



CAROLINAS COLLEGE OF HEALTH SCIENCES

AT TIMES OUR OWN LIGHT GOES OUT AND IS REKINDLED BY A SPARK FROM ANOTHER PERSON. EACH OF US HAS CAUSE TO THINK WITH DEEP GRATITUDE OF THOSE WHO HAVE LIGHTED THE FLAME WITHIN US." - ALBERT SCHWEITZER

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CCHS Hours of Operation
 Mon - Fri, 7:30 a.m. - 4:30 p.m.
 Student badge access 24/7.
College Closed July 3

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 staff on Fridays.)
 Saturday, 11 a.m. - 4 p.m.
 Sunday - No staff support.

There will be no staff support in the lab on Friday, July 3 and Saturday, July 4.

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.

The AHEC Library will close at 2 p.m. on July 2.

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.

NOW: PLAIN LANGUAGE EMERGENCY ANNOUNCEMENTS

Clarity Speaks Volumes...On the recommendation of the North Carolina Hospital Association (NCHA), Carolinas HealthCare System adopted plain language emergency alerts across all primary enterprise hospitals* and facilities. Effective **July 1**, with the exception of “Code Blue” (cardiac respiratory events), the System no longer uses color-coded alerts. This new approach makes it easier to communicate the exact nature of an emergency.

Plain-language alerts address three types of events:

- ☞ **Medical Alerts** (“Code Blue” still used for cardiac respiratory events; standardizing other medical alerts is a future focus).
- ☞ **Security Alerts** (e.g., missing person, armed subject/active shooter, threat of violence, hostage situation, suspicious package/bomb threat, restricted access).
- ☞ **Facility Alerts** (e.g., evacuation, fire alarm, hazardous materials spill, mass casualty, medical decontamination, utility/technology interruption, weather)

Clear, or plain language, makes a big difference in an emergency. Implementing these changes addresses a number of goals, including:

- ☞ Reducing variation of emergency codes among North Carolina hospitals
- ☞ Cutting down on confusion for hospital staff working in multiple facilities
- ☞ Increasing patient, staff and public safety within hospitals and communities
- ☞ Eliminating the need for excessive overhead announcements
- ☞ Promoting transparency of safety protocols

Gone are the days of looking at your badge to determine what emergency steps you need to take. With plain language emergency alerts, you will immediately know what is happening and what action you need to take. A facility alert, for example, might be, “Facility Alert. Tornado Warning until 3 p.m.” A security alert might announce, “Suspicious package. Discharge waiting room. Avoid the area and search for suspicious activity.” Emergency protocols will not change. The only thing that will change is the way an emergency alert is reported. Examples of this change include:

- Old:** Code Orange, 4th Floor Laboratory
- New:** Facility Alert, Hazardous Materials Spill, 4th Floor Laboratory, Avoid the Area
- Old:** Code Silver – Active Shooter, Emergency Department
- New:** Security Alert, Armed Subject, Emergency Department, Avoid the Area
- Old:** Code Triage
- New:** Facility Alert, Mass Casualty

Adoption of plain language is supported by a number of organizations, including the US Department of Health and Human Services, the US Department of Homeland Security, and the National Incident Management System.

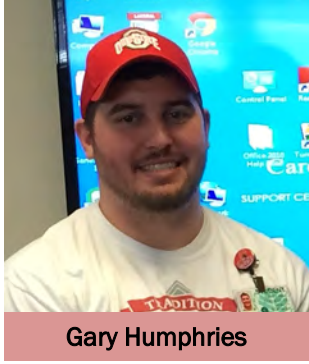
New hang tags for your badge will be distributed in **July**. If you have not received a new emergency alert hang tag by **August 1**, contact Joy Godwin at the front desk or anyone in student affairs.

*with the exception of Stanly Regional Medical Center

Connect with CCHS



STUDENT OF THE MONTH



Congratulations to Gary Humphries, the July Student of the Month. According to Christopher Yen, the current student of the month and the person who nominated him, "Gary is an outstanding student who always works hard. If anyone needs assistance he will stop to help without being asked." Gary is an active board member of the Student Nurses Association (SNA) and is a member of Phi Theta Kappa Honor Society. He is dedicated to the College through his involvement in SNA and the nursing program. He brings a strong background in healthcare and his medical skills are superb based on his prior career as a corpsman in the military. Carolinas College of Health Sciences is privileged to have such a student. Please take a moment to congratulate Gary when you see him on campus.

