



CAROLINAS COLLEGE OF HEALTH SCIENCES

JANUARY 2015

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Tuberculin skin tests (TSTs) are usually offered monthly at CCHS, but not in January. Students/faculty needing a skin test this month should go to Teammate Health in the Annex building. Two days later, any nurse at CCHS can read and verify the results.

CCHS Hours of Operation

Mon - Fri, 7:30 a.m. - 4:30 p.m.

No Classes on Jan 19

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, Closed

Not Staffed on Jan. 19

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.

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



GRADUATION HIGHLIGHTS

Congratulations to the 74 histotechnology, medical laboratory science, nursing and surgical technology students who graduated on December 12, featuring Dr. Grace Sotomayor - Carolinas HealthCare System's Chief Nursing Executive, Central Division - as keynote speaker.

As of January 1, 100% of the Histo and MLS students had taken and passed their certification exam on the first attempt! That's a mind-blowing 19 graduating MLS cohorts in a row to hit 100%! Special thanks to the eight students selected as graduation marshals: Joseph Brawley, Karen Green, Michelle Kemp, Hana Munkittrick, Miles Nelson, Hallie Sanchez and Katelyn Sumner and to Julie Martinat, Chief Marshal, who carried the college flag in the processional. Marshals are selected on the basis of outstanding academic achievement.



WELCOME NEW AND RETURNING STUDENTS

The College welcomes 130 new students today and is proud each chose CCHS for their healthcare education. Interesting tidbits about them:

- Students in this class hail from all over the United States and beyond. States represented include West Virginia, Arizona, Michigan, Alabama, Pennsylvania and Michigan, one student is from South Korea!
- One new nursing student is the daughter of Ann Keathley, a teammate in the CCHS business office. Christi is the second of Ann's two daughters to earn admission to CCHS!
- There will be two April Davis' in the building; one a new student; one a nursing instructor!
- 28 of the new Nursing students and all Histotechnology and Medical Lab Science students enter having already earned a bachelors degree or higher in another discipline.

FLU SEASON IS HERE - WHAT'S THAT MEAN FOR YOU?

Flu season is officially here, as announced by the Carolinas HealthCare System (CHS) epidemiologist on December 19. That means the Seasonal Influenza Mask Policy is in effect. To provide safety to patients, students, teammates, and visitors, the flu immunization is required of all students and teammates unless they submitted a medical or religious exemption form. Those with an exemption are required to wear a surgical mask when within six feet of a patient in designated areas. (Masks are not required in public areas such as lobbies, hallways, and cafeterias.) Students may obtain the influenza vaccine at no charge at a CHS Teammate Health location. The nearest one is in "The Annex" - across from the CMC Emergency Department entrance.

Students/teammates with exemptions may be asked by patients about their mask. The Service Excellence response is simple, "Masks are worn for your safety and to prevent the spread of the flu." Also to curb transmission, no visitors under 18 are allowed at CMC or other CHS hospitals.

Flu season can last as long as 12 weeks. Students and teammates will be notified when the season officially ends. Meanwhile, direct flu-related questions to the Dean of Students at Hampton. Hopkins@CarolinusCollege.edu or the Flu Campaign Ambassador at Kristi.Williams@CarolinusCollege.edu.

STUDENT OF THE MONTH - HANNAH SHELTON

Hannah Shelton is the January Student of the Month. A graduate of Porter Ridge High School, Hannah came to the college through the CRIBN Nursing Program, a partnership with UNCC which provides dual enrollment at both CCHS and the University. Hannah was nominated for the award because she is “always eager to assist with projects, big or small. Hannah was instrumental in recruiting volunteers and leading the Student Ambassadors as they welcomed new students prior to orientation. She consistently demonstrates her passion for the nursing program and the college.” Hannah is a busy lady - in addition to her studies and working as a Work-Study Student (primarily in Student Services), she is a live-in nanny to two boys ages 5 and 3. Congratulations, Hannah! As a Student of the Month, Hannah receives a certificate of recognition and will be coded for the most coveted award of all: V-Lot parking at CCHS for a month! Want to recommend someone for consideration as Student of the Month? See Joy Godwin, receptionist, for a nomination form.



Hannah Shelton

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision making: service on college committees, end-of-course surveys, 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 Monday, **January 12**, room 233, 10 to 10:45 a.m. and Thursday, **January 22**, room 137, 2 to 2:45 p.m. If you are unable to fit this into your schedule, no problem! Stop by her office (Room 110) or shoot her an email: Ellen.Sheppard@Carolinasc.edu. As a result of a recent Open Forum, loaner umbrellas will now be stocked in the lobby. (See article on page 6.)

