



CAROLINAS COLLEGE OF HEALTH SCIENCES

"Education means emancipation. It means light and liberty. It means the uplifting of the soul of man into the glorious light of truth, the light by which men can only be made free."
~Frederick Douglass

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CCHS EARNS NEW ACCOLADE

CollegeAtlas.com lists "Best Colleges in the Nation" and includes Carolinas College as #3. Ranking criteria included academic rigor and support for learners along with other important categories in which Carolinas College bested the contenders.

ATTENTION MAY 2016 GRADUATES

Submit your Application for Graduation by **February 12**. The application and other important graduation information are on the information portal under *Courses/Students/Admissions, Registrar & Graduation Support/Topic 3 (Graduation Information)*. Put the completed application in the folder on the registrar's office door. Questions? Contact Sue.Roux@CarolinusCollege.edu or 704.355.6676.

STUDENT OF THE MONTH - George Wentworth

George Wentworth is the February Student of the Month. In nominating him for this award, Suzanna Thornton stated, "George is one of the most outstanding students I have had in class. He demonstrates intellectual curiosity and is interested in a variety of topics." In addition, he is generous with his time, serving as a peer tutor and helping students as needed. A nursing student in his third semester, George's intellectual curiosity may stem from his interesting background. George has been a politician, a lobbyist and a professional bowler. He earned a BA from the University of Texas at Arlington in 2012. George possesses a contagious smile that draws you into conversation with him. The best part of interacting with George is the way he seems fully engaged and listens to you. Joy Godwin remarked, "His laughter is contagious! He lives life to the fullest and enjoys every moment to the max." As you see George around campus, thank him for his service to the college and congratulate him!



George Wentworth

Know a fellow student making an outstanding contribution to the community, the college or the healthcare system? Nominate him/her (or yourself!) as the Student of the Month! The award recognizes dedication to the core values of the college. The College considers equally the student working hard behind the scenes and the student leader striving to make a positive impact. The recipient will receive a certificate, newsletter profile, and month-long recognition which includes parking at the college. Criteria and applications are on the information portal in the "Student Resources" section, or send a nomination to Hampton.Hopkins@CarolinusCollege.edu.

WE LOVE OUR STUDENTS!

Carolinus College wants to celebrate **YOU!** Join us in the lobby on February 11 for cakes, crafts and more!

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

CCHS Computer Lab Staffed Hours
Mon-Thurs, 7:30 a.m. to 7:30 p.m.
Friday, 7:30 a.m. to 4:30 p.m.
(No after-hours staff on Fridays.)
Saturday, 11 a.m. to 4 p.m.
Sunday - No staff support.
24/7 access with CCHS badge.

CCHS Nursing Skills Lab
Staffed M-F 7:30 a.m. to 4 p.m.

AHEC Library
Medical Education Building (MEB)
Staffed Access to Collection & Services, Mon - Fri, 8 a.m. to 5 p.m.
Badge access to 2nd floor study rooms is 24/7.

Connect with CCHS



COMPUTER-BASED TESTING CONTINUES TO GROW AT CAROLINAS COLLEGE

Many certification and licensure exams are offered in online formats. To better prepare students for these high-stakes tests, several programs at the college have begun to use computerized and/or online tests in specific courses. In addition, several programs require other standardized testing that is completed in an online format (for example, the TEAS or CAP tests in nursing or the PAE in surg technology). If you are testing online for the first time, here are a few quick tips for success:



- ☞ Know the rules up front to reduce surprises. Ask:
 - What is the time limit?
 - Can I go back and change my answers later?
 - Can I skip questions and return to them later?
 - Can I save the test and return to it later?
 - Is scratch paper allowed?
- ☞ Practice testing with a timer in front of you. While having a clock in the classroom is a reminder of testing time, it is not the same as having a timer constantly present on the computer screen while you are testing.
- ☞ Keep track of time, because it can be easier to rush through testing online. Pay particular attention to how many questions are on the test. If possible, prior to test, develop a timing strategy. For example, if you know there are 100 questions on the exam and you have 90 minutes to complete the exam, you should spend an average of less than a minute on each individual question. If you know that you cannot go back and change answers later, that time per question should include reviewing the question and your choice.
- ☞ If technical problems arise, immediately notify the proctor. Technology can and will fail, so be sure to communicate with your proctor if problems occur.
- ☞ If permitted, use scratch paper. Some courses may provide either paper or a white board on which to jot notes.
- ☞ Don't forget established test-taking strategies. While the test-taking delivery method has changed, many strategies that have been effective for you in the past still apply.