Gary Humphries

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision making. One of the easiest is by attending a semi-monthly President's Open Forum. Last month topics that were addressed included CCHS's relationship with CHS; jobs at CMC; and increased visibility for CCHS students at CHS events. Dr. Sheppard will be available **July 6**, Rm. 137, 10 to 10:45 a.m. If you are unable to fit this into your schedule, stop by her office (room 110) or shoot her an email: Ellen.Sheppard@CarolinasCollege.edu.

CHS RANKS IN TOP 50 BEST PLACES TO WORK!

Forbes Magazine ranked CHS among the Best Places to Work in the US. Wear a badge ribbon (available in the lobby) to help us celebrate!



JOIN US FOR ICE CREAM!

The College will host a drop-in Ice Cream Social from 10:30 to 12:30 in the lobby on Monday, **July 6**. Take a break from the heat and enjoy some ice cream courtesy of the CCHS Student Life Committee.

FROM THE REGISTRAR'S OFFICE...

Tentative Final Exam Schedule								
JULY 13	JULY 14	JULY 15	JULY 31	AUGUST 3	AUGUST 4	AUGUST 5	AUGUST 6	AUGUST 7
NUR 152 8:30am Room 190	NUR 151 8:30am Room 190	NUR 154 10:00am Room 190	RAD 113/114 7:30am Room 240	SUR 101 9:00am Room 218	RTT 222 8:00am Room 211	RTT 232 8:00am Room 211	BIO 200 1:00pm Room 190	BIO 101 9:00am Room 158
NUR 153 8:30am Room 158		NUR 155 8:30am Room 161			RTT 260 11:00am Room 211	RTT 270 11:00am Room 211		BIO 102 (All Sections) 10:00am Room 190

TST CLINICS NOW HELD IN CMC ANNEX

The TST clinics conducted by nursing students in the Rankin building are being discontinued. Students and teammates will now receive free Tuberculin Skin Tests (TST) at Teammate Health located in the Annex building across from the CMC Emergency Department. Testing is available up to 90 days before your birthday.

DONATIONS REQUESTED

Students in NUR 140 (Transcultural Nursing) will be visiting the Inspiration Center in Belize City as part of their coursework and clinical experience. The Center provides physical and speech therapy, community-based rehabilitation, basic medical services and social support for the holistic care of children with disabilities (birth to 16 years) in the Belize City area. The Center is a non-profit and the need for donated supplies is great. The Center has provided a "wish list" of items they could use and a container has been set up in the lobby. Please consider donating...your help is greatly appreciated!



BOOKSTORE: FREE SHIPPING FOR 3 DAYS IN JULY!

The fall semester booklist is now available at <http://direct.mbsbooks.com/CarolinasCollege.htm>. Guaranteed buy back, 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 **July 20 to 22!**

CONTINUING EDUCATION OPPORTUNITIES

CPR: 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).

CPR: BCLS Online Skills Check - Part 2. July 1, 8, 15, 22 & 29. 1 to 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).

CPR: BCLS for the HealthCare Provider. July 29, 8 a.m. to 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.

What is Normal Teen Behavior? (Webinar). July 29, Noon to 1 p.m. Gain insight into the latest research about the teen brain; learn to differentiate between "normal" behaviors and those that are a cause for concern. 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. CHS' EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help, call CHS' EAP for a private appointment or to register for a class.

CCHS Admissions Information Sessions

July 14 & 28, 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.

NEW: Basic Phlebotomy Skills for Nursing Students (First time offered with live practical experience! Limited to 8 students)

July 23 & 24 , 8 a.m. to 3 p.m. Practical experience: **July 27 & 28.** Times and locations to be announced. Cost: \$ 300. Contact Susan Thomasson at Susan.Thomasson@carolinascollege.edu or 704-355-3921.

Healing Touch Level 1, July 18 & 19, Healing Touch Level II, Aug. 1 & 2, 8:30 a.m. to 6:30 p.m. Want to earn an additional 2 hours of college credit? Attendance is required for both classes to complete the course requirements. Contact Sue Roux, registrar, at Sue.Roux@carolinascollege.edu or 704-355-6676 to sign up.

TWO CCHS ALUMNI ANCHOR NEW CMC INITIATIVE



Brandon Bryant & Holly Dowdy

Schwartz Rounds is a new concept in building teamwork among healthcare teams and in solving problems using the power of an engaged group. CMC took its first stab at it in June, with impressive results, thanks to two CCHS alums who were smack in the center of making it happen! Brandon Bryant (NUR '11) and Holly Brawley Dowdy (NUR '07) joined a physician and public safety officer in sharing details of a particularly challenging patient care situation they'd encountered. They kept the rapt attention of nearly 100 providers and administrators as they eloquently shared what they'd done to resolve the troubling case. Yet they also encouraged open dialogue about other approaches audience members might think of. Google *Schwartz Rounds* to learn more about this intriguing method of improving care, and next time you see it advertised at CMC - go! It's free, interesting, and educational!