GRADUATING ANYTIME IN 2015? BE HERE FEB. 3 or 4 FOR FREE PORTRAIT

All students graduating in May, August, or December of 2015 will have their portraits made Tuesday or Wednesday, **Feb. 3 & 4** between 9 a.m. and 4 p.m. This is the only time all year the photographer is on campus. The sign-up sheet is in the College lobby. CCHS makes a large composite photo of the class, and graduates get a free 11 X 14 souvenir copy as well as two individual shots, ideal for licensure exam applications. The enormous composite hangs in the lobby for a year; a smaller version hangs in the College portrait hall forever. There is no cost to you for any of this, though you may purchase additional photo packages if you wish. Don’t miss out on this great opportunity, compliments of CCHS.



TEAM MEMBER SPOTLIGHT - DR. JANE BINETTI



Dr. Jane Binetti

Originally from Boston, Jane began her nursing career in 1980 when she graduated from Seton Hall University, College of Nursing, in New Jersey. She returned to her native Boston to work at New England Deaconess Hospital on a floor of rare diseases and undiagnosed syndromes. After marrying in 1981, she moved to the New York area and began working in critical care which would become her area of specialty. Jane incorporated her love of adult health nursing with her love of teaching and eventually opened a company that incorporated the two. Jane provided healthcare education to nurses by way of continuing education, to hospitals by providing in-service education, and to nursing agencies and corporate businesses by tailoring educational offerings to meet their needs. After moving to Charlotte with her family in 2002, Jane put her Master of Nursing in Science degree to use by joining the faculty of CCHS, first as a part-time clinical instructor in NUR 202, and then as full-time faculty in NUR 152. She earned her Doctorate of Nursing Practice from Duquesne University in May 2014. Jane and her husband Pat have three sons - Patrick, Mark and Michael. Jane’s CCHS office is in Room 129; stop by and say hello (preferably in your best Boston accent!)

PHONE-A-THON: IT’S RIGHT AROUND THE CORNER

You can’t beat this opportunity to engage with the College and its alumni, to help fund the CCHS endowment and to win prizes! CCHS has a rich history of alumni interaction - like when alumni help fund the endowment via the annual phone-a-thon. Each evening Monday, **March 23**, through Wednesday, **March 25**, students from each program volunteer for the alumni phone-a-thon. There is training at 5:15 p.m. each evening; calling begins at 6:00 p.m. Dinner is provided for volunteers each evening. Last year was a great success and we’ll have another great year with YOUR help! Contact Ruthie Mihal, Coordinator of Alumni Relations and Development, at 704.609.1542 or Ruthie.Mihal@Carolinasc.org to volunteer.



STOP THE PRESSES! A NEW CCHS PRINTING PRACTICE BENEFITS STUDENTS

Well, the presses aren't completely stopping, but the faculty have made some changes that will assist students and ease printing demands in the computer lab...

Each semester, students pay a technology fee that covers the cost of things like printing, but also covers more global (and costly) expenses such as the college information portal - Moodle, classroom technology, computer lab equipment, and technical support. Students also pay a course packet fee if the classes in which they are enrolled provide course resources in a printed packet. The Learning Resources Committee (LRC) has received valuable feedback from numerous students regarding printing issues in the labs. More specifically, students wanting all necessary course materials on the first day of class were printing numerous course documents during the first week of classes. This created high printing demand at that time, sometimes leading to printer malfunctions. To ensure that both the technology and course packet fees provide students access to the resources they need to be successful (printing when needed and course materials), and in response to student feedback, the LRC made the recommendation that faculty place many necessary course materials (such as course syllabi) into the course packets they provide each semester. The faculty agreed and have updated course packets. If a course provides a packet of materials, students will receive those at the start of the semester and will not need to print out many of the needed materials for the course at that time. This change should give students the needed printed materials for their courses while also easing the demands on printers at the start of semesters.

DEAN'S LIST

Congratulations to these exceptional students, named to the Dean's List based on Fall 2014 grades. The criterion for Dean's List is a GPA of 3.50 or higher when enrolled in at least 6 semester hours of course-work.



CRIBN: Amy DeCoste, Jessica Hughes, Maureen Kelleher & Hannah Shelton

General Studies: Marissa Messer

Medical Laboratory Science: Sarah Walters

Nursing: Timothy Abernathy, Rae Alley, Lydia Arthur, Brittany Baer, Joseph Brawley, Caitlin Burt, Jackie Cannada, Katherine Cortes, Audra DeYoung, Leslie Dorton, Jennifer Edwards, Catherine Fulginiti, Kyleen Gilliland, Kathryn Gorham, Karen Green, Marina Hess, Taylor Heybruck, Erin Holland, Amanda Hoyle, Christina James, Mary Johnson, Juliana Johnson, Honnah Jones, Jessica Logerfor, Julie Martinat, Kristen Mason, Allison Melton, Hana Munkittrick, Miles Nelson, David Owens, Melissa Parker, Christine Perzinski, Michelle Pijunovic, Jenna Purser, Alicia Ramirez, Caroline Roberts, Hallie Sanchez, Kayla Schoenow, Tricia Seifried, Suzanne Sellers, Sofia Snellings, Kristin Stapleton, Molly Staton, Ashley Suddreth, Katelyn Sumner, Elizabeth Sutcliffe, Katharine Swennes, Lillian Turner, Elizabeth Valcourt, Brittany VnaDerMeid, Christine Wilcox, Amy Williams & Crystal Winans.

