not own these properties. All non-degree or non-certificate seeking students and online program students (RN-BSN coming in fall 2018) will not be eligible for access to CHS affiliated housing effective December 2017 (with December graduation move-outs). Clinical programs are nursing (degree), radiologic technology (degree), and radiation therapy (certificate). Clinical Laboratory Science programs are histotechnology (certificate) and medical laboratory science (certificate). Listed below are the criteria for housing eligibility that will be used to work through the CURRENT waitlist:

1. Students enrolled in, or admitted to ANY CCHS degree or certificate program, and students enrolled in, or admitted to the CHS Nurse Anesthesia program **WITH** a current residence outside metropolitan Charlotte, requiring relocation.
2. Students enrolled in, or admitted to CCHS clinical or laboratory science degree or certificate programs, and students enrolled in, or admitted to the CHS Nurse Anesthesia program.
3. Students enrolled in, or admitted to General Studies – Associate's Degree program (including Pre-Nursing and Pre-Radiologic tracks).
4. The date of the housing eligibility form submitted to the property manager by Student Affairs will continue to be used in conjunction with the prioritized criteria listed above.
5. If you are shown an available property and turn it down, you will lose your space on the waitlist. You can either be removed from the waitlist totally or go to the bottom once you have turned down an available property. The property manager will determine how long you have to accept or reject an available property.
6. Any students interested in placement in CHS affiliated housing should reach out to Dr. Karen Lewis at Karen.Lewis@carolinacollege.edu.

SPRING 2018 ONLINE REGISTRATION AND COURSE LISTING

Online registration begins **November 6** for Nursing, Radiologic Technology, Radiation Therapy and Surgical Technology students only.

Online registration continues **November 13** for the above programs but now includes all General Studies students, including Pre-Nursing and Pre-Radiologic Technology track students.

Open online registration continues **November 20** for all programs and departments.

Each online registration date will open at 7 a.m.

Are you distracted during tests? Try these strategies:

- Don't expose yourself to negative energy! To begin your test in a focused frame of mind, separate yourself from fellow testers before the test. Instead, walk around the college, practice your 4-7-8 relaxation breathing, or meditate!
- If sounds in the room are a problem, wear ear plugs.
- Sit in the front row near the wall, if possible, to limit the possibility of movement in front of you.
- Keep your eyes on your test paper or close them to breathe and regroup. Check your watch for the time rather than looking at the wall clock.
- It is natural to feel somewhat anxious at testing time; however, if test anxiety is a significant problem for you, drop by the Student Success Center so we can explore other resources.



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 a CHS Human Resources Rep. If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with Cliff Chapman in the lobby between 10 a.m. and noon on Monday, **November 6.**

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: If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from his angle as well as your own. ~ Henry Ford



Brenda Almeyda

AHEC LIBRARY WELCOMES NEW TEAM MEMBER

Brenda Almeyda is the new Charlotte AHEC Medical Librarian. She previously worked at Rowan-Cabarrus Community College, where she was both library coordinator and liaison to the nursing and biotechnology programs at the North Carolina Research Campus (NCRC) location. She currently serves as an at-large board member for the Metrolina Library Association. Some of her professional interests include copyright law, information literacy instruction, and working with diverse student populations. Welcome Brenda!

FREE SHIPPING ON BOOKSTORE ORDERS

The spring semester booklist will be available soon at <http://direct.mbsbooks.com/CarolinasCollege.htm>. Guaranteed buyback up to 70% off list price, rentals up to 60% off list price and used books - 25% off list price. Free shipping on all orders over \$99 from **December 8 through 10, 2017!!**

**#GIVING
TUESDAY**

Make an impact - be a part of the inaugural CCHS #GivingTuesday campaign! Every gift received November 20 - 27 will have a major impact on student scholarships. Keep an eye out for more details on Facebook, Twitter, Instagram and Yammer - as well as all the buzz you'll feel around CCHS! No matter how big or small, your gift will make a difference. Be a part of something bigger - be a part of #GivingTuesday!



PHI THETA KAPPA

HONOR SOCIETY

September Induction: Sixteen new members were inducted on Sept. 21. Welcome to all!

New Officers: Anna Littlejohn: President; Shelbi Exum: Vice President; Danielle Reames: Secretary; Georgeann Garcia: Treasurer; Alexa Beam: Out-Reach Coordinator.

Recent Blood Drive Held on Oct. 26: Twenty-six pints collected which will make potentially life-saving blood products for 78 people. Thank you for your support!

Men's Shelter (MSC): PTK will serve dinner at the Statesville Ave. Campus on Thursday, **November 9**, 5:30 to 7 p.m. See the PTK page on the information portal for further details or to sign up. Interested volunteers must sign a confidentiality form which can be found on the portal page as well. Be sure to wear your PTK shirt and closed-toe shoes and bring your signed confidentiality form with you.

Next Meeting: Friday, **November 17**, 11 a.m. to noon, room 151.

Scholarship: Nominations are being accepted for a member of PTK who is graduating in Dec. Forms may be found on the PTK Moodle page. Please return to Cathey Miller no later than Friday, **December 1**.

Graduation: Cathey Miller has PTK stoles/tassels for sale for graduating members - \$25. Cash, credit card, or check is acceptable.