CONGRATULATIONS, CCHS COMMUNITY INVOLVEMENT CHAMPS!

Quarterly, the CHS Community Benefit Office selects a CHS teammate worthy of recognition for his/her community efforts. In May, CCHS faculty members Cathey Miller and Cathy Borysewicz were jointly recognized for all they do as PTK co-sponsors to encourage members to give back to the community. The Men's Shelter, the Community Blood Bank, and Bright Blessings are among the many beneficiaries of PTK's good deeds.



Cathy Borysewicz, Ellen Sheppard & Cathey Miller

PHI THETA KAPPA UPDATE (PTK)



L to R: Ashley Allen, Kinley Fields, Colleen Stipanovic and Amber Smith

Congratulations and welcome to the new members (pictured left) of Phi Theta Kappa who were inaugurated on June 17. A great keynote speech was given by alumnus Amanda Bowen! New members not pictured: Katharine Cortes, Jessica Martin, Kristen Pacitto, Christine Perzinski, Kelli Price, Emily Romero, Tricia Seifried, Ashley Suddreth, Jordan Veeren and Rachel Williams.

Save the Date:

- ☞ **Aug. 26:** CBCC Blood Drive
- ☞ **Aug. 28:** PTK Bake Sale
- ☞ **Sept. 3:** Volunteering at the Men's Shelter
- ☞ **Sept. 11:** PTK Meeting 11:00 in room TBA
- ☞ **Sept. 17:** Fall PTK Induction

PTK t-shirts are available to members for purchase. See Cathey Miller in room 252 to get yours today! Sizes available: S, M, L and XL. Cost = \$9.90 each.

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 President Kathryn Gorham. Members are reminded to regularly visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Cathey Miller and Cathy Borysewicz.

IS YOUR FAMILY UP TO THE 5-2-1-0 CHALLENGE?



Learn about it today & make a commitment to better family health. Download games and materials. Get free stuff to make the challenge fun for your family. Get healthier, starting today! <http://www.carolinashealthcare.org/healthytogether>. Join the 5-2-1-0 League today & start your family on the journey to better health!

CCHS FACULTY MEMBER CYNDIE HOBSON, QUIZ MASTER!

At the recent general American Society for Microbiology (ASM) meeting in June held in New Orleans, a Quiz Bowl was held with teams competing from across the country. ASM is the oldest and largest life science membership organization in the world. There are a total of 39,000 members today and the clinical microbiology division is the largest of all divisions and is found in the diagnostic medical microbiology section.

This Quiz Busters is an ultimate test of knowledge for the clinical microbiologist. The regional teams were asked to compete for the title of "Expert" as they answered questions on current infectious diseases, problems, outbreaks, taxonomy and identification methods.

Case studies and diagnostic puzzles were presented with various real life problems and current clinical and public health microbiology questions. The final round tested "Boston Strong" against the southern team of "SEACM and Destroy." It was particularly interesting as it was a head-to-head battle between last years' co-winners.

Until the final round, the competition was hard fought, however, in the end, the team of Robert Sautter, Ph.D., Director of Clinical Microbiology and Point of Care from Carolinas Pathology Group; **Cyndie Hobson, MLS (ASCP)SM, Clinical Microbiology Instructor, Medical Laboratory Science Program for Carolinas College of Health Sciences;** and Debbie Myers, MLS(ASCP), Manager of Clinical Microbiology from Penn State Milton S. Hershey Medical Center, Hershey, PA, prevailed and took home the "Expert" title at this international meeting. Congratulations Cyndie!



Back row, L to R: Dr. Chris Doern & Dr. Roberta Carey. Front row, L to R: Debbie Myers, Dr. Robert Sautter and Cyndie Hobson.

MENTAL HEALTH FIRST AID COMING TO CAROLINAS COLLEGE

Mental Health First Aid is a nationwide initiative aimed at advancing the mental health knowledge and skills of everyone in our society. It has been embraced by our community and by Carolinas HealthCare System, which has committed substantial resources to providing and expanding training opportunities for teammates and other community members. These classes are designed to help identify, understand, and respond to an individual experiencing mental illness.