Pre-Nursing: Joseph Acquarulo, Mary Albright, Emilie Baptista, Carly Bell, Kelsii Beverly, Amy Brooks, Cecilia Bruno, Tara Charobee, Lauren Cline, Kelsey Crowley, Nicole Denniston, Deena Earnest, Emilee Escher, Jennifer Farah, Rachel Gabriel, Ashley Hilton, Rachael Horsman, Christine Hughes, Erin Lance, Lori Lantos, Susan Lee, Marina Leyva, Posey Limberakis, Madison Lombardo, Jessica McGuirt, Emily Michel, Brittany Montes, Rebecca Moody, Marie Nolan, Katherine Prisco, Danielle Roy, Esther Rummel, Kimberly Still, Carol Trnavsky, Kerry Thompson, Ariel Tunson, Karlene Walker, Bryan Wise, Zack Wright, Jenna Zambrotta & Julie Zimmerman.

Pre-Radiologic Technology: Erin Freeze & Emiley Peterson.

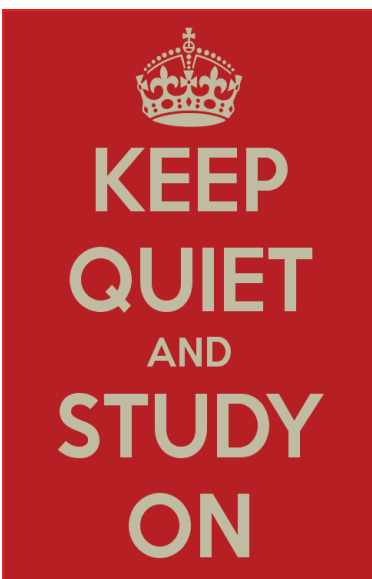
Radiologic Technology: Ashley Allen, Abby Byrnes, Matthew Cook, Daniel Dubick, Christina Elmore, Kinley Fields, Jessica Haynes, Ashley Jagielnicki, Jessica Martin, Robyn Smith, Jordan Vereen & Pamela Vu.

Radiation Therapy: Tiffany Beasley, Colleen Daley & Candace Fox.

Surgical Technology (AAS): Kiara Johnson

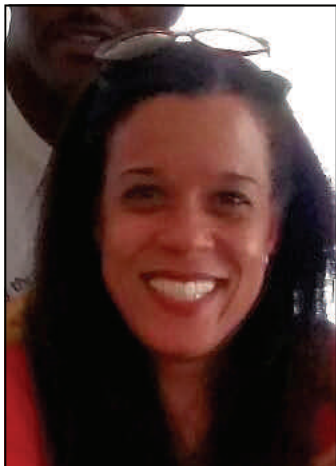
Surgical Technology (Diploma): Tyrone Sturgis

NEED A QUIET PLACE TO STUDY? (Reserve many of these through Joy at the front desk)



- ☞ Nine study carrels near Room 122-A are first come, first served. Remember to turn off the lights when done.
- ☞ Weather nice? Try the gazebo or tables in the courtyard, the three tables & benches in the pavilion at the side of the College (ask Joy), or the two tables & benches to the left of the main entrance.
- ☞ Rooms 231, 232 & 233 are quiet study areas, though they may occasionally be reserved for small course groups and individual testing. Anatomical models & text resources are maintained in room 231 for your reference. They're called the Quiet Study Rooms, and they're for YOU!
- ☞ Room 137 is available for quiet student study, though occasionally committees take priority.
- ☞ Six tables in break room (with refrigerators, next to Classroom 161) allow for semi-quiet study.
- ☞ Any classroom not in use may be used for quiet study or group work, though you'll need to vacate if a class is scheduled to meet. Exceptions: Room 201 and 223, which are nurse anesthesia rooms.
- ☞ The computer lab and computer annex (Rms. 153 and 154) are available 24/7 with badge access.
- ☞ The AHEC Library (Medical Education Building) provides multiple quiet spaces 24/7 for students. The building is badge accessed after 4 p.m. Take the elevator to the 2nd floor and turn right. Medical students and medical residents share this resource with CCHS students.
- ☞ And last but not least, the Student Success Center in room 214 is an excellent place for quiet study, tutoring, and small group work.

