

Pictured Front row, L to R: Taylor Alford, Meghan Roper, Andrea Fields. Back row, L to R: Andrea Nielsen and Madison Gross

Carolinan College of Health Sciences - September 2017

BELIZE WAS THE BEST!

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

The college will be closed Monday, Sept. 4.

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

The library will not be staffed on Monday, Sept. 4.
 Badge access: 24/7

In July, Dr. Susan Patterson and 10 nursing students traveled to Belize as part of the transcultural nursing course. Students participated in clinical experiences at a local hospital and several community clinics.



Students also visited The Inspiration Center (IC) in Belize City (photo to the right). Pictured: Dr. Susan Patterson, IC staff member, Rebecca Shaw, Meghan Roper, Jenna Hill, Madison Gross, IC staff member, Andrea Nielsen, Taylor Alford, Andrea Fields, Bethany Hallman, Allen Smeltzer, IC staff member, and Glen Rhodes.



Connect with CCHS



PRESIDENT'S LIST

Congratulations to these exceptional students, named to the President's List based on summer 2017 grades. The criterion for President's List is a GPA of 4.0 when enrolled in at least 6 semester hours of coursework. All recipients will be honored at a breakfast on **September 21** at 7:30 a.m.

General Studies: Christine Heracklis, Grace James, Destiny Millege, Meredith Talbot

General Studies Pre-Nursing Track: Greyson Cook, Johnita Gamble, Ashley Gasper, Cassandra Grzeszczak, Megan Hanshaw, Nidhi Joshi, Carissa Maret, Trevor O'Neal, Ana-Paula Pereira, Taylor Plattenburg, Lauren Tancora, Kaylie Zembrzusi

General Studies PreRadiologic Technology Track: Charity Cochran, Stacy Grogg, Huynh Nguyen, Amber Page

Nursing: Taylor Alford, Melanie Barnes, Krysta Chirino, Hannah Collins, Jordan Elliott, Haley Everson, Thomas Gardner, Lindsay Garrison, Chelsea Howard, Samantha McCurry, Erica Mullen, Laura Nicoll, Andrea Nielsen, Rebecca Shaw

Radiologic Technology: Shelbi Exum, Georgeann Garcia

Surgical Technology: Sherece Dove, Carolyn Hicks, Kathryn Hilton, Macy Rizzo, Nathan Robertson



DEAN'S LIST HONORS

Congratulations to these exceptional students, named to the Dean's List based on spring 2017 grades. Criterion for Dean's List is a GPA of 3.50 or higher when enrolled in at least 6 semester hours of coursework.

General Studies PreNursing Track: Christine Beyazyurek, Mariana Gentry, Kimberly Goode, Alexis Harding, Julie Hooper

Nursing: Stephanie Good, Jessica Harston, Emily Libke, Mary Pace, Justin Phillips, Andrew Price, Kelli Walden

Radiologic Technology: Alexa Beam, Danielle Reames

Surgical Technology: Stephanie Platt

STUDENT NURSES ASSOCIATION (SNA) UPDATE by Samantha McCurry, SNA Secretary



Pictured l to r: Amanda Kelm, Karen Smith, Stephanie Salgado and Samantha McCurry

Welcome new and returning students! The Student Nurses' Association announces the following newly-elected board members: **President** - Amanda Kelm; **Vice President** - Jenna Hill; **Treasurer** - Jessica Harston; **Secretary** - Samantha McCurry; **Marketing Chair** - Stephanie Salgado; **NUR 101 Representative** - Alex Hill; **Membership Chair** - Elise Pettus; **Fundraising Chair** - Karen Smith and **Community Chair** - Taylor Alford. SNA is managed by the board, its members and faculty advisors Diahanne Holandez and Terri Lynch.

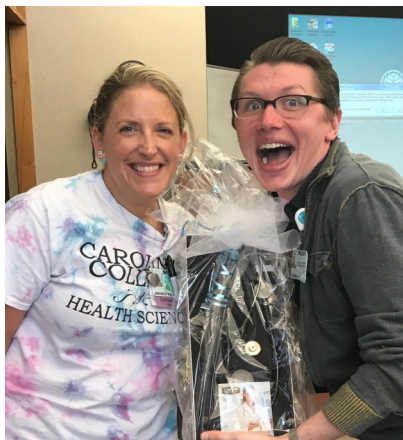
SNA welcomed new NUR 101 students on August 15 with a teal and white display of cupcakes. Joyce Chung won a "NUR 101 Survival Kit" and John Milloy won a new stethoscope. Congrats!

SNA will host an ice cream sale to benefit the Cynthia Favorite Scholarship on **September 7**, 11 a.m. to 1 p.m. in the circle in front of the school. SNA is also selling t-shirts that showcase CCHS pride! Flyers will be posted around the school with information on ordering.

SNA is one of the many great organizations that students can get involved in. Joining is easy wherever you are in your nursing journey. If you're interested in joining SNA see Diahanne Holandez, room 118, for a membership form. Cost is \$10 to join the CCHS Chapter of SNA! We hope to see you at our next meeting.



