



CAROLINAS COLLEGE OF HEALTH SCIENCES

Daylight Savings Time Begins on Sunday, March 8. Don't forget to turn your clocks ahead one hour at midnight Saturday, March 7.



Inside this issue:	Pg.
Registering for Summer Semester Lunch with Dr. Sheppard Financial Aid Update - Scholarships MakeUp Date for Grad Pictures	3
Student of the Month	4
Family Fun Night	6
Continuing Education	7
New Histotechnology Coordinator	9

NEW ELECTIVE COURSES BEGIN THIS SUMMER

Healing Touch - Levels 1 and 2 will be offered this summer as a 2-credit course through the general studies department. Healing touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health and self-healing. At the successful completion of this course, in addition to earning 2 credits, you will also receive a certificate of completion from the Healing Touch Program. You will be able to use the skills you learn in this course while caring for your assigned patients. Register for this great opportunity and differentiate yourselves by adding this skillset. The Level 1 component of the course will be taught by Cathy Borysewicz, MSN, RN, HTCP/I and offered on Saturday and Sunday, **July 18 and 19**. The Level 2 component of the course will be taught by Pardee Henderson, MPH, IBCLC, HTCP/I and offered on Saturday and Sunday, **August 1 and 2**. Each day the course will run from 8:30 a.m. to 6:30 p.m. Look for this offering listed as HLC 200 in the summer registration material. For questions about the course please contact Cathy Borysewicz in room 106 or via e-mail Catherine.Borysewicz@CarolinanCollege.edu.

Transcultural Nursing - The Belize Experience, with cardiac focus, a 3-credit nursing course will also be offered for the first time. For more details, see the February newsletter or contact Susan Patterson. Enrollment is limited to eight students.

Research and Evaluation - Do you dread research assignments? Wish you knew how to use databases like CINAHL better? Would you love a class that walked you through the AHEC databases? Wouldn't that make the research you do in your classes a lot easier? Then look no further than ENG 240: Research and Evaluation a class being offered fully online in summer 2015. This class takes a process approach to research, with a step-by-step guide to the many databases available to you at CCHS. Each week, research skills will be practiced in a safe, hands-on environment. There's an added focus on APA style as well, so if you're looking to ramp up your citation skills, this is the class for you. For more information, contact instructor Shelley Palmer (shelley.palmer@carolinancollege.edu) or Dr. Lori Bequette (lori.bequette@CarolinanCollege.edu).

Statistics - Though not new, this 3-credit course will be offered for the first time in three years. This course is generally accepted for transfer credit for BSN completion or other 4-year degrees.

WE COULDN'T HAVE DONE IT WITHOUT YOU!

In January, the following Student Ambassadors returned early from break to make calls and welcome new incoming students. This newsletter missed the opportunity to say THANK YOU and to let them know how much their efforts were appreciated. New student orientation wouldn't have been the success it was without their dedication and help.

Sarah Bishop, Matthew Cook, Amy Decoste, Emilee Eschar, Jessica Hughes, Kiarra Johnson, Maureen Kelleher, Michelle Kemp, Olivia Myers, Michael Richardson-Lineberry, Hannah Shelton and Christopher Yen. You all are the best!

CCHS Hours of Operation

Mon - Fri, 7:30 a.m. - 4:30 p.m.
Student badge access 24/7.

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

Special Computer Lab Hours:

No lab staff support from Mar. 9 to 15.

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.

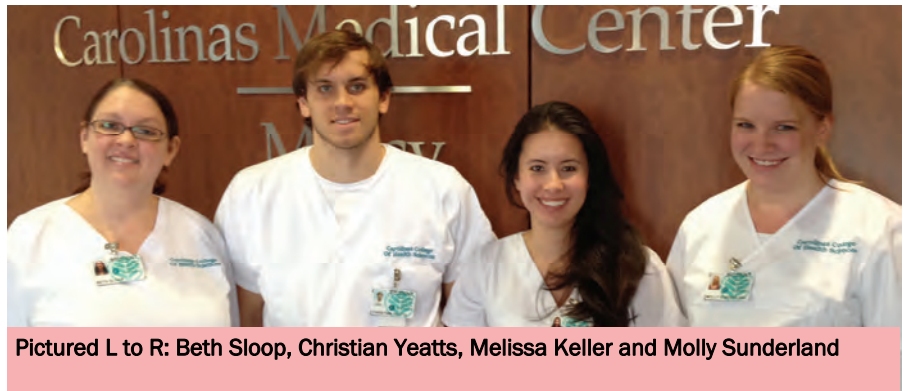
MEB has the *UNC Medical School* sign and is across the street from the CMC ED entrance/ambulance bay. Walk to the covered sidewalk in front of MEB. Front door & 2nd floor badge readers give 24/7 access.