All Carolinas College students who begin programs starting in the spring of 2016 will be required to take the 8-hour Mental Health First Aid (MHFA) training. Trainings will take place at the college and in other venues within the System and in the larger community. As a demonstration of their commitment to community mental health, Carolinas HealthCare System is absorbing the costs of training and textbooks for everyone taking MHFA courses offered through the System. In 2015, students will have an opportunity to take advantage of one of three optional trainings here at CCHS. Details of the trainings are below; students provide their own lunch.

2016 Mental Health First Aid Trainings at Carolinas College		
DATE	TIME	ROOM
7/20/2015	8:00 AM – 5:00 PM (one-hour lunch break)	161
7/27/2015	8:00 AM – 5:00 PM (one-hour lunch break)	161
10/20/2015	8:00 AM – 5:00 PM (one-hour lunch break)	190

If these dates will not work for you, other trainings are available:

- ☞ Some classes offered within the community are listed on the CHS Behavioral Health website: <http://www.carolinashealthcare.org/mental-health-first-aid>. On that page, under Mental Health First Aid in the left-hand column, click on *Mental Health First Aid Course - Individual Registration*. These classes are open to the public as well as to Carolinas HealthCare System teammates.
- ☞ Students who are employed by CHS can also search for MHFA classes on PeopleLink:
 - From the Human Resources drop down menu on PeopleConnect, log into PeopleLink.
 - From the People Link home page, click on *Home* in the upper left hand corner.
 - Scroll down and click on *Learning*.
 - Under the section *Find Learning*, type a word about the course you would like to attend (e.g., Mental Health) and hit GO.
 - These classes are open only to Carolinas HealthCare System teammate unless otherwise noted.
- ☞ Other MHFA trainings not yet been posted on the CHS website include two at Winthrop University on **July 17 & 24**, 8 a.m. to 5 p.m. To register, please contact Devon Smith: Devon.Smith@CarolinasHealthCare.org or 704-667-6509. These classes are open to the public as well as to Carolinas HealthCare System employees.

ARE YOU FIT TO BE EMPLOYED?

Your resume is perfect and you've practiced the interview questions ad nauseum. Now ask yourself, "Can I lift & carry 30 to 50 pounds across a room? Can I squat down without touching the floor, tie a patient's shoelace, and then get back up, unassisted? If not, don't worry, there's still time, but don't delay! To decrease on-the-job injuries, many hospitals (including CMC) and hospital units now require applicants to pass a "fit test" as part of the employment process. The tasks listed above are common. But you're in luck! CHS offers free fitness classes at its LiveWELL facility on East Boulevard (free to students & teammates.) There's no reason NOT to get in shape while there's still time!



COLLEGE ANNOUNCES THE 2016 ALUMNI TRIP

In April 2016, CCHS alumni, CHS teammates, and family and friends head for 13 days in the Jewels of Alpine Europe. Journey from Switzerland's mountain-lined Lake Lucerne to France's inspiring Lake Annecy. Take in the picturesque Charmonix Valley and stroll Italy's Lake Como. Then, cross Liechtenstein and hit the winter wonderland of Innsbruck before heading to Munich, the lively capital of Bavaria.

Looking for a memorable way to celebrate your graduation? Look no further and start saving now! \$3699 includes airfare, all hotels, 24/7 services of bilingual professional guide, many meals, admission fees, and more. A \$300 deposit holds your spot but must be received before 8/31/15. For details or to reserve your space, go to <http://cchs-msonalumni.grouptoursite.com/>.





Tracy Hayes

TEAMMATE SPOTLIGHT - Tracy Hayes

Tracy Hayes came to Carolinas College of Health Science in 2008 as a part-time clinical faculty member for the pediatric nursing course. She graduated from Pennsylvania State University with a BSN in 1998. In 2001, she moved to the Charlotte area and joined Carolinas Healthcare System as a pediatric nurse. Tracy is PALS certified as well as a certified pediatric nurse. In 2013, Tracy graduated from University of North Carolina Charlotte with a master's degree in nursing education. She transitioned to become a full-time faculty member in 2014. She lives in Waxhaw with her husband and two sons.

WELCOME NEW TEAMMATES

Please join the college in welcoming these new teammates:

Sharran Penny is the new learning resource specialist (nursing skills lab) effective July 12. Sharran transferred from Mercy School of Nursing where she served as the learning resource specialist for the last eight years. She holds a master's degree in nursing education and a post master's certificate in nursing informatics and is preparing for the Healthcare Simulation Educator Certification Exam.