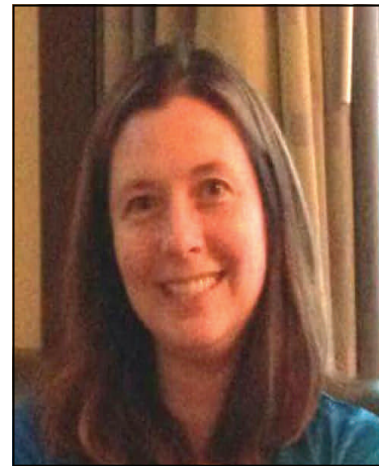
WELCOME NEW TEAM MEMBERS



Rachael King

Rachael King has been a nurse for 18 years. She is nationally certified in med/surg nursing and joins the CCHS nursing faculty in NUR 152 as a clinical educator. She serves as a representative and the interim chair on the CHS Research Council as well as the unit-based chair of the CMC Shared Governance Council. Rachael completed her MSN in nursing education in 2014, doing a practicum here at CCHS! She is married with two beautiful daughters. An interesting tidbit....Rachael won a 2014 Ford Mustang through a contest held by the Kellogg's Company!

Sarah Scibetta has been a registered nurse for 19 years. She received her ASN at Niagara County Community College and her BSN at SUNY -Buffalo and joins the nursing faculty of NUR 154 as a clinical instructor. Sarah started her career in snowy, cold Buffalo, NY and moved to sunny Charlotte 17 years ago where she started her career in labor and delivery at Carolinas Medical Center. Sarah looks forward to sharing her knowledge and expertise with her students.



Sarah Scibetta



Jackie Meunier

Jackie Meunier, previously a part-time clinical nursing faculty, has transitioned to full-time and will be partnering with Trish Campbell to teach Adult Health Nursing, NUR 151. A nurse for 31 years, Jackie earned a BSN from East Carolina University and an MSN from Gardner-Webb University. Jackie's nursing background varies from emergency department to post-anesthesia care to critical care and she was also a member of the Mercy School of Nursing faculty. She's been with Carolinas HealthCare System for 18 years. She lives in Indian Trail with her husband Bob, and they have two "almost grown" children - Jennifer and Michael. Jackie will be officed in room 133. Stop by and say hello!

IF A CCHS FACULTY MEMBER HAS TOUCHED YOUR LIFE.....

Each spring, students can nominate faculty for the prestigious Outstanding Educator designation. Go to www.CarolinasCollege.edu then click on *Alumni*, *Alumni Forms*, then *Nominate a Distinguished Educator.pdf* for details. Kelly Shirley is our current Outstanding Educator. Past recipients include Karen Miller, Carla Cozzen, Suzanna Thornton, Millie Alexander,

Trish Campbell, Janie McCloskey and Susan Patterson. Don't miss this opportunity to let someone know they've made a difference! Nominations requested by **April 1, 2015**.



Kelly Shirley, 2014 Outstanding Educator

FROM THE BUSINESS OFFICE

For your tax return, 1098-T reports detailing your educational expenses at CCHS in 2014 will be available via Sonis starting **January 31**; a hard copy is also mailed to your home. To assure the college has your current mailing address, check on Sonis, or with Sue Roux, registrar, or Joy Godwin, receptionist. Need help using SONIS? See Kisha in the Computer Lab.

FACILITY IMPROVEMENTS

As a result of your feedback, these improvements have been made in classrooms and labs to kick-off the spring semester:

- ☞ Sinks were replaced over the holidays in the three primary restrooms.
- ☞ Reduced seating to improve sightlines and make the room more comfortable (240, 219).
- ☞ Added a portable whiteboard for simultaneous use with the projection system (240).
- ☞ Replaced the eyewash stations in the science labs with NEW ones to enhance accessibility in the event of an emergency (144, 146).
- ☞ Repositioned clocks for better visibility (157, 219).
- ☞ Upgraded the door handles and locks to make the space safer by being able to lock from inside the room (154, 174, 255).
- ☞ Replaced a broken blind (240).
- ☞ Replaced door handles and locks on 13 offices/room to allow occupants to lock the door from within in the event of an emergency. This is a best practice for colleges, and the Environment of Safety Committee strongly encouraged these upgrades.

While much of this is a result of your direct feedback, none of this would be possible without our continued strong relationship with Carolinas HealthCare System (CHS). CHS and our management company, Lincoln Harris, work closely with us to ensure our building is maintained and improved as necessary so that we will continue to be the region's BEST choice for healthcare education!