Connect with CCHS



HISTOTECHNOLOGISTS - WE SALUTE YOU!

March 10 is Histotechnology Professionals Day, created to honor their expertise, knowledge, skill and talent. What do histotechnologists do? In a nutshell, they obtain tissue samples and slice, fix and stain those samples in a way that allows pathologists to make accurate diagnoses, often as the surgeon and pathologist wait. They make a difference in every diagnosis! In histotechnology, excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities. The College salutes the School of Clinical Laboratory Science Histotechnology students and wishes them Happy Histotechnology Professionals Day!



Pictured L to R: Beth Sloop, Christian Yeatts, Melissa Keller and Molly Sunderland

CHS AMBASSADOR OPPORTUNITIES AVAILABLE

If you like the idea of representing Carolinas HealthCare System at community events AND attending various community activities, you're in luck. Carolinas HealthCare System (CHS) participates in tons of local activities – sometimes to provide assistance, sometimes for visibility. Either way, energetic, outgoing CCHS students can help as ambassadors. Below is a list of events coming up. To participate in any of them, email Devon.Smith@CarolinasHealthCare.org or call 704-667-6509. The only rule: If you sign up, show up; you are representing both CCHS and CHS! (This is different from being a CCHS Student Ambassador. See Rhoda Rillorta in Student Services for more information about becoming a Student Ambassador.)

Friday, March 6 • 6:30 AM. Tega Cay Elementary School Walk to School Day. This is a great initiative supported by Safe Routes to School to encourage healthy active living. Many students and parents will walk to school from Turner Field and Trailhead Park in Tega Cay. You can sign up for this event by contacting Sarah Moore, 704-631-0995, sarah.b.moore@carolinashealthcare.org (Event #15468). **Ambassadors are needed to greet students and hand out lunch bags with bike and walking safety information.**

Tuesday, March 10 • 6:00 PM. Sun City Carolina Lakes. This monthly health talk series features Carolinas Healthcare System physicians to educate residents on important health topics. **Ambassadors are needed to greet residents and staff our information table.**

Wednesday, March 11 • 8:30 AM. Ebenezer Avenue Elementary School Walk to School Day. This is a great initiative supported by Safe Routes to School to encourage healthy active living. Many students and parents will walk to school from Oakland Presbyterian Church in Rock Hill. You can sign up for this event by contacting Sarah Moore, 704-631-0995, sarah.b.moore@carolinashealthcare.org (Event #15485). **Ambassadors are needed to greet students and hand out lunch bags with bike and walking safety information.**

Tuesday, March 17 • 4:30 PM. Rock Hill St. Patrick's Day Festival. This street festival will feature live Irish music, Irish dancers, over 25 vendors, a large Kid's Zone for the wee ones and plenty of food & beverages. There is no admission fee for the event that is located on Main St. Rock Hill. **Ambassadors are needed to greet community members and staff our information table.**

Wednesday, March 18 • 7:00 PM. Southminster Health Talk. Located at Southminster Retirement Community, this quarterly health talk series provided by clinicians encourages participants to make the right decisions that lead to a healthier lifestyle. **Ambassadors are needed to set up and greet guests.**

Saturday, March 21 • 10:00 AM. Discoveries Soccer Tournament. The Ray Thompsett Invitational features soccer teams from all over the Southeast that will compete for the tournament championship at the Manchester Meadows Sports Complex in Rock Hill, SC. **Ambassadors are needed to set up and greet guests.**

Tuesday, March 24 • 4:00 PM. Matthews Business Expo. The Annual Greater Matthews Business Expo provides an opportunity to showcase our business, meet new clients/customers and sample food from local restaurants and caterers. **Ambassadors are needed to greet community members and staff our information table.**

Wednesday, March 25 • 7:00 AM. Orchard Park Elementary School Walk to School Day. This is a great initiative supported by Safe Routes to School to encourage healthy active living. Many students and parents will walk to school from the Imaging Center and the Park in Baxter Village on Market St. You can sign up for this event by contacting Sarah Moore, 704-631-0995, sarah.b.moore@carolinashealthcare.org (Event #15494). **Ambassadors are needed to greet students and hand out lunch bags with bike and walking safety information.**

2015 OUTSTANDING EDUCATOR & DISTINGUISHED ALUMNUS NOMINATIONS

Each spring, students have the opportunity to nominate individuals for the prestigious honors of Outstanding Educator and Distinguished Alumnus. Now's your chance! Go to <L:\CCHS\College Documents\Policies & Procedures\Section 4 Personnel\Outstanding Educator of the Year Award & Form.pdf> for details. Kelly Shirley is our current outstanding educator. Past recipients include Trish Campbell, Karen Miller, Carla Cozzen, Suzanna Thornton, Millie Alexander, Janie McCloskey and Susan Patterson. Nominate someone who's made a difference for you! Nominations requested by **April 1**.