Tina Lamberta will serve as a full-time clinical nurse educator effective August 10 after completing her summer teaching assignment at Mercy School of Nursing. Tina has served in part-time roles at Carolinas College and Mercy School of Nursing since 2007. She has a master's in nursing education and has taught many different nursing classes at Mercy and CCHS; her flexibility and teamwork will be great assets to CCHS students and to the college's ever-changing needs!

The nurse aide program welcomed three new faculty in May. **Alicia Gonzales** received her bachelor's degree in nursing from USC Spartanburg and her master's degree in healthcare administration from UNC Charlotte. Alicia has a wealth of knowledge and experience as a PRN instructor as well as experience in long-term care. She also worked with the NC Department of Health and Human Services as a facility surveyor. **Pamela Christian** received her master's of science degree from Walden University in Minneapolis, MN and her BSN from Oakland University in Rochester, MI. She attended Wayne State University's Center for Peace and Conflict Studies and a Multi-Cultural Experience in Leadership Development Program in Detroit. Pam has experience with online course management and is eager to share that knowledge as the NA program explores online components. **Marina Kanos** earned a BSBA degree in business from the University of South Carolina and a BS degree in nursing from Queens University. She is currently enrolled in the nurse practitioner program at Duke University. Marina previously worked at the Levine Cancer Center.



Tina Lamberta



Alicia Gonzales



Millie Creech

WE'LL MISS YOU, MILLIE THANK YOU FOR 30 YEARS OF SERVICE!

Millie Creech, MSN, RN, is retiring effective August 5. Millie has been touching lives with Carolinas Healthcare System for over 30 years and nurturing students with the college since 2007. Millie has taught in the nursing and nurse aide programs. She has impacted hundreds students and thousands of patients. Teammates, alumni, and students wish her well as she embarks on this new life journey!



Sharran Penny



Marina Kanos



Pam Christian

TRISH CAMPBELL WINS TEAMMATE ENGAGEMENT PRIZE

Need additional incentive to visit CHS Live Well on East Boulevard for free exercise classes? Listen Up: Each time you badge-swipe in to attend a class, you're entered in a quarterly drawing. That's how Trish Campbell (Nursing faculty) won \$250 in merchandise in June!



Trish Campbell



Success Tip of the Month - More proof we have smart students at Carolinas College! Everyone knows it's smarter to use sunscreen than to treat the burn, right? And if you're making cookies, it's better to make sure you have all the ingredients before you start cooking. Very frustrating to have to run to the store when you have flour everywhere. Proactive definitely beats reactive!

No surprise: This goes for academics, as well. So *what's the proof that CCHS students are a sharp bunch?* For one thing, more and more of you are proactively seeking a tutor before classes begin in order to get a jumpstart on your course. You know that there is nothing like a strong

first test grade to set the tone for a successful semester. Now that's smart thinking! **Be smart and arrange for a peer tutor before the fall semester begins on August 24!**

Want a tutor? Get one early and avoid the rush! For study tips and information about peer tutoring, see Nancy Watkins, room 214.

Review Sessions continue for BIO 101 - Looking for additional review opportunities for BIO 102? **Remember to come prepared with your questions!** Student-led review sessions will be offered to help you prepare for exams III and IV at the following times:

Exam III: **July 8, 9 to 10 a.m.**, room 190

Exam IV: **July 24, 12:20 to 1:20 p.m.**, room 240

Student Employment Opportunities - Interested in part-time/PRN employment with CMC? Cliff Chapman, CHS Human Resources Consultant - Talent Acquisition, will be on campus **July 6, 10 a.m.** to noon, and is available to you at 704.631.0347 or Clifton.chapman@carolinashealthcare.org. (Cliff is helping out while Morgan Mustian is on maternity leave.)

To make an appointment with Cliff:

- ☞ 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.

Don't have time to make an appointment? Don't worry! If you have a question and Cliff is not busy with another student, don't hesitate to talk with him. If that doesn't work contact Nancy Watkins in the Student Success Center, room 214. She'll find an answer to those or any other concerns you have!

STUDENT NURSES ASSOCIATION (SNA)

On June 10, members of the SNA conducted an educational session on "What To Expect the First Eight Weeks From Your Newborn" for the residents of Florence Crittenton, an organization that provides care and support services for pregnant and at-risk-but-not-pregnant girls and women. The 12 women who participated enjoyed games and quizzes on topics such as Match the Developmental Milestones and When To Call the Doctor. The SNA donated a raffle prize with baby supplies and gave each young woman a baby bib. Keep an eye out for flyers and email announcements for the next volunteer event!