IT'S A MATTER OF SAFETY...

The holiday break is over and the New Year's challenges lie just ahead. To get things off to a good "Safety Start" the CCHS Safety Committee offers these reminders about ID badge compliance.

Wear your photo ID badge at all times when working, studying, or anytime you're at the college, at any of the CHS facilities, or on the grounds, including during classes and clinical rotations. The badge must be displayed at chest level or above with the photograph facing outward so it is visible. If you forget and leave your ID badge at home, you must pick up a "temporary" badge from the CCHS front desk. If you have any questions about ID badge policies, please contact any member of the student services department.



PANERA BREAD CAFÉ IS COMING TO CMC

A full Panera Bread Café is coming to CMC's Lobby – where the Garden Café & Caribou Coffee are now. Panera will open in the 2nd quarter of 2015 and will offer these great options:

- ☞ A wide assortment of breakfast, lunch and dinner menu items – so we can make healthy choices!
- ☞ Advanced ordering for to-go/rapid pick-up – using your mobile device or computer.
- ☞ Fast lane kiosks for dine-in and to-go mean reduced wait times!

Watch for details about the grand opening this spring!

THE STUDENT SUCCESS CENTER CHALLENGES YOU: MAKE 2015 THE BEST YEAR YET!

Welcome, New and Returning Students! Our goal is a successful spring semester for you at Carolinas College. Plan to visit the Student Success Center (room 213) early in the semester to gather study tips and meet Nancy Watkins, Student Success Coordinator.

Success Tip of the Month - Prepare ahead for a successful spring semester:

- ☞ Commit to making college your primary job – it is your future!
- ☞ Schedule doctors' appointments and other personal business around your school calendar.
- ☞ If possible, prepare to adjust your work hours around your study needs.
- ☞ Not sure what your study needs will be? Contact your instructor, advisor or the student success coordinator for guidance.
- ☞ Confirm child care arrangements, but also have a back up plan.
- ☞ Complete a master calendar for the spring as well as a more detailed calendar of your typical week, including designated study times. You will find blank calendars in the Student Success Center and on the *Student Support* page of the information portal.
- ☞ Talk with your family or roommates about your schedule and anticipated demands; enlist their support – success is sometimes a group effort!
- ☞ Would some alteration to your study regimen be a good idea? Consider making an appointment with Nancy Watkins to discuss study strategies or make arrangements for a peer tutor before the semester begins.



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*.)

May 2015 Nursing Graduates Interviewing Workshop. CHS Human Resources will hold a job placement orientation at 1:00 p.m. on **January 26** for senior nursing students, to be followed by small interviewing practice groups led by nurse leaders and CCHS nursing personnel. You will definitely benefit from this important event. Please contact Nancy Watkins with questions.

Student Employment Opportunities - Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS Human Resources Recruitment Specialist will be on campus **January 12**, 10 a.m. to noon, and is available to you at 704.631.0314 or morgan.mustian@CarolinasHealthcare.org.

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.

You can still talk with Morgan while she is here on a drop-by basis without making an appointment. If you have a question, and Morgan is not busy with another student, don't hesitate to talk with her.

Peer Tutors Needed! Do you enjoy helping others learn? Want to keep past course material fresh in your mind? 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, contact Nancy Watkins.

For more information or assistance contact Nancy Watkins, Student Success Coordinator, 704-355-4025, Nancy.Watkins@Carolinas.althcare.org.

STUDENT NURSES ASSOCIATION (SNA)

Brenda Vasquez, who served as the SNA faculty adviser for over 20 years, has retired. She was honored with a crystal plaque by the SNA officers at the graduation breakfast on December 12. Taking her place is April Davis, faculty, Nursing 101. April will be a great asset to this association and the SNA Board looks forward to working with her.

Current members of the SNA Board (* denotes a new member):

- 👉 President—Christine Perzinski*
- 👉 Vice President—Meg Jones
- 👉 Secretary—Elizabeth Sutcliffe*
- 👉 Treasurer—Erin Holland*
- 👉 NUR101 Representative—Jennifer Edwards*
- 👉 Marketing Chair—Christopher Yen*
- 👉 Community Service Chair—Caroline Roberts
- 👉 Membership Chair—Brittany Vandermeid*



SNA Advisor Brenda Vasquez receives retirement gift from Meg Jones, SNA Vice President



April Davis
New SNA Advisor

The fundraising chair position is still open. Interested nursing students should call April Davis at 704-355-3918. This is a great way to serve your fellow students, to let your voice be heard, and to round out your resume!

Kathy Hadley, a fall 2014 graduate, won the Cynthia Favorite Scholarship, which is given semi-annually in honor of a 1996 CCHS nursing alumnus who lost her life to cancer. This award is given to a graduating student who's been nominated by his/her peers for leadership skills, community service, or support in school activities. Congratulations, Kathy!