Kelly Shirley, 2014
Outstanding Educator

REGISTERING FOR SUMMER SEMESTER

The Summer Online Registration Information and Course Listing will be sent to students' college email on **March 16**. It will also be posted on the information portal under *Student Resources/Admissions, Registrar & Graduation Support/Topic 2*. Registration for summer classes will open at 7 a.m. on the following dates:

- ☞ **March 23** - Online registration for Nursing, Radiologic Technology, Radiation Therapy, Surgical Technology and CRIBN Program students.
- ☞ **March 30** - Online registration for General Studies students (includes Pre-Nursing).
- ☞ **May 25** - Holiday – College Closed
- ☞ **May 26** - Summer classes begin.
- ☞ **May 29** - Late registration/drop-add period ends.

Students should meet with their advisors to discuss schedules before attempting to register for classes. After that meeting, advisors will lift the registration hold allowing you to register. Contact Sue Roux, Registrar, if you have questions or problems with the registration process.

LUNCH WITH DR. SHEPPARD

To expand communication and foster a welcoming culture, Dr. Sheppard is implementing “Lunch with Ellen,” an informal hour of food (college provided), sharing what’s on your mind and getting to know each other. Luncheons, held once each quarter, will be scheduled for students as well as CCHS teammates. The first one for students is Thursday, **March 26**, 11:30 – 12:30, and for CCHS team members it’s **March 13**, 11:30 - 12:30. Interested? Students should contact Pat Lewis, 704.355.2029 or pat.lewis@CarolinasCollege.edu to sign up. Space is limited to five and available on a first come, first served basis. If you are unable to attend in March the remaining dates for 2015 are: June 22, September 10 or December 3. CCHS teammates can use this [link](#) to access the sign-up sheet. All are welcome!

MAKE UP DATE FOR GRADUATION PICTURES

The makeup date for graduation pictures is Thursday, **March 19**. The photographer will be on campus in the student lounge (on the 200 hallway) from 11 a.m. to 3:30 p.m. All students who graduate in 2015 but were unable to make it to the original sessions in February are expected to have their photo taken. Sign up sheet will be posted in the main lobby. The College provides this benefit at no cost to you. Drapes are provided for ladies; gentlemen please bring a white dress shirt and tie to change into.



The 2015-16 CCHS Scholarship Application has been emailed to all currently enrolled students. Paper applications are also available in the financial aid office, room 208. The application deadline is **April 1**. The 2015-16 North Carolina Forgivable Education Loans for Service Program (FELS) applications are also available online through the CFNC.org/FELS page with an application deadline of **April 1**. Financial aid refund checks for spring 2015 have been available since February 3. Check your student account on SONIS if you are unsure about the status of your account and/or the availability of a refund check.

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 **March 26**, room 137, 2 to 2:45 p.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.

TEAM MATE SPOTLIGHT - Debbie Woodard, MSN, RN

Debbie Woodard graduated in 1980 from D'Youville College with a Bachelor's Degree in Nursing, working in the acute care setting and in home health in her early years as a registered nurse. She later earned a master's degree in nursing from Queens University while teaching Fundamentals of Nursing at Carolinas College of Health Sciences. In 2009 she attended Emory University for certification in Wound, Ostomy and Continence. In 2010 she began working as a certified wound, ostomy and continence nurse (CWOCN) at Carolinas Medical Center (Main). A member of the Wound Ostomy Continence Nurses Society, Debbie coordinates the Wound Treatment Associate online course offered through the Continuing Education Department at CCHS. When not at work Debbie enjoys spending time in the NC mountains with her husband, and recently they were blessed with a new granddaughter. Says Debbie, "she has certainly won our hearts!"



Debbie Woodard



John Bartniski

STUDENT OF THE MONTH

Congratulations to John Bartniski, March Student of the Month! Nominated by his peers, John is a native North Carolinian and is currently in his fourth semester in the nursing program at CCHS. John is an active member of SGA and he reserves all of the rooms for the study groups in which he participates. John is reliable and is a man of his word. He is very personable and is a leader among his peers. When not attending class or clinical, John works at a doctor's office. He also enjoys playing basketball in his spare time. Congratulations John; enjoy your V-Lot parking!