Pictured L to R: Gary Humphries, Angie Alexander, RN, Chris Yen, Caroline Roberts, Christine Perzinski and Erin Holland

sexual assault victims. She also explained that a big part of the forensic nurse role is providing emotional support and comfort to those who have been traumatized. Thank you so much, Ms. Alexander, for taking time out of day to speak to our students.

Looking for a way to have a voice at CCHS or to beef up your resume? The SNA Community Service Chair, a position responsible for organizing and implementing our community outreach service projects, will be open this fall. Please call SNA President Christine Perzinski (704.998.9334), email address is christine.perzinski@cchsmail.org or April Davis, faculty advisor (704.355.3918), email address is april.davis@carolinascollege.edu, if you're interested in joining the SNA Board!

On June 15, Angie Alexander, RN, spoke to a large group of nursing students about the thrills and chills of being a forensic nurse with CMC, including gathering evidence from victims, being present at crime scenes, acting as a coroner investigator, and working with



Pictured L to R: Nursing students Caroline Roberts, Chris Yen, Brittany Vandermeid, Brittany Smith, and April Davis, faculty advisory.

CCHS NURSING STUDENTS CHOSEN TO PARTICIPATE IN HOT SPOTTERS PROJECT

An inter-professional team of learners from the Charlotte Campus of UNC School of Medicine, the Carolinas HealthCare System's Center for Advanced Practice, and Carolinas College of Health Sciences were selected as one of 10 teams to participate in the National Hot Spotting Learning Collaborative sponsored by the Association of American Medical Colleges, Camden Coalition, and Primary Care Progress. A team building event was held on June 22 during which caps were made decorated with letters spelling out "Hot Spotters" (pictured at right). Leaders from Community Care Partners of Greater Mecklenburg and Dickson Advanced Analytics were also invited to learn how to use geographic information systems (GIS) technology to identify patient populations in the Charlotte region in need of medical support. These leaders will help identify patients to follow for the hot spotting project.



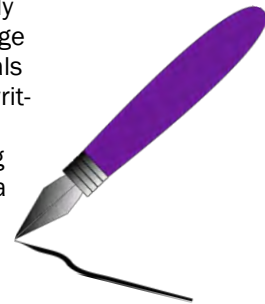
Top row, L to R: Kathleen McDeavitt (medical student), Matthew Horn (medical student), Ashley Lang (ACP Fellow, junior faculty member), Dr. Trisha White (Assistant Dean, UNC School of Medicine Charlotte Campus).

Bottom row, L to R: Dr. Emily MacNeill (faculty advisor), Rachel Koontz (ACP Fellow), **Kathryn Gorham (CCHS nursing student)**, Robert Wiggins (medical student) and **Amy DeCoste (CCHS nursing student)**. Not pictured: Dulce Mange (social worker), Erin Hartsfield (ACP Fellow, junior faculty member), Iris Cheng, M.D., (Internal Medicine Clerkship Director).



YOUR SGA ENCOURAGES POLITICAL ACTION

Regardless of your political views, they carry more weight when shared – particularly with legislative representatives! In June, your CCHS SGA led a campaign to encourage students to share with NC lawmakers their concerns about taxing non-profit hospitals as if they were for-profit businesses. On day one of the campaign, 12 letters were written or were in progress. Congratulations to SGA and to all students who took a few minutes to write a thoughtful letter to their NC representative. Interested in learning more, or in writing to your representative about the issue? See Chris Yen or Amanda Graves from SGA, Joy at the front desk, or Ellen Sheppard, rm. 110.



CHS LIVE WELL OFFERS FREE EXERCISE CLASSES FOR CCHS STUDENTS/TEAMMATES

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 CHS LiveWELL Building at 801 East Blvd.</p> <p>∞</p> <p>From Shomars 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 Blvd. ID 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>Mondays</p> <p>Kick Boxing Zumba</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>	<p>Free to CCHS students and CHS teammates with badge ID.</p> <p>∞</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>Livewellevents@carolinashealthcare.org or 704.446.1645.</p> <p>∞</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>Some CHS units and some professions now require "fitness testing" as part of the hiring process. CHS wants 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>Tuesdays</p> <p>Total Workout NEW! Body Party Fitness <small>(Maxie)</small></p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>		
	<p>Wednesdays</p> <p>Body Sculpt Yoga</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>		
	<p>Thursdays</p> <p>Pilates Socacise</p>	<p>5 - 6 p.m. 6 - 7 p.m.</p>		
	<p>Mon & Wed</p> <p>Quick Fit Small group training with Jeremy Sinclair</p>	<p>4:30 - 5:10 p.m. OR 5:20 - 6 p.m.</p>		
			<p>\$50.00 for 4 weeks (8 sessions)</p>	<p>Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>