Congratulations to Tiz Cornic, winner of the SNA raffle drawing for a seven-week parking slot in the V Lot. Be sure to look for another upcoming drawing to be held in the spring.



Kathy Hadley receives Cynthia Favorite Scholarship from Meg Jones

IT'S SNOWING - DO YOU KNOW WHAT TO DO?

When inclement weather requires the delay or closing of the college, that status will be announced on the college's inclement weather hotline (704.446.7854), on the Information Portal, and with local television and radio stations. If a delayed opening is announced, count the delay from 8:00 a.m. So if there's a 2-hour delay, the college will open at 10:00 a.m. **Pop Quiz:** Your class regularly meets 9:00 - 11:00 a.m. on a day the college is on a 2-hour inclement weather delay....what do you do? **Answer:** If you can do so safely, come at 10:00 a.m. Your class will meet for just one hour. But always let safety be your guide.

WOW - THESE FOLKS WERE A—MAZ—ING!

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: Christina Alfano, Lisa Brians, Meg Jones, Jamie Michetti, Hannah Shelton & Ellen Weddington

Faculty/Staff...

Business Office: Ann Keathley

Nursing: Susan Bass, Jane Binetti & April Davis

Student Services: Joy Godwin & Chrisanne Rancati

Radiologic Technology: Jodie Huffstetler & Cathey Miller

Take time today to recognize those who make your journey easier. The WOW box is in the lobby.

YOU ASKED FOR IT...LOANER UMBRELLAS!

At a fall semester Open Forum, students shared with Dr. Sheppard their wish for a covered walkway or shuttle service between the MMP parking deck & the college. Realizing that wasn't feasible, they then brainstormed for alternate solutions. One root cause of dissatisfaction, it turned out, was that when a surprise rain begins during the school day, students get wet walking to their cars. Even though half the route can be taken indoors, there's no way to avoid some exposure. Dr. Sheppard pondered that then suggested a simple solution: loaner umbrellas. Effective immediately, a standard cache of half a dozen white umbrellas will be kept in the umbrella stand in the front entryway. Students may borrow those as needed. The College's only request is a timely return, so there will be umbrellas for students tomorrow. Thanks, students, for the suggestion and for making CCHS be the best it can be!

PHI THETA KAPPA (PTK)



PTK is a national honor society for junior and community college students enrolled in a 2-year program. Admission is selective based on an outstanding grade point average.

Election results are in! Congratulations to the newest PTK board members: President, Amy Williams; Vice President, Sophie Snellings; Treasurer, Marianne Sweitzer; Secretary, Alisa Moore; and Community Outreach Coordinator, Tamarcus Kornegay.

Thanks to all who served dinner at the Men's Shelter of Charlotte in December. A good time was had by all the volunteers: Cathy Borysewicz, Lakisha Bennett, Amy Williams, Kim Mitchum, Nicole Lemmons, Chad Craven, Jason Mitchell and Alisa Moore. Thanks also to the 11 volunteers who made 30 birthday bags for Bright Blessings: Nicole Lemmons, Olivia Estep, Sophie Snellings, Arina Outlaw, Marianne Sweitzer, Kyleen Gilliland, Tamarcus Kornegay, Kathy Hadley, Becka Blanchard, and Amy Williams.

Special thanks to Cathey Miller for representing PTK at the always festive annual Men's Shelter of Charlotte Christmas Caroling event.

Upcoming Events:

- 🌀 **January 16:** PTK meeting in room 161. Members are encouraged to attend. Agenda items include meeting the new board members and sharing ideas as to how to engage PTK members; planning the spring induction ceremony.
- 🌀 **January 29:** PTK-sponsored blood drive. The bloodmobile will be on-site.

Save the Date:

- 🌀 **February 5:** Men's Shelter of Charlotte 5:30-7:00. Join PTK members to serve dinner or help pass out donated items, followed by PTK fellowship. No set up or clean up required. Sign up sheet available via the PTK page on the college information portal. Space is limited so sign up today!

PTK t-shirts are available for \$9.90 from Cathey Miller in room 252. All sizes now available (S, M, L, XL).

CONTINUING EDUCATION OPPORTUNITIES

Therapeutic Art (Chaplain's Grand Rounds)

January 15, noon to 1 p.m., Suzanne Freeman Auditorium. There is a marvelous interface between inspiration and healing at the deepest level. When patients tap their vast resources for strength and endurance, outcomes are often better. The CHS Spiritual Care Division sponsors an annual 9-part series open and free to all students and CHS teammates. Each topic stands alone so it's OK to come to just one. This year's series focuses on integrative healing. January's topic will be presented by Terry Painter-Moore. Bring your lunch and enjoy! For help finding the Suzanne Freeman Auditorium, see Joy at the front desk.