FACILITIES UPDATE

Bathroom Mirrors: You may have noticed that following the renovation of the bathrooms we are missing some mirrors. With the new sinks and the requirement for handicap accessibility, the old mirrors no longer fit over the accessible sinks. Our building management team has ordered replacements and we anticipate the new mirrors will be installed soon.

Building Temperature: We continue to monitor the temperature in the building and have seen some decline in the reports of extreme temperatures throughout the building. As we get these reports, our building management team is working to adjust the sensors and the thermostats to better regulate the temperature. It appears this is making a difference so please continue to be patient as we address the temperature concerns, but do report temperature extremes to Joy.

CCHS TST CLINIC

One benefit of attending Carolinas College: Free Immunizations! TST is the Tuberculin Skin Test (TST), part of CHS's safety plan for all patients, employees, and students. An annual TST assesses likely exposure to TB, so you can get the care you need. A TST is required during your birthday month or you can opt to get the test as much as 90 days in advance of your birthday. Free TSTs are available at CCHS in the lobby on **March 16**, 11:15 to noon. Can't make it? Walk up Loop Road to the teammate health office in the annex building across from the CMC emergency room entrance. Your free TST is available there M - F, 7:30 - 4:30.

COMPLIANCE CORNER - Infection Prevention/Isolation Precautions

Much has been reported recently, both nationally and locally, on the topic of multi-drug resistant organisms or "superbugs," specifically Carbapenem-resistant Enterobacteriaceae or CRE, and other highly resistant organisms (HR-MDRO). CRE, such as Klebsiella pneumonia and E. coli, have been identified in increasing numbers at many hospitals and are highly resistant to antibiotics as a result of overuse of antibiotics. Carolinas HealthCare System is actively addressing this issue through its Antimicrobial Support Network, which provides best possible clinical outcomes for treatment and prevention of drug resistant organisms while minimizing antimicrobial resistance. The presence of CRE infections in healthcare facilities is an ongoing national challenge and Carolinas HealthCare System wants to assure you that they are well aware of CRE and have taken aggressive steps to address any cases that arise.

CHS has been aggressive in its efforts to prevent CRE infections, and uses procedures and protocols that go beyond industry standards. They include:

- ☞ Placing any patients with CRE in isolation, requiring all who enter the room to wear gowns and gloves and to practice rigorous hand hygiene.
- ☞ Using equipment in the room that is dedicated to patients with CRE.
- ☞ Performing room cleanings on a daily basis.
- ☞ Enhancing the high-level disinfection process for cleaning duodenoscopes. All duodenoscopes that have been tested across the System have shown to be negative for CRE.

These infections are spread by person-to-person contact, and by touching contaminated surfaces. They are more prevalent in patients who are immunosuppressed, have invasive lines, have long hospital or nursing home stays or who have taken many types of antibiotics. The key to containing the spread of HR-MDRO is to follow isolation precautions. In the hospital, please remember to:

- ☞ Wash your hands when entering and leaving a patient's room.
- ☞ If a patient is on HR-MDRO isolation precautions you must always wear a gown and gloves when entering the room.
- ☞ Isolation supplies must be stocked outside the patient's room.
- ☞ Dedicated non critical equipment must stay in the room for multiple use.
- ☞ Insist on compliance with regard to isolation technique.

Compliance with Infection Control can go a long way in containing the spread of infection.

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:

Faculty/Staff...

Academic Affairs: Janice Bellamy & Kathie Park

Administration: Pat Lewis

Business Office: Sheenah Agee, Kim Bradshaw, Ann Keathley & Jill Powell

Clinical Laboratory Sciences: Kelly Shirley

Continuing Education: Lakisha Bennett

CRNA: JoAnne Gunter

Institutional Research Office: Cheryl Pulliam

Nursing: Cathy Borysewicz, Trish Campbell, Susan Gell, Claudette Kaveler, Terri Lynch, Jackie Meunier, Rachael King, Susan Patterson & Sherlene Robinson

Radiologic Technology: Lucy Davison

Student Services: Hampton Hopkins, Chrisanne Rancati, Rhoda Rillorta & Sue Roux

Surgical Technology: Kali Simien

Students...