To ensure the integrity of these exams, most will be offered in a proctored environment in the computer lab and/or annex. Depending on the size of the class, this will periodically necessitate the temporary closure of the computer lab and/or annex. During those periods, students will have access to a temporary computer lab set up in Room 151 as well as continued access to computer resources in the AHEC Library. For student planning purposes, lab closure days will be published in the student newsletter each month, as listed below for the month of February.

Date	Duration in Hours	Time	What is closed?	Where will an alternative lab be accessible?
Monday, February 1	1	9 – 10 AM	Lab	Annex and AHEC Library Computer Lab
Tuesday, February 2	3.5	2 – 3:30 PM	Lab and Annex	Room 151 and AHEC Library Computer
Thursday, February 4	5	9 AM – 12:30 PM	Annex	Computer lab and AHEC Library Comput-
Friday, February 5	1	9 AM – 2 PM	Lab and Annex	Room 151 and AHEC Library Computer
Monday, February 8	1	9 – 10 AM	Lab	Annex and AHEC Library Computer Lab
Tuesday, February 9	1	2 – 3 PM	Lab and Annex	Room 151 and AHEC Library Computer
Monday, February 15	3.5	9 – 10 AM	Lab	Annex and AHEC Library Computer Lab
Thursday, February 18	5	9 AM – 12:30 PM	Annex	Computer lab and AHEC Library Comput-
Friday, February 19	1	9 AM – 2 PM	Lab and Annex	Room 151 and AHEC Library Computer
Monday, February 22	1	9 – 10 AM	Lab	Annex and AHEC Library Computer Lab
Tuesday, February 23	3.5	2 – 3 PM	Lab and Annex	Room 151 and AHEC Library Computer
Thursday, February 25	1	9 AM – 12:30 PM	Annex	Computer lab and AHEC Library Comput-
Monday, February 29		9 – 10 AM	Lab	Annex and AHEC Library Computer Lab

The College is excited about the expanded usage of computerized testing and is focused on providing adequate computer resources to assist in your success as a student.

PHI THETA KAPPA (PTK) UPDATE

Welcome back to the start of the semester! Big thanks to those who helped sponsor the Salvation Army Christmas Angels. PTK adopted two children and helped make their Christmas wishes come true. Also, thank you to everyone who participated in the most recent January PTK Blood Drive. The goal was 25 pints and 30 were collected. Great Job CCHS! The updated spring PTK activity schedule is below. All PTK members and students interested in learning about PTK are encouraged to attend.

Upcoming Events:

- ☞ **February 4:** Men's Shelter, 5:30 to 7 p.m. Sign up on the college's information portal. Non-members welcome!
- ☞ **February 11:** PTK Induction Ceremony, 5:30 p.m., room 190
- ☞ **February 18:** PTK General Meeting, 8 a.m., room 161. Group activity - making sandwiches for Urban Ministries; come and help!

- ☞ **March 3:** Men's Shelter, 5:30 to 7 p.m.
- ☞ **March 14:** PTK Bake Sale, 8 to noon.

New PTK t-shirts are available to members for purchase. All sizes, \$9.90 to \$10.50 ea. See Cathey Miller, rm 252, to get yours today!

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

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 the President, Kathryn.Gorham@cchsmail.org.

STUDENT NURSES ASSOCIATION UPDATE

Welcome back from winter break! To those beginning a brand new journey...welcome aboard! A mentoring luncheon was held for new NUR 101 students in January. Sponsored by the SNA Board, it was a great opportunity to meet and greet current students within the program and make mentoring connections. Many positive bonding moments occurred as the new nursing students were welcomed to the college. Great job, SNA Board!