WOW - THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. One way CCHS does that is with WOW cards that you write! Read the posted WOW cards on the board leading to room 137 to see what your classmates and CCHS team members are being recognized for! The following CCHS students, teammates, alumni and providers were recognized recently:

- Students:** All Student Nurses Association Members!
- Teammates:** Sue Thornton, Ellen Sheppard, Matumba Mbayabu, Rhoda Rillorta
- Alumni & CHS Providers:** Rodney Currin, Amy Long



Otis Morgan

A CCHS ALUMNUS WITH A CAUSE

Congratulations to Otis Morgan (NUR '10) who recently finished the grueling seven day AIDS Life Cycle Fundraiser/Bike Ride from San Francisco to Los Angeles to benefit AIDS and HIV research. It's the fifth year Otis has completed the ride. Of the 2,380 riders, he was one of the top fundraisers, raising almost \$25,000! And thanks to his rigorous training, he also set a new personal ride time record.

CCHS ALUMNUS A HERO

Marie Colbert Hildreth, who graduated from the CCHS Paramedic program in 2008, was the first responder on the scene following a shark attack at Oak Island, NC, a few weeks ago. Marie, who was on vacation at the time, just happened to be at the beach when the attack occurred. CCHS offered a paramedic program from 2002 to 2008.



Marie Hildreth



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

July 1	CHS Goes to Plain Language Emergency Announcements CPR: BCLS Online - Part 2	July 24	MHFA Training at Winthrop University
July 2	AHEC Library Closes at 2 p.m. for July 4 weekend	July 27	MHFA Training
July 3	Holiday - College Closed	July 27 & 28	Basic Phlebotomy Skills for Nursing Students
July 6	Ice Cream Social Open Forum with President Sheppard HR Representative On Site	July 28	CCHS Admissions Information Session
July 8	CPR: BCLS Online - Part 2	July 29	CPR: BCLS Online - Part 2 EAP Sponsored Webinar - <i>What is Normal Teen Behavior?</i>
July 14	CCHS Admissions Information Session	Save the Date	
July 15	CPR: BCLS Online - Part 2	Aug. 1 & 2	Healing Touch Level II
July 17	MHFA Training at Winthrop University	Aug. 26	PTK Sponsored Blood Drive
July 18 & 19	Healing Touch Level I	Aug. 28	PTK Bake Sale
July 20	MHFA Training	Sept. 1	PTK Volunteers at the Men's Shelter
July 20 - 22	Free Bookstore Shipping	Sept. 11	PTK General Meeting
July 22	CPR: BCLS Online - Part 2	Sept. 17	PTK Fall Induction Ceremony
July 23 & 24	Basic Phlebotomy Skills for Nursing Students		

CULTURAL & RELIGIOUS DIVERSITY: Understanding and respecting others' beliefs.

Charlotte's increasing diversity is reflected in the patients we serve. A culturally competent provider knows that religious beliefs can bring comfort to patients dealing with illness, pain and stress. Listed below are some of the current month's days of cultural and spiritual significance.

July 2 - Dharma Day (Asalha Puja Day) – Buddhism. This day commemorates the historical Buddha's first sermon, called "Turning of the wheel of Dharma (Dhamma)," following his own enlightenment. The following day marks the beginning of the three-month Vassa or "Rains Retreat" for Theravadin Buddhist monks and nuns. This period is a time for training in Dharma studies, meditation practice, and giving religious services to the people.

July 5 - Birthday of Gurū Hargobind Sahib Ji – Sikhism. Celebrating a renowned martial artist who was named the 6th of the 11 Sikh Gurūs (1595 – 1644 C.E.).

July 6 - Birthday of the XIVth Dalai Lama – Tibetan Buddhism. Celebrating the 80th birthday of His Holiness Tenzin Gyatso, born in 1935 C.E. in northeastern Tibet. The Nobel Peace Prize laureate is the spiritual leader of the Tibetan government in exile and is revered as the fourteenth in a succession of manifestations of Avalokiteśvara, the enlightened being (bodhisattva) who embodies compassion in Buddhist practice.