General Studies: Jennifer Koszta, Summer Nunn & Aislin Reddin

Nursing: John Bartniski, Nessie Doudar, Honnah Jones, Maureen Kelleher, Tamarcus Kornegay, Jody Warren, Rachel Williams & Chris Yen

Surgical Technology: Nadira Clark & lashea Simmons

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

Values In Action gift certificates were awarded to Susan Patterson, Lee Braswell, Shelly Palmer, Carla Cozzen, Doug Frankenburg, Ruthie Mihal, Ann Keathley, Rhoda Rillorta & Karen Miller

KEAP Awards went to Doug Frankenburg, Terri Lynch, Joy Godwin, Jodie Huffstetler & Kelly Shirley



Success Tip of the Month - Do you have the winter blahs? Click on this link for some tips to put the “spring” back in your step!
<http://www.cengagebrain.com/blog/2014/01/how-to-beat-the-winter-blues-diy-tips-for-college-students/>

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*.)

Recruiting Peer Tutors! 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 Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@CarolinasCollege.edu.

Student Employment Opportunities - Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS Human Resources Recruitment Specialist will be on campus **March 2**, 10 a.m. to noon, and is available to you at 704.631.0314 or morgan.mustian@CarolinasHealthcare.org. As of newsletter press time, all appointments with Morgan for March 2 are filled, but you may be able to catch her with a quick question in-between other students. Starting on March 4, you can schedule a time with her for April 6 (her last visit this semester).

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.

Don’t have time to make an appointment? Don’t worry! If you have a question and Morgan is not busy with another student, don’t hesitate to talk with her. If that doesn’t work contact Nancy Watkins in the Student Success Center. We’ll find answers for you!

Save the Date! Continuing Education & Job Fair Monday, March 16, 11:00 a.m. to 1:00 p.m. As you plan your life beyond Carolinas College, don’t miss this opportunity to talk with representatives from colleges and universities about their programs and to gather materials. Human Resources personnel from area healthcare employers are also invited. Mark your calendar!

Colleges registered to attend on March 16:

Cabarrus College of Health Sciences, Chamberlain College of Nursing, Eastern Carolina University, Gardner-Webb University, Grand Canyon University, NC A&T State University, Pfeiffer University, Queens University of Charlotte, University of Mt. Olive, UNC Charlotte, UNC Greensboro, UNC Wilmington, University of Phoenix, Western Carolina University and Western Governors University.

Employers registered to attend:

Agape Senior Healthcare, Bayada Pediatrics, Maxim Healthcare and Roper St. Francis Hospital (Charleston, SC).

STUDENT GOVERNMENT ASSOCIATION (SGA) HOSTS FAMILY GAME NIGHT



Frequently SGA receives suggestions/requests for events that include family and friends. Well they've heard you and.....get ready... SGA is hosting *Minute to Win It Family and Friends Game Night* on Friday, **March 20** from 6 p.m. until 8:30 p.m. There are 30, yes 30, challenges in place, sure to give your abs a great big belly laugh workout! Sign-up in the lobby to lead a team or be a team member. Any size team will work, but teams of 5 or more are preferred. Two teams at a time will compete against each other! Prizes will be awarded!! Games for all ages will be available!

Tickets are \$1 and include: Tijuana Flats tacos, chips and salsa, fresh hot popcorn, candy and drinks! Get your tickets from Joy at the front desk beginning **March 2**. WOW...a buck for a ton of fun!! Games for all ages will be available! See you March 20! Bring your friends and family!

FUN, PRIZES AND A GREAT CCHS TRADITION - JOIN US FOR THE 2015 PHONE-A-THON

CCHS has a rich history of alumni giving - like when alumni help fund the college endowment through phone-a-thon pledges! The annual phone-a-thon fundraiser grows bigger each year. Last year we raised over \$19,000 - all because of AMAZING student volunteers! On **March 23, 24, and 25**, the college needs student volunteers to assist with the alumni phone-a-thon. It is a great opportunity to help the college, participate in a worthy cause, eat great food and win PRIZES! Dinner will be served **FREE!** each evening at 5:00 p.m., training will begin at 5:15 p.m., and calls will be made from 6:00 until 8:00 p.m. To volunteer, go to www.signupgenius.com to sign up for an evening or two or maybe all three. For more information contact Jill Powell (Jill.Powell@CarolinasCollege.edu) or Debbie Blackwell (Deborah.Blackwell@CarolinasCollege.edu) for details. CCHS team members should contact Cathy Holton, 704.355.2035.



PHI THETA KAPPA (PTK)

Congratulations to the newest members inducted into PTK on Feb. 11th! Thanks to all who attended to show their support. A big thanks to all who completed the engagement survey; your feedback has been very helpful.