SNA Board - L to R, front row: Esther Aguayo, Diahanne Holandez (SNA Advisor). Middle row: April Davis (SNA Advisor), Rebecca Moody, Alison Campbell, Katie Prisco, Brittani Montes, April B. Davis. Back row: Cameron Monie, Kyle Tilly, Erin Hanley and Steven Cuzmenco.



SNA members pictured with the basket, front row: April B. Davis, Esther Aguayo, Chris Yen. Back row: Steven Cuzmenco, Cameron Monie, Brit-tany Montes, Kyle Tilly, Diahanne Holandez, SNA Advisor.

SNA's first bake sale of the new year is **February 8**, 8 a.m. to noon. Proceeds benefit the Cynthia Favorite Scholarship.

SNA will again volunteer with the Special Olympics this spring. More information will be posted in upcoming newsletters. Also stay tuned for information on future bake sales, speakers, community service events, and fun activities.

Considering joining SNA? Membership is just a one-time fee of \$10! Contact Esther.Aguayo@cchsmail.org for information.

Congratulations to Jamie Dupont, NUR101 student, winner of the coveted nursing survivor basket.

OPEN FORUM WITH PRESIDENT SHEPPARD

Open Forum with Dr. Sheppard will be **February 15**, 10:00 to 10:45 a.m., Rm 137. Let your Voice be! This is but one of the opportunities CCHS students have for input into college decision-making. Others include service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc. Three recent topics discussed at Open Forum: Program-based study rooms, getting involved in student organizations, and suggestions for more inter-professional opportunities. Two problems brought to Dr. Sheppard's attention were resolved immediately! (See page 9.)

STUDENT PARKING

To manage the large volume of cars on the Carolinas Medical Center (CMC) campus, everyone has a designated parking lot. When everyone uses their assigned lot, things go smoothly. As part of the CHS family, it's important for students to adhere to the plan. All students are assigned to park in the "T" deck (Morehead Medical Plaza), at the corner of Kenilworth and Morehead. Students may enter and park in the "staff" section 24 hours a day, on both class and clinical days. The deck is ID badge access-controlled. After 3:00 p.m. and on weekends students also have badge access to the V lot (next to the college). Parking along Garden Terrace, Lombardy Circle, and illegal parking in the circle in front of the college may lead to cars being ticketed or booted by Charlotte-Mecklenburg Police. In addition, parking in a lot or parking space other than the "T" Deck may lead to ticketing or booting by CHS Security personnel, and being fined by the college. Continued violation of the parking policy may lead to disciplinary action.

NOMINATIONS FOR OUTSTANDING EDUCATOR

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 an Outstanding Educator.pdf* for details. April Davis is our current Outstanding Educator. Past recipients include Karen Miller, Carla Cozzen, Suzanna Thornton, Millie Alexander, Trish Campbell, Janie McCloskey, Susan Patterson and Kelly Shirley. Don't miss this opportunity to let someone know they've made a difference! Nomination deadline is **April 1, 2016**. Likewise, if you know of a distinguished CCHS alumnus, consider a nomination for that position too. Form available in the same place.



April Davis
2015 Outstanding Educator

WOW - THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that with WOW cards, Values In Action recognition and KEAP bonuses. Read the posted WOW cards on the WOW board to see what your classmates and CCHS teammates are being recognized for! The following CCHS Stars were recognized recently:

Teammates

Cynthia Bean, Jane Binetti, Debbie Blackwell, Alisha Borchardt, Cathy Borysewicz, Trish Campbell, Kisha Choice, Carla Cozzen, Joy Godwin, Meredith Hirsch, Cyndie Hobson, Hampton Hopkins, Jodie Huffstetler, Lynn Jordan, Claudette Kaveler, Rachael King, Pat Lewis, Karen Lucisano, Terri Lynch, Dana Mangum, Janie McCloskey, Jackie Meunier, Ruthie Mihal, Cathey Miller, Jill Powell, Sue Roux, Ellen Sheppard, Kelly Shirley, Larry Turner, Caroline Wrisley

Students

Hannah Cook, Teresa Greene, Erin Holland, Brittani Montes, Brittany VanDerMeid, Chris Yen

HOW CAN I GET THERE FROM HERE?