BCLS for the Healthcare Provider

January 28, 8 a.m. - 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.

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

January 7, 14, 21 & 28, 1 - 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).

CCHS Admissions Information Sessions

January 13 & 27, 4 - 5 p.m. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

YOU MADE ALL THE DIFFERENCE!

CCHS students often demonstrate their caring and commitment to the community and the college. Always, their dedication and help are appreciated. Sometimes they make the difference between a vision that couldn't have possibly become reality, and a beautifully executed plan. The following students assured the December capping/pinning and graduation ceremonies were seamless, and will be long remembered by the graduates and their families: Christopher Yen, Gary Humphries, Jason Hishon, Jessie Logerfo, Kelsey Graham, Rebecca Toms & Teresa Greene. Thank you for giving so much to Carolinas College. Never doubt the difference you make! (And thanks again to graduation marshals listed on Page One!)



FREE JANUARY EXERCISE CLASSES FOR CCHS STUDENTS (It's a New Year. No more excuses!)

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 CCHS LiveWELL Building at 801 East Blvd.</p> <p>∞</p> <p>From the new Tijuana Flats restaurant on East Blvd., head toward South Blvd. It's before the Greek Orthodox Church on the right. Park in the back or on East. 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><u>Mondays</u> Zumba Kick Boxing</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>	<p>Free to CCHS students and CCHS teammates with badge ID.</p>	<p>Livewellevents@carolinashealthcare.org or 704.446.1645.</p> <p>∞</p>
	<p><u>Tuesdays</u> Total Workout Cardio Funk with Dawn</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><u>Wednesdays</u> Body Sculpt Yoga</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>	<p>Some CCHS 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>∞</p>
	<p><u>Thursdays</u> Pilates Socacise</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>	<p>∞</p>	<p>∞</p>
	<p><u>Mon & Wed</u> NEW "Quick Fit" Small group training with Jeremy Sinclair</p>	<p>4:30 - 5:10 p.m. OR 5:20 - 6 p.m.</p>	<p>For Quick Fit the charge is \$50.00 for 4 weeks (8 sessions)</p>	<p>Call Carol Tyndall 704.446.1645 Spaces very limited.</p>


PAY TRIBUTE TO MARTIN LUTHER KING AT CCHS ON JANUARY 19. Join this tribute to Dr. Martin Luther King and other heroes of the civil rights era. Seating is limited so RSVP soon. Lunch at 11:30 (catered by La'Wan's). Program at 12:30.

10th Annual Martin Luther King, Jr. Tribute Lunch and Performance 11:30 am - 1:30 pm

Tickets GO ON SALE December 29th
GemPay, Cash or Check

\$15

January 19, 2015



Choreographed dramatization of the works of Harlem Renaissance poet Langston Hughes with songs, music and dance.

Artists On A Mission

presents the works of Langston Hughes, original choreopoems, acappella spiritual and freedom songs, original skits and works depicting Rosa Parks, Ida B. Wells, Mary McLeod Bethune, Martin Luther King and others.

RSVP to:
Joy B Godwin in OUTLOOK or
Joy.Godwin@CarolinasCollege.edu
or call 704-355-5051

ON THE MENU

Fried or Baked Chicken

Sweet Potatoes

Collard Greens

Black-eyed Peas

Corn Bread

Tea

Peach Cobbler

ALL menu items are in honor of
"the meal that never was"....
Catered by La'Wan's Soul Food Restaurant

RSVP by January 14

Carolinas College
of Health Sciences

1200 Blythe Boulevard
Charlotte NC 28203

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

Jan. 7	BCLS Online Skills Check - Part 2	Jan. 27	Open Forum with President Sheppard
Jan. 9	Open Forum with President Sheppard	Jan. 28	CCHS Admissions Information Session
Jan. 12	HR Rep on Campus	Jan. 28	BCLS for the Healthcare Provider
Jan. 13	CCHS Admissions Information Session	Jan. 29	BCLS Online Skills Check - Part 2
Jan. 14	BCLS Online Skills Check - Part 2	Jan. 29	PTK Sponsored Blood Drive
Jan. 16	PTK General Meeting		
	Chaplain's Grand Rounds - <i>Therapeutic Art</i>		
Jan. 19	No Classes. Annual Martin Luther King, Jr. Tribute	Save the Date:	
Jan. 21	BCLS Online Skills Check - Part 2	Feb. 3 & 4	Graduation Pictures Taken (But sign up NOW!)
Jan. 26	Interviewing Workshop for May 2015 Nursing Grads	Feb. 5	PTK Volunteers at the Men's Shelter
		Mar. 23-25	Annual Fundraising Phone-a-thon
		Apr. 1	Deadline for Outstanding Educator Nominations