Upcoming Events:

- ☞ **March 5:** Men's Shelter of Charlotte, 5:30 to 7 p.m. Volunteers needed to serve dinner or help pass out donated items. No set up or clean up required! Space is limited so sign up via the PTK page on the information portal today!
- ☞ **March 19:** PTK Meeting in room (151), 8 to 9 a.m. All members are encouraged to attend.

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



New Members, L to R: Suzanne Payne, Audrey Page, Christopher Wiesenberger, Bethany Ellison, Teresa Greene, Kristine Keathley, Gary Humphries III and Carol Trnavsky.

New inductees not pictured: Mary Albright, Esther Aguayo, Sarah Atkin, Brittany Baer, Emilie Baptista, Lauren Cline, Haley Conner, Leslie Dorton, Andrea Edwards, Jennifer Edwards, Emilee Eschar, Jennifer Farah, Kathryn Gorham, Benjamin Hensley, Amanda Hoyle, Marina Leyva, Kayla Lowe, Coreen Madonia-Fornos, Rebecca Moody, Ashley Neely, David Owens, Micheal Richardson-Lineberry, Danielle Ray, Brielle Scales, Rebecca Toms, Brittany VanDerMeid, and Mary Warren.

CONTINUING EDUCATION OPPORTUNITIES (Don't just read about it; Do It!)

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

Mar. 4, 11, 18 & 25, 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).

CCHS Admissions Information Sessions

Mar. 10 & 24, 4 to 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.

Therapeutic Music (Chaplain's Grand Rounds)

Mar. 19, noon to 1 p.m., Suzanne Freeman Auditorium. Presented by Kathleen Blackwell-Plank, Social Worker. The interface between inspiration and healing can help patients tap their vast resources for strength and endurance, leading to improved medical outcomes. CHS's Spiritual Care Division sponsors an annual lecture series and in 2015 the focus is on *Integrative Health: Mind, Body and Spirit*. It's **FREE** to CCHS students and teammates. Each topic stands alone so it's OK to come to just one. Bring your lunch and enjoy! The Suzanne Freeman Auditorium is in the Cannon building at the top of Loop Road. See Joy Godwin, Receptionist, for directions.

BCLS for the HealthCare Provider

Mar. 25, 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@carolinashhealthcare.org.

Dealing with Difficult People (Webinar)

Mar. 31, Noon to 1 p.m. Participants will discuss characteristics of different personalities or difficult people; define conflict and different conflict resolution styles, and address communication strategies for specific personality types. 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.

FROM THE BUSINESS OFFICE...March Money Tips for Students

Understanding pay stubs - Understanding the information on the pay stub is vital to managing your money and budgeting. Each company's pay stub is different, but all employers in the United States must include the following items:

- ☞ **Gross Pay:** What you earned that pay period before any taxes or benefits, such as insurance, were withheld.
- ☞ **Net Pay:** Your take-home pay after all the taxes and benefits have been deducted from your gross pay.
- ☞ **Federal Tax Amount:** Federal income tax might be abbreviated as Fed Tax, FT or FWT. This is how much was withheld to pay your federal taxes, based on the W-4 form you filled out when you were hired.
- ☞ **State Tax:** State taxes might be abbreviated as St Tax, STW or simply by the abbreviation of the state in which you reside (for example NC).
- ☞ **Local Tax:** Some cities, counties or school districts require you to pay a local tax. You may not have this tax withheld if you don't live or work in an area that assesses these taxes.
- ☞ **Social Security Tax:** Social security tax might be abbreviated FICA, SS, SSWT or OASDI. The federal government requires that 1.45% of your wages be withheld.
- ☞ **Medicare:** Medicare tax might be abbreviated MWT or Med. Like Social Security taxes, the federal government requires that 1.45% of your wages be withheld.
- ☞ **Year-to-date** (for pay and deductions): The year-to-date fields show how much you have earned up to that point, as well as what has been deducted for each tax or benefit.

Information reprinted from KHEAA Finance and Administration Cabinet "Money Tips for 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. Occasionally, your CCHS Newsletter features some of the current month's days of cultural and spiritual significance.

March 1

Ayyám-i-Há ends – **Bahá'í**. Ending of the intercalary days for festivities, gift giving, and charitable actions. Orthodox Sunday – **Christianity (Eastern churches)**. A celebration of the restoration of icons, which had been banned from Byzantine churches in the seventh century. The Christian empress Theodora ordered them restored in 843 C.E.

