



Carolinan College of Health Sciences | April 2019

GRADUATION IS FAST APPROACHING!

The May Commitment to Caring & Awards Ceremony will be on Thursday, **May 2**. The ceremony will take place at the Crowne Plaza Executive Park, 5700 Westpark Dr., Charlotte, NC. The schedule is as follows:

- 5:00 to 6:00 p.m. Graduates' Reception
- 6:00 to 8:30 p.m. Commitment to Caring & Awards Ceremony

Each graduate participating in the Commitment to Caring and Awards ceremony may have a special person pin them. As they are being called to the stage a brief statement will be read about how the pinner was supportive to the graduate. The statement should be no longer than three sentences. Email your statement to Pat.lewis@CarolinanCollege.edu by Friday **April 12 at 4 p.m. Late statements will not be accepted.**



Graduates of the December 2018 class.

The subject line of the email should be formatted as such: **Program:** Nursing; **Name of Student:** Jane Smith; **Pinner** John Smith - Husband. **Body of email:** 3 sentence statement.

The May Commencement will be on Friday, **May 3**. The ceremony will take place at the Halton Theater at Overcash Auditorium, 1206 Elizabeth Avenue, Charlotte, NC.

The schedule is as follows:

- 8:45 a.m. Rehearsal (Graduates, program chairs and program participants)
- 9:30 a.m. Faculty arrive
- 9:45 a.m. Doors open for guests
- 10:30 a.m. Commencement Exercise

FINANCIAL AID UPDATE

- **March 1 through April 15**, returning students can apply for scholarships for the 2019-2020 academic year.
- 2019-20 FAFSA is required to be considered for any scholarships. The link to apply: https://www.surveymonkey.com/r/Scholarship_2019-2020.
- 2019-20 FAFSA deadline is **April 15**. www.fafsa.ed.gov; Carolinas College School Code: 031042.

Contact: Kirstie.Clark@CarolinanCollege.edu, director of financial aid; Cynthia.Peace@CarolinanCollege.edu, loan officer.

COMPLIANCE UPDATE - Infection Prevention by Dr. Jane Binetti

A warning was recently issued regarding the BD Alaris pumps for intravenous infusions at Carolinas Medical Center. It has been found in clinical practice that the potential exists for the latching mechanism on the door of the pump to fail. Among the concerns related to this issue is the risk for patients who are receiving life-sustaining medications; the impact of interrupted infusions on patient progress; and the disruption of the electrical connection in the Inter-Unit Interface that could cause a channel or other communication error. To avoid these potential issues, it is recommended that healthcare practitioners verify the infusion pump is securely fixed to the pole, and that the door is properly latched and functioning. The clinical engineering team via IT support is available to provide assistance and/or address further concerns. Dial: 704-446-6161 and select option 2.

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
Badge access: 24/7

Connect with CCHS



WELCOME NEW TEAMMATES!

Hannah Earnhardt has accepted the position of coordinator of recruitment & admissions and will start on April 1. Hannah is currently the associate director for development at the American Diabetes Association. She is a 2013 graduate of the University of North Carolina at Greensboro with a Bachelor of Science degree in Public Health. After graduating, she served in many different leadership roles with multiple organizations. Hannah is currently earning her Master's in Public Health at UNC-Chapel Hill and will graduate this year.



Will Folden

Will Folden joined the college as the new instructional developer on March 18. Will brings previous higher education experience as an instructional developer, a certificate in distance learning and a certificate in instructional design. He has 10 years of higher education experience as an English faculty member. His experience has opened some new opportunities for the college and in addition to being our instructional developer he will also teach one English course a year and help launch a writing center for CCHS (more details will be provided on this towards the end of the summer). His office will be room 132.

Jalece Wherry has accepted the position of staff assistant in the financial aid department effective April 1. Jalece, a Charlotte, NC native, earned her Bachelor of Public Health degree from East Carolina University in Greenville, NC. She completed an internship with the Pitt-Wilson Breast Wellness Initiative, a grant funded program through Susan G. Komen. The initiative offered free mammograms to local women in need. As part of this experience, Jalece led and coordinated all three mammogram clinics. In addition, she created and implemented a church-based program that

increased awareness of breast cancer and the Initiative's free clinics, Pink Sunday. Jalece is currently a student at UNC-Charlotte pursuing her Master's of Health Administration and is expected to complete the program May 2020.