ADMINISTRATION

PRESIDENT
 DR. ELLEN SHEPPARD
 ROOM 111, 704.355.5316
 ELLEN.SHEPPARD@CAROLINASCOLLEGE.EDU

ASSISTANT: PAT LEWIS, 704.355.2029
 PAT.LEWIS@CAROLINASCOLLEGE.EDU

PROVOST: VACANT
 Academic Programs, Online Bookstore, Technology, Faculty Matters, Moodle
 ROOM 212, 704.355.4305

ACADEMIC DEPARTMENT SUPPORT
 JANICE BELLAMY, 704.355.1550; JANICE.BELLAMY@CAROLINASCOLLEGE.EDU
 KATHIE PARK, 704.355.0712; KATHLEEN.PARK@CAROLINASHEALTHCARE.ORG

TECHNOLOGY
 LARRY TURNER, 704.355-7577; LARRY.TURNER@CAROLINASHEALTHCARE.ORG
 KISHA CHOICE, 704.355.7572; KISHA.CHOICE@CAROLINASHEALTHCARE.ORG

STUDENT SUPPORT SERVICES

STUDENT SERVICES
 DR. HAMPTON HOPKINS
 ROOM 164, 704.355.5525
 HAMPTON.HOPKINS@CAROLINASCOLLEGE.EDU

Building Issues, Enrollment Management,
 Student Affairs, Sonis

ADMISSIONS OFFICE
 RHODA RILLORTA/LAURA HOLLAND
 CHRISANNE RANCATI/JOY GODWIN
 ROOM 166, 704-355-5051
 RHODA.RILLORTA@CAROLINASCOLLEGE.EDU
 CHRISANNE.RANCATI@CAROLINASCOLLEGE.EDU
 LAURA.HOLLAND@CAROLINASCOLLEGE.EDU
 JOY.GODWIN@CAROLINASCOLLEGE.EDU

Student Leadership, Organizations and Support

REGISTRAR: SUE ROUX
 REGISTRATION, RECORDS, GRADES, TRANSFER CREDIT
 ROOM 166, 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 and Student Success

ADMINISTRATIVE AND FINANCIAL 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
 (CHS Educational Loan Forgiveness, Federal Loans, Grants & Scholarships)
 JILL POWELL/MICHAL SINGLETARY
 SUITE 208, 704.355.8894
 JILL.POWELL@CAROLINASCOLLEGE.EDU
 MICHAL.SINGLETARY@CAROLINASCOLLEGE.EDU
 SUPPORT: ANN KEATHLEY, 704.355.5486
 ANN.KEATHLEY@CAROLINASCOLLEGE.EDU

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](http://www.carolinascollege.edu)

PARKING, ACCESS CONTROL & ID BADGES
 ANNEX BUILDING
 (BEHIND MEDICAL EDUCATION BLDG, ACROSS FROM 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
 NORMAL OPERATING HOURS*
 MONDAY - THURSDAY 7:30 AM - 7:30 PM
 FRIDAY 7:30 AM - 4:30 PM
 SATURDAY 11 AM - 4 PM; SUNDAY CLOSED

*EVENING & WEEKEND HOURS SUBJECT TO
 CHANGES; CALL AHEAD

IMPORTANT DATES FOR SPRING 2014

NEW STUDENT ORIENTATION (CLINICAL & NON-CLINICAL STUDENT) ..	JANUARY 5 - 6
FULL SPRING & SPRING I CLASSES BEGIN	JANUARY 12
REGISTRATION/DROP/ADD ENDS	JANUARY 16
HOLIDAY (NO CLASSES - ADMINISTRATIVE OFFICES OPEN)	JANUARY 19
SPRING I MIDTERM	FEBRUARY 4
LAST DAY TO WITHDRAW - SPRING I	FEBRUARY 13
SPRING I CLASSES END	FEBRUARY 27
SPRING I FINAL EXAMS	MARCH 2 - 4
SPRING BREAK (NO CLASSES)	MARCH 9 - 13
FULL SPRING MIDTERM	MARCH 11
SPRING II CLASSES BEGIN	MARCH 16
LAST DAY TO WITHDRAW - FULL SPRING	APRIL 6
SPRING II MIDTERM	APRIL 8
HOLIDAY - COLLEGE CLOSED	APRIL 3
LAST DAY TO WITHDRAW - SPRING II	APRIL 17
FULL SPRING & SPRING II CLASSES END	MAY 1
FULL SPRING & SPRING II EXAMS	MAY 4 - 8
SPRING COMMENCEMENT	MAY 8

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
EMPLOYEE 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