March 2

'Alá – **Bahá'í**. The beginning of the nineteenth and final month, meaning "loftiness," and also of a 19-day fast in preparation for Naw Rúz [see *March 21*]. Adult believers in good health abstain from food and drink from dawn to dusk.

March 4

Eve of Purim – **Judaism**. A celebration of the Jews' rescue from an evil plot to destroy them while they were living in Persia, the events of which are recorded in the Hebrew biblical book of *Esther*. The holiday includes reading the Megillah (the scroll of Esther), exchanging gifts, and special pastries called *hamantashen*.

March 5

Magha Puja Day [Dharma Day – **Buddhism**. In the Theravada Buddhist tradition, this full moon day of the third lunar month marks the historical Buddha's sermon at Veruvana Monastery in the city of Rajagaha, where he spoke to 1250 enlightened monks who were ordained by him.

March 6

Holi – **Hinduism**. This festival is one of Hinduism's most popular celebrations. People throw colored powder or spray colored water to celebrate episodes in the life of the god Krishna. Hola Mohallah – **Sikhism**. A three-day festival instituted by the tenth Sikh gurū, Gobind Singh, as a time for military pre-paredness exercises, Hola Mohallah now is celebrated with mock battles, music competitions and festivities.

March 14

New Year's Day – **Sikhism**. In the Nanakshahi calendar, this day is the beginning of the year 547. Memorial of Shan-tao (Zendō) – **Buddhism**. Anniversary of the death of a Chinese Pure Land Buddhist priest who died in 681 C.E. He taught that enlightenment could occur simply through repetition of the name of Amitabha or Amida Buddha (*nianfo* or *nembutsu*), and is honored as the Fifth Patriarch of that Buddhist school.

March 16 (continues until March 20)

Ghambar Hamaspathmaedem, Fravardegan, or Muktdad – **Zoroastrianism**. A celebration of the creation of human beings and a commemoration of souls who have died. Prayers are offered to the *fravashis* (the divine spark within each human, which lives forever), asking for their blessings and protection.

March 17

Saint Patrick's Day – **Western Christianity**. A commemoration of the missionary bishop who evangelized Ireland in the fifth century C.E.

March 20

Spring equinox. Spring Ohigon – **Buddhism**. For Buddhists who practice in the *Jōdo Shinshū* [Japanese Pure Land] tradition, this is a special time to listen to the teaching of the Buddha and meditate on the perfection of enlightenment as lived in the Six Perfections or Parmitas (generosity, morality, wisdom, honesty, endeavor, and patience). Shunki-sorei-sai – **Shintō**. The time of the spring memorial service, when ancestors' spirits are revered at home altars and gravesites are cleaned and purified. Ostara – **Wicca**. A time to mark the divine goddess's blanketing of the Earth with fertility as the god stretches and grows to maturity, manifested in the reawakening of seeds within the Earth as they are touched by divine love. Spring Feast – **Native American spirituality**. A day to mark the coming and going of seasons and to honor planting through songs, stories, and prayer.

March 21

Naw Rúz – **Bahá'í**. Marking the beginning of the year 172 of the Bahá'í era, and the beginning of the first month of the year, known as Bahá or "splendor." Navruz [Now Ruz or Norooz] – **Zoroastrianism**. The beginning of the Zoroastrian new year, 1385 AY or 3753 AZ in the Fasli seasonal calendar, which also celebrates the renewal of the world and the creation of fire (which symbolizes righteousness). Zarathustra, the founder of Zoroastrianism, received his revelation on this day. Yugādi – **Hinduism**. The New Year's Day celebration for Hindus of the Deccan Plateau in central and southern India, which traditionally includes eating food that has six distinct tastes, to symbolize that life is a mixture of different experiences such as sadness, anger, fear, disgust, surprise, and happiness.

March 25

Feast of the Annunciation – **Christianity**. This festival marks the visit of the Archangel Gabriel to Mary of Nazareth and Mary's faithful response to God's plan by consenting to be Jesus' mother.

March 26

Khordad Sal – **Zoroastrianism**. The birth anniversary of the prophet Zarathustra.

March 29

Palm Sunday – **Christianity (Western churches)**. The remembrance of Jesus' entrance into Jerusalem, when crowds spread palm fronds on the ground as Jesus rode into the city. Palm Sunday marks the beginning of Holy Week.

CCHS ALUMNI RECOGNIZED FOR EXCELLENCE

This email, sent to hundreds of CHS's Central Division teammates, highlights the excellence of two CCHS alumni: Amy Sweezy ('09 and '13) and Katie Capozzi (2011). The physician's message has been edited for brevity and the spelling of Katie's name corrected. CCHS is proud of all its alumni but this month Amy and Katie top the list!