STUDENT OF THE MONTH

Congratulations to Elvi Suarez Guevara, CCHS Student of the Month for April 2019. Elvi is a student in the Medical Laboratory Science (MLS) program. She received her bachelor's degree in Biology from the University of North Carolina – Charlotte. Elvi was nominated "based on her academic excellence, teamwork, and commitment to caring through numerous community service projects offered through the college, Atrium Health and her church." In addition to her outstanding academic performance with a 4.0 GPA, she readily volunteers to help wherever she can. She recently helped host an Atrium Health event called PATCH (Propelling Adolescents Towards Careers in Healthcare). She volunteers at the Lupus Foundation of America in Charlotte as an interpreter for patients who only speak Spanish. During her undergraduate years, she also completed an internship at the Lupus Foundation. Elvi and her husband are very active in their church where they serve as youth leaders coordinating youth services, bible studies, weekly 5:00 a.m. prayer sessions, recreational activities, fundraisers and other programming. She also leads the church choir and serves as a worship leader. In recognition of her academic performance, Elvi was selected to meet with the NACCLS representatives for the recent accreditation site visit, and she will serve as one of the marshals at the May Commencement Exercise. Elvi was nominated by Cyndie Hobson, faculty member in the MLS program and Carolinas College's 2018 Outstanding Educator, who stated, "I'm not real sure how Elvi gets it all done...the rigors of the MLS program, the community service, the church leadership and on top of all that, she and her husband have a 2-year old daughter that they raise and take with them everywhere they go. Thank you Elvi for exhibiting Carolinas College's core values of Caring, Commitment, Teamwork and Integrity. Elvi received a certificate, two movie tickets, and \$5.00 in Avenue C bucks.



Pictured L to R: Dr. Karen Lewis, Elvi Suarez Guevara and Cyndie Hobson

STUDENT SUCCESS by Sam Smith, MBA

Does your mind wander when you read? Do you often forget what you just read? Here are some helpful tips to keep you on task!

1. **Turn off your cell phone and email notifiers.** This is a big one for most of us because we have come to rely so heavily on these our devices for everything, including reading our books, reviewing notes, etc., but they are some of the biggest distractions that exist today.
2. **Practice proper posture.** Did you know that it takes more energy to slouch then it does to sit with proper form? When you sit, push your hips as far back as they can go in the chair. Make an adjustment to your chair so that your feet are flat on the floor and your knees are equal or a little lower than your hips. Adjust the back of your chair to about a 100° reclined angle. Make sure that you are also getting proper support for your entire back. Taking these steps will not only improve your ability to focus while you are reading, they will also prevent long term issues related to poor posture.
3. **Clear your mind for 1 minute.** You've probably heard about all the benefits you can get from practicing meditation regularly. Ideally, we would want to read after a good meditation session because that is when our mind is most likely to be free from mental clutter. Since we don't always get the luxury of good mediation before reading, you should take about 1 to 2 minutes to relax and release thoughts from our mind before we begin to read.
4. **Read in 50-minute intervals.** Study has shown, 50 minutes is the ideal amount of time to focus on one item before we start to require a break. Something happens after we go beyond the 50-minute mark. Our brain starts to become more inefficient. It's then time for a 10-minute break. After the break, you can focus on reading for another 50 minutes. By using this cycle, not only will you get the most out of reading, you will also be able to train your focus and develop the habit of working at a specific pace.
5. **Read with a specific goal in mind.** Don't mindlessly read things. You should have a specific goal in mind. This will not only improve your focus but will also help you get through the material more quickly. The more specific your goal is, the easier it will be to concentrate.

[HTTPS://WWW.IRISREADING.COM/5-TIPS-TO-MAINTAINING-EXCELLENT-FOCUS-WHILE-YOU-ARE-READING/](https://www.irisreading.com/5-tips-to-maintaining-excellent-focus-while-you-are-reading/)

Recruiting Peer Tutors for SPRING/SUMMER 2019 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@carolinashhealthcare.org

Student Employment Opportunities: We have a new HR Representative; his name is Joe Sullivan. If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with Joe in the lobby between 10 AM and noon on **April 1**.

To make an appointment:

- ☞ Log onto the information portal and click on *Student Success Center* under *CCHS Quick Links* on the home page.
- ☞ 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 talk with Joe Sullivan on a drop-by basis as long as he is not busy with another student. A human resources representative usually visits the college on the first Monday of each month. E-mail Joe.Sullivan@AtriumHealth.org, or call 704.631.0347, with any questions or contact me, Sam Smith, at CCHS to support your job search efforts. For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Support page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)

STUDENT NURSES ASSOCIATION (SNA) UPDATE by Charley Threet, SNA Secretary

SNA will host a Resume Building Workshop with Sam Smith on **April 4** from noon to 1 pm in room 190. This will be a "working" workshop so please bring your laptop or notepad to take notes. A sign-up genius will be sent so we know how many to prepare for. Next SNA meeting will be **April 18** from noon to 1 pm in room 190. We will be discussing open board member positions. If you are interested in running for a board member position and serving SNA at a higher level, please get your information to the faculty advisors by May 1st.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session April 2, 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 Susan Thomasson, 704.355.3921.