July 9 - Martyrdom of the Báb – Bahá'í. Anniversary of the martyrdom of the Báb, the forerunner of Báhá'u'lláh, in Persia in 1850 C.E. The Báb and 20,000 of his followers were killed because of their religious convictions throughout the mid-1800's. Work is suspended on this day.

July 10 - Jum'at al-Wadā [Farewell Friday] – Islam. As the last Friday in the month of Ramadān and the Friday immediately preceding Eid al-Fitr, this day is not a festival day, but it is still considered special by many Muslims.

July 12 - Laylat al-Qadr [Night of Power or Destiny] – Islam. A festival commemorating the first revelation of the Qur'ān to the Prophet Muhammad in 610 C.E., at the age of forty. The festival begins at sundown.

July 13 - Kalimát – Bahá'í. The beginning of the seventh month of the Bahá'í year, meaning "words." **Obon (Ullambana) – Buddhism.** A Japanese festival to honor deceased ancestors, usually involving the lighting of bonfires, traditional meals, paper lanterns, and folk dancing. Locally this festival is celebrated at various times in July and August.

July 14 - Feast Day of St. Kateri Tekakwitha – Catholic Christianity and Native American spirituality. Celebrating the life and ministry of Kateri Tekakwitha (1656 – April 17, 1680), a Mohawk-Algonquin woman who is the first Native American to be canonized by the Roman Catholic Church. She was so recognized by Pope Benedict XVI in 2012, over three hundred years after her death.

July 16 - Eid al-Fitr – Islam. This is the Breaking of the Fast that celebrates the end of the month of Ramadān. Usually lasting three days, this festival begins with communal prayer and may also include charitable acts, visiting family and friends, preparing special foods, dressing in new clothes, and giving gifts.

July 22 - Feast of St. Mary Magdalene – Roman Catholic, Orthodox, Anglican, and Lutheran Christian churches. Also known as the Penitent, Mary Magdalene is celebrated as one of Jesus' earliest and most faithful disciples, after being healed by him. She is also recognized as a witness to Jesus' death and the first recorded witness of his resurrection on Easter.

July 23 - Birthday of Emperor Haile Salassi I – Rastafari. Celebrating the birth of Ras [prince or chief] Tafari Makonnen (1892 – 1975 C.E.), who ruled as Emperor of Ethiopia from 1916 to 1974 (officially from 1930 to 1974), and who is professed by faithful Rasta believers as God incarnate. **Birthday of Gurū Har Krishan Sahib Ji – Sikhism.** Marking the birth of the 8th and youngest of the 11 Sikh Gurūs (1656 – 1664 C.E.) in the Nanakshahi calendar.

July 24 - Pioneer Day – Church of Jesus Christ of Latter-day Saints. Celebrated annually as the anniversary of the entry of LDS pioneers into the Valley of the Great Salt Lake, in Utah in 1847 C.E., after a historic trek across 1,300 miles of wilderness. **Khordad Sal – Zoroastrianism.** The birth anniversary of the prophet Zarathustra (Zoroaster), according to the Qadimi calendar.

July 25 - Tisha B'Av – Judaism. A solemn day of mourning and fasting for the destruction of the First and Second Temples in Jerusalem, as well as other tragedies in Jewish history coinciding with this date, beginning at sundown.

July 27 - Chaturmas – Hinduism and Jainism. This day marks the beginning of a four-month period (ending in November) during which time devotees observe some form of vow. Penance, fasting, and other religious observances mark this period. It is considered an inauspicious time for weddings or thread ceremonies.

July 30 - Oharai-taisai – Shinto. A purification ceremony to cleanse believers from offenses committed during the first half of the year. A large ring of woven grasses and reeds is placed at the entrance to Shinto shrines, and people walk through the ring as a symbol of inner purification.

July 31 - Gurū Purnima – Hinduism. This day celebrates the ancient Hindu sage Krishna Dvaipayana, also known as Veda Vyāsa, who is credited as the compiler of the sacred Vedas, the author of the Eighteen Puranas (supplementary texts), and credited with writing the Sanskrit epic Mahābhārata. The term "gurū" refers to a teacher or remover of darkness. Buddhists also mark this day as an opportunity to thank their teachers.

Our thanks to the Council of Religious Leaders of Metropolitan Chicago, the Multifaith Action Society of British Columbia (Canada), BBC's Religion Website, Peel Schools District Board (Mississauga, Ontario, Canada), the Arizona State University Provost's Office, the NCCJ of the Piedmont Triad, the Anti-Defamation League, Project Interfaith (Omaha, NE), and www.interfaithcalendar.org