"[Dr. Hill and I] performed likely one of the largest sarcoma resections in the history of CMC this past Sunday being well over 30 cm in size extending from the diaphragm of the chest to the rectum in the pelvis nearly taking up the entire abdomen. [The nurse manager assigned...] Amy Sweezy (who is our best GI/GU surgery technician) and Katie Capozzi (who is a young nurse but rapidly grown to become a very experienced OR nurse). In addition to a great anesthesia team, we were able to get this tumor resected safely. This is not a tumor that could be resected at many centers outside of the typical high level international centers such MD Anderson, Memorial Sloan Kettering, Cleveland or Mayo Clinics. We should be very proud to be performing this type of high level work at Carolinas Medical Center. My hat goes off to Dr. Hill, Amy Sweezy and Katie Capozzi for making this surgery go off without a hitch on a Sunday."

NEW HISTOTECHNOLOGY EDUCATION COORDINATOR

Tracy Walling joins the college as the new histotechnology education coordinator on **March 9**. Currently the supervisor of the CHS Cannon histology research lab and confocal care, Tracy graduated from the University of Connecticut in 1981 where she majored in animal science (pre-vet). She learned histology at the bench and sat for her registry exam in 1985. Her career has been spent largely in research in the pharmaceutical industry with some years in the clinical setting. She and husband David have been happily married for 31 years. Their daughter Madelyn is graduating from the University of South Carolina this spring and their son Aidan is a freshman at Clemson. Originally from Connecticut, they moved to the Carolinas in 2001. Tracy is an avid gardener, a life long equestrian and loves to be outside. Most weekends will find her horseback riding or working in the yard. Said Tracy, "I'm sincerely looking forward my new role with Carolinas College of Health Sciences." Tracy's office will be at Mercy Hospital.

STUDENT NURSES ASSOCIATION (SNA)

On Thursday, February 19, twenty-five CCHS students came to hear CHS RN Kim Buchanan talk about what it's like and what it takes to be a flight nurse. She spoke of her love for the job, its highs and lows and answered student's questions on how to enter the field. Thank you, Kim!

On February 12, the SNA board (Christine Perzinski, Chris Yen, Gary Humphries, Jennifer Edwards and Brittany VanDerMeid) presented "How to Succeed in Nursing 101." They shared tips in the hopes that the new fundamentals class could benefit from the experience of the intermediate students. Hopefully, the discussion relieved some school-related stress and will help all the 101 students succeed!

A general meeting for all SNA members is scheduled for Thursday, **March 19** at 8:00 a.m. Be sure to mark your calendars!



Pictured L to R: Erin Holland, Kim Buchanan and Christine Perzinski.

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

March 2 - 4	Spring I Final Exams	& 25	
March 4	BCLS Online Skills Check - Part 2	March 24	CCHS Admissions Information Session
March 5	PTK Volunteers at the Men's Shelter of Charlotte	March 25	BCLS Online Skills Check - Part 2
March 8	Daylight Savings Time Begins		BCLS for the HealthCare Provider
March 9 - 13	Spring Break - No Classes	March 26	Lunch with Ellen (Students)
March 10	Histotechnology Professionals Day		Open Forum with President Sheppard
	CCHS Admissions Information Session	March 30	Online Registration for General Studies Students (including Pre-Nursing)
March 11	BCLS Online Skills Check - Part 2	March 31	EAP Webinar - <i>Dealing with Difficult People</i>
	Full Spring Midterm		
March 13	Lunch with Ellen (CCHS Team Members)		
March 16	Onsite TST Clinic		
	Spring II Classes Begin		
	CCHS Continuing Education & Job Fair	April 1	CCHS Scholarship & NC FELS Loan Application Deadline
March 18	BCLS Online Skills Check - Part 2		Outstanding Educator & Distinguished Alumni Nomination Form Deadline
March 19	Make Up Date for Grad Pictures		Memorial Day Holiday - College Closed
	SNA General Member Meeting	May 25	Summer Classes Begin
	PTK Member Meeting	May 26	Late Registration/Drop/Add Period Ends
	Chaplain's Grand Rounds - <i>Therapeutic Music</i>	May 29	
March 20	Student Family and Friends Game Night		
March 23	Online Registration for Nursing, Rad Tech, Radiation Therapy, Surg Tech and CRIBN Program Students		
March 23, 24	Phone-a-thon Fundraiser		