Joyce Chung



Amanda Kelm & John Milloy



Sam Smith
Student Success Coordinator



Welcome to fall semester! With the start of a new semester comes a lot of challenges, both good and bad. I want to encourage you to stay positive. The best way to learn is from each other, with that said, here are tips on getting a study group together.

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, **September 11.**

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.

Guidelines for Getting a Study Group Together

1. *How many?* 3-6 students (If more are interested, form two groups and get together occasionally to share information and prepare for exams.)
2. *Who?* Don't base study partners on friendship; look for people who stay alert in class, take notes, ask questions and respond to the teacher's questions.
3. *Where?* Hold study group sessions in a place free of distractions with room to spread materials out.
4. *How long?* Study groups should meet for no more than 2-3 hours at a time.
5. *When?* If possible, try to meet on the same day(s) and time(s) each week. Treating the study session like you would a class helps you keep to a schedule and ensures that everyone will attend.

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.

Material adapted from Anastasia Pryanikova, "How to Form an Effective Study Group," *Lawsagna: Neuroscience-fueled tips for productivity, creativity and influence*; The College Board, "The Power of Study Groups," The College Board; Latino Scholars Network, "How to Form a Study Group," Hispanic Scholarship Fund.

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.

SAVE THE DATE: Continuing Education/ Job Fair

When: October 5, 11 a.m. to 2 p.m.

Where: CCHS - LOBBY

Why: As you plan for life beyond Carolinas College, don't miss this opportunity to talk with representatives from colleges and universities about their programs. Human resources personnel from CHS regional healthcare facilities are also invited to attend. Save the date and plan to join us!

Success Quote of the Month: Success is peace of mind in knowing that you did your best to become the best that you are capable of becoming. ~ John Wooden

Success Tip of the Month: Never settle!

FINANCIAL AID

Refund checks will be available for pick up **September 21**, 2017 after 10 a.m. in the business office, room 208. Students must bring picture ID or student ID. Any questions, contact Kirstie Clark, director of financial aid at 704.355.8894 or Kirstie.Clark@CarolinasCollege.edu.

COMPLIANCE UPDATE - Sharps Bins

In May 2017, Carolinas HealthCare System (CHS) issued a safety alert regarding sharps bins. Now that a new school year has started it's important to revisit this issue. Several reports indicated that sharps bins, in the clinical area, had been tampered with which defeats their purpose. Items that should have been put in sharps bins have been found in patient rooms, among patient belongings, on stretchers, and in regular garbage cans. It is imperative that all teammates/students follow the CHS Medication Administration Policy regarding disposal of controlled substances and sharps.

1. If a dose is not used in its entirety, it must be wasted with a witness to prevent the unintended use of the remaining drug.
2. Safety sharps bins must be anchored by a bracket and kept in a secure location.
3. Keep all sharps and syringes secure, and do not place syringes with remaining controlled substances in sharps bins.
4. If there is any evidence that a patient has tampered with a sharps bin, notify CHS Security. You can also document it in Canopy with an "at risk to harm" alert.
5. Be vigilant for sharp objects when changing linens and when touching patient items.

Sharps bins are one of many tools in use at CHS to keep teammates/students safe from harm. Be sure to follow policy for their use.



PTK hosted a blood drive in conjunction with the Community Blood Center of the Carolinas on August 31. Twenty-four pints of blood were collected which will be used to make potentially life-saving products for 72 people. All donors were entered into a raffle to win tickets to the December 10, Carolina Panthers v. Minnesota Vikings game. The winner of those coveted tickets was Huynh Nguyen! Thank you to everyone who donated and all who tried to donate.

Upcoming Events:

1. **September 7**, 5:30 to 7 p.m. - PTK Volunteers at the Charlotte Men's Shelter
2. **September 21**, 5 p.m. - PTK Induction Ceremony

On **September 22**, PTK will hold a Bake Sale/Swap from 8:30 a.m. to 1 p.m. in the main lobby. Proceeds benefit the Charlotte Men's Shelter so any and all donations are acceptable for goodies. Gently used towels and wash cloths or new packs of socks or underwear are needed; travel-sized soaps (you may have acquired while on your summer break) are excellent items to donate as well. At this time only these items of clothing will be accepted due to space constraints. Want to help? 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 close-toed shoes and bring your signed confidentiality form with you.

Interested in beefing up your resume? Consider a leadership position in the CCHS chapter of PTK. All positions will be open as of December's graduation. Ideally, it would be better to fill those positions ASAP to allow time for new officers to work with the current officers so anyone interested please contact co-advisors Tracy James (Tracy.James@CarolinasCollege.edu, room 126, 704.355.0035) or Cathey Miller (Cathey.Miller@CarolinasCollege.edu, room 252, 704.355.0036) now.

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 co-advisors Cathey.Miller@CarolinasCollege.edu or Tracy.James@CarolinasCollege.edu

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session September 5, 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 September 13, 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 September 6, 13, 20, & 27 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).