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.

BCLS for the Healthcare Provider April 17, 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.

BLS Online Skills Check April 3, 10, 17 and 24. 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).

2019 Chaplain's Grand Rounds - Ethical Decisions in Complex Times - April 18. This **FREE**, nine-part lecture series will be conducted in the Suzanne Hill Freeman Auditorium on the campus of Carolinas Medical Center every 3rd Thursday of the month from noon to 1 PM. Feel free to bring your lunch. The theme of the series acknowledges that medical decision making is getting ever more complicated. Best medical practice too often collides with the wishes of patients and family members. Nuances of care can challenge existing policies and procedures in the gray arena of seeking to do what is right. Join us in person, through teleconference, Skype, or let us send you a recording. Please direct any questions to Renee Howard (Renee.howard@atriumhealth.org). This month's session is entitled **Death is Not the Enemy** and will be presented by Terri Bolotin, MDiv, MSOD.

EAP Webinar - Compassion Fatigue: When the Helping Profession Hurts - April 2 (9 to 10 a.m.); **April 10** (noon to 1 p.m.); **April 18** (1 to 2 p.m.). Goals of the webinar: 1) Defining compassion fatigue; 2) Exploring strategies that increase resilience and effectiveness; 3) Understanding the importance of a self-care plan. Sponsored by Atrium Health's 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.

PHI THETA KAPPA (PTK) UPDATE by Carissa Maret, PTK Secretary

The bake sale on March 15th was a success! Many thanks to all those who stopped by, as well as those who brought baked goods and/or served at the table. Your donations and service were much appreciated!

Twice a year, PTK nominates and recognizes a graduating member who exemplifies the four pillars of Phi Theta Kappa – scholarship, leadership, fellowship, and service - by awarding a scholarship. This student must be a PTK member/ CCHS student in good standing, having fostered fellowship and camaraderie in the chapter, actively involved in PTK community service, and participated for at least 2 semesters. The nomination criteria/process/forms are posted on the PTK Moodle page. Please submit your nomination to Cathey Miller by **April 20**.

Our new officers will be assuming their roles at the next PTK meeting on Friday, **April 26** at 11 am. A lunch fellowship will follow (details on the PTK Moodle page).

Our next CBCC blood drive will be Thursday, **April 4**. Please consider donating - thank you for continuing to be part of this effort at CCHS!

Our next community project at the Men's Shelter will be on **June 19** from 5:30 to 7 pm. We usually meet at 4:45 pm at CCHS to carpool. Please sign up on the PTK Moodle page if planning to attend and complete a confidentiality statement if this is your first time.

PTK T-shirts: Blue with yellow writing: \$10 Green with blue writing: \$10.

Activities & Deadlines For April

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Online Registration for Gen Studies Students Opens</p> <p>Last Day to Withdraw - Full Spring</p> <p>HR Rep On Campus</p> 	<p>2 Admissions Info Session</p> <p>EAP Webinar</p>	<p>3 BLS Online Skills Check</p> <p>Spring II Midterm</p>	<p>4 Resume Building Workshop</p> <p>PTK Sponsored Blood Drive</p>	5
8	9	<p>10 BLS Online Skills Check</p> <p>EAP Webinar</p>	11	<p>12 Commitment to Caring Statement Deadline</p>
<p>15 2019-20 FAFSA Deadline</p> <p>Last Day to Withdraw - Spring II</p>	16	<p>17 BCLS for the Healthcare Provider</p> <p>BLS Online Skills Check</p>	<p>18 Chaplain's Grand Rounds</p> <p>EAP Webinar</p> <p>SNA General Meeting</p>	<p>19 Holiday - College Closed</p> 
22	23	<p>24 BLS Online Skills Check</p>	<p>25 End of Semester Cookout</p>	<p>26 Full Spring & Spring II Classes End</p> <p>PTK General Meeting</p>
29	30	May 1	<p>2 Commitment to Caring & Awards Ceremony</p>	<p>3 Spring Commencement</p>
Full Spring & Spring II Final Exams				