December 16: PTK will meet at Bad Daddy's East Blvd. (time to be announced) before heading down to the N. Tryon Street campus of the Men's Shelter. PTK members will be caroling and then hosting a holiday party for the men. PTK members are asked to bring holiday baked goods, hot chocolate, eggnog, and platters (cheese and cracker, fruit, vegetable). This event is open to friends and family, too.

NOVEMBER 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
Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!	Kickboxing Zumba	Monday 5-6 PM 6-7 PM	Free: Badge required	livewellevents@carolinashealthcare.org
		Tuesday 5-6 PM 6-7 PM		
∞	R.I.P.P.E.D. Sococise	Wednesday 5-6 PM 6-7 PM	Free: Badge required	livewellevents@carolinashealthcare.org
		Thursday 5-6 PM 6-7 PM		
All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.	Pure Strength Yoga	Monday & Wednesday 4:30-5:10pm or 5:20-6:00pm	Free: Badge required	livewellevents@carolinashealthcare.org
		Thursday 5-6 PM 6-7 PM		
∞	Barre Body Party (Dance)	Monday & Wednesday 4:30-5:10pm or 5:20-6:00pm	Free: Badge required	livewellevents@carolinashealthcare.org
		Thursday 5-6 PM 6-7 PM		
Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.	"Quick Fit" small group training with Jeremy Sinclair	Monday & Wednesday 4:30-5:10pm or 5:20-6:00pm	\$50.00 for 4 weeks (8 Sessions)	Call 704.446.1645

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session November 7, 3:30 to 5 PM. Have friends who want to know about CCHS? Contact the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Demetra Castillo, 704.355.4275.

BCLS for the Healthcare Provider November 15, 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 November 1, 8, 15, 22 & 29 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).

Releasing Anger (Multiple Webinar Dates) November 7 (9 to 10 AM); November 15 (Noon to 1 PM); November 30 (1 to 2 PM). Goals of the webinar: 1) Define the symptoms and sources of stress in your life; 2) Assess your tools for coping with stress; 3) Learn ways to develop your resilience and optimism. 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.

Chaplain's Grand Rounds - November 16, noon to 1 PM, Suzanne Freeman Auditorium. CHS' Spiritual Care and Education department hosts monthly 1-hour thought-provoking presentations by local, regional or national healthcare professionals. Topics for this series will relate to **Minding the Temple: Alternatives to Opioids**. How we handle pain is no small matter. The belief that we need to be pain free all the time is false and has contributed to the national healthcare crisis of over use of opioids to manage pain. This 9-part series presents an opportunity to identify and explore alternatives to pain management. The first session in this series will be presented by Aalece Pugh-Lilly, PhD, and is titled *Cognitive Behavioral Therapy to Manage Pain*. **FREE** to students and teammates.

GRADUATION PHOTOS

Each year as a gift to graduating students, the College has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy as well as two small individual pictures ideal for your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever. Pictures will be taken in late January 2018. Watch for more details in coming newsletters.

SAVE THE DATE

December 13, 6 p.m. The nursing program invites graduating NUR 202 students to participate in the "Commitment to Caring Ceremony" held to honor your entrance into the profession. The ceremony will include pinning, lamp lighting, and a "Blessing of the Hands." You may select a friend, family or faculty member to pin you (**must be 10 years of age or older**). To honor your special guest, you'll be asked to create a **three sentence statement** highlighting how this person encouraged you during your nursing journey (may be edited for time/brevity). A light reception follows the ceremony. The number of guests that you can invite will depend on the number of students who participate. All students get the same number of tickets. If tickets outnumber your invited guests, you can share or give extra tickets to classmates who may need more tickets. In order to participate in the pinning ceremony you **MUST** have ordered your nursing pin from Herff Jones. RSVP is due **November 3**. Statements are due **November 28**. **No exceptions for late statements.**

Email your statement to Pat.lewis@carolinascollege.edu. For any additional questions please contact class representatives Natasha DeMaio or Summer Nunn, or SNA advisors: Diahanne Holandez or Terri Lynch.

Activities & Deadlines For November

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Heartcode BLS Online Skills Check	2	3 RSVP deadline for Commitment to Caring Ceremony
6 Online registration begins for NUR, RT, ST, & RTT students only HR Rep on campus	7 Admissions information session EAP Webinar - Releasing Anger	8 Heartcode BLS Online Skills Check	9 PTK volunteers at the Men's Shelter	10 Last day to withdraw - Full fall
NATIONAL RADIOLOGIC TECHNOLOGY WEEK				
13 Online registration continues; now includes gen studies and pre-nsg, pre-rad tech track students	14	15 BCLS for the Healthcare Provider Heartcode BLS Online Skills Check EAP Webinar - Releasing Anger Fall II Midterm	16 Chaplain's Grand Rounds - Cognitive Behavioral Therapy to Manage Pain	17 PTK general member meeting
20 Free Thanksgiving luncheon  Open online registration for all programs & departments	21	22 Heartcode BLS Online Skills Check HOLIDAY - NO CLASSES!	23  AHEC LIBRARY & COLLEGE CLOSED	24
27 Last day to withdraw - Fall II	28 Deadline for Commitment to Caring statements	29 Heartcode BLS Online Skills Check	30 EAP Webinar - Releasing Anger	