Dealing with Difficult People (Multiple Webinar Dates) September 12 (9 to 10 AM); September 20 (Noon to 1 PM); September 28 (1 to 2 PM). Goals of the webinar: 1) Discuss characteristics of different personalities and how to deal with them; 2) Define conflict and different conflict resolution styles; 3) Learn Address communication styles and health communication strategies. 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 - September 21, 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 Joseph Hsu, MD, and is titled *Alternatives to Opioids: Avoiding Overuse*. **FREE** to students and teammates.



you to enroll yourself into the EIM course page on the information portal and encourage your classmates to become more active. To enroll go to *CCHS Links > Student Resources > Exercise is Medicine* and enroll. Once enrolled feel free to start using the forums to organize a run or walk or post your goals and encourage others to reach their goals. If you have any questions or are interested in being a student representative, please contact Jared Smith at robert.j.smith@carolinascollege.edu.

Exercise is Medicine is an initiative that was launched in 2007 by the American Medical Association (AMA) and the American College of Sports Medicine (ACSM) to increase the awareness about the important role of physical activity in the healthcare system. Carolinas College of Health Sciences understands the importance of physical activity and has become an EIM campus. We encourage



SEPTEMBER 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. Sococise	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 Body Party (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

WELCOME NEW TEAMMATE

Caroline Hosseini has accepted the position of full-time clinical faculty II for the school of nursing effective September 18. Caroline began her career at Carolinas HealthCare System in 2005 as a NA II in the newborn nursery. After graduating from Queens University in 2007 with her BSN, she began working as a neurosurgical RN and in 2010 became a patient care leader. Since completing her master's degree in 2011, also from Queens, she has been a clinical nurse leader on 9T at Carolinas Medical Center. In addition to working at CHS, Caroline has also served as adjunct faculty for Queens University since 2014. Caroline will be teaching in the NUR 101 and 202 courses. Please welcome and congratulate Caroline when you see her on campus this fall. Her office will be in room 148.



Caroline Hosseini

WE'LL MISS YOU!




It was with much sadness that the college bid farewell to Kim Bradshaw, dean of administrative and financial services, on August 25. Kim left to assume a similar position at Stanly Community College. Her husband Earl was recently assigned the pastorate at Central United Methodist Church in Albemarle, so Kim's move to Stanly Community College will enable her to work closer to home. Kim served in a variety of roles at Carolinas College since 2001 including financial aid director, business officer and as the dean. She began splitting her time with Cabarrus College four years ago and has made many significant contributions to both colleges. She has streamlined our financial processes, built a strong financial services team, led us through budget cycles, maneuvered the OSR process, dealt with auditors, managed financial aid, led our building renovation, and much more. She will be dearly missed.



Kim Bradshaw

Activities & Deadlines For September

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<p>4</p> <p>HOLIDAY - COLLEGE/AHEC LIBRARY CLOSED</p>  <p>Labor Day</p>	<p>5</p> <p>Admission Information Ses- sion</p>	<p>6</p> <p>Heartcode BLS Online Skills Check</p>	<p>7</p> <p>SNA Ice Cream Sale</p>  <p>PTK Volunteers at the Men's Shelter</p>	8
<p>11</p> <p>HR Rep On Campus</p>	<p>12</p> <p>EAP Webinar</p>	<p>13</p> <p>BCLS for the Healthcare Provider</p> <p>Heartcode BLS Online Skills Check</p>	14	15
18	19	<p>20</p> <p>Heartcode BLS Online Skills Check</p> <p>EAP Webinar</p>	<p>21</p> <p>President's List Breakfast</p> <p>Financial Aid Checks Available for Pickup</p> <p>PTK Induction Ceremony</p> <p>Chaplain's Grand Rounds</p>	<p>22</p> <p>PTK Bake Sale/Swap</p> 
25	26	<p>27</p> <p>Heartcode BLS Online Skills Check</p>	<p>28</p> <p>EAP Webinar</p>	29

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, 704.355.3920; 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
 Kenielle Morris, MEd
 704.355.3243
 Director of Recruitment and Retention
 Kenielle.Morris@CarolinasCollege.edu

Merritt Newman, Admissions Representative
 Merritt.Newman@CarolinasCollege.edu
 704.355.5583

Madison Inman, 704.355.8383
 Staff Assistant/Admissions Specialist

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

Financial Services

Business Office
 Audrea Chapman, 704.403.1754
 Manager, Financial Services
 Audrea.Chapman@carolinashealthcare.org

Claudia Trower, 704.355.5229
 Staff Accountant
 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

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

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
Last Day to Withdraw - Fall II	Nov 27
Full Fall & Fall II Classes End	Dec 8
Full Fall & Fall II Final Exams	Dec 11-15
Fall Commencement.....	Dec 15
Holiday - COLLEGE CLOSED	Dec 25

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.....	704.355.4305
Human Resources (Employment)	704.355.2101
Inclement Weather	704.446.7854
Nursing	704.355.0368
President's Office.....	704.355.5316
Radiation Therapy Program	704.355.6937
Radiologic Technology	704.355.7689
Surgical Technology.....	704.355.2017
Security (CHS dispatch)	704.355.3333
Security Escorts.....	704.355.2093
Student Housing (Home Management)	704.731.8096
Teammate Health.....	704.641.0206