While convenience often outweighs common sense, in deference to Robert Frost, sometimes the path not taken does make all the difference. Students continue to walk down the hill behind the college from Lombardy Circle at high risk of personal injury – in fact, we did have a student break her ankle recently walking down the hill. In addition, this path takes one through private property and residents continue to share their concern for the amount of student traffic on Lombardy. For those students who live in CHS housing or who walk to the college from this area, don't walk through private property and don't take the alpine slalom route down the hill. The appropriate route is the sidewalk along Garden Terrace and Loop Road. While that may take a little longer, it is safer and allows the college to continue to maintain good relations with the residents of Dilworth.

COMPLIANCE CORNER - Central Venous Catheter (CVC)

Keeping up with changing clinical practice policies is important for all healthcare providers. This month's Corner spotlights the newest protocol concerning central venous catheter care (CVC lines include subclavian, jugular and femoral access lines), and the new flushing protocol.

Prior to each use, blood return should be verified and if no blood return is found, the provider should be notified and the attempt to flush discontinued. Positive displacement devices must be attached to each port. When flushing a line, employ a push – pause method with the pressure of a 10 ml syringe.

Intermittent flush of 10 mL 0.9% NS should be used prior to each use of the line and before, between and after medication administration. A flush 20 mL of 0.9% NS should be used any time blood is withdrawn or administered. Maintenance flushes should be used with the ports that are not in use and the protocol requires 10mL of 0.9% NS every 12 hours. Review of adult central line guidelines can be found in the CHS Policy and Clinical Practice Guidelines available through PeopleConnect. (Ask Kisha how!)

WEAR RED on FEBRUARY 10: IT'S HEART HEALTHY MONTH



February 10 - All staff and students are encouraged to wear **RED** to celebrate the American Heart Association's National Wear Red Day. Heart disease is the leading cause of death in the United States. Some of the factors that put you at risk for heart disease can't be controlled, but other factors are easily controllable. Practice these heart-healthy behaviors to reduce your risk of heart disease:

- ☞ Make healthy food choices.

- ☞ Exercise for 30 minutes per day, most days of the week.
- ☞ Reduce stress.
- ☞ Limit fat, sodium, sugar, and caffeine.
- ☞ Maintain healthy weight, cholesterol and blood pressure levels.
- ☞ If you smoke - QUIT!
- ☞ Visit your primary care physician for regular check-ups.

TEAMMATE SPOTLIGHT - Cynthia Bean



This month's spotlight is on Cynthia Allen Bean, chemistry instructor, Medical Laboratory Science program, School of Clinical Laboratory Sciences. Cynthia, the oldest of five children, grew up on a farm in Roxboro, NC. She graduated from UNC Greensboro with a BS in medical technology and then went on to earn a certificate from Charlotte Memorial Hospital's Medical Technology program in 1981. She worked in the clinical chemistry lab at Charlotte Memorial for four years. After this, she worked in the reproductive endocrinology lab for 6½ years (1½ years of this at the Nalle Clinic in Charlotte). Cynthia counts herself very fortunate to be able to come back to the place where her training began. Says Cynthia, "One of the greatest joys of being an instructor is following students as they progress in their professional careers!"

She has been married to husband Steve for 33 years, has a daughter Courtney and a son Connor (a 2010 graduate of the radiologic technology program) and a precious granddaughter Kendall.

FUN, PRIZES AND A GREAT CCHS TRADITION JOIN US FOR THE 2016 PHONE-A-THON

The annual phone-a-thon fundraiser grows bigger each year. Last year we raised over \$17,000 - all because of AMAZING student volunteers like YOU! Let's do it again in 2016! Each evening, **April 11 to 13**, CCHS students from every program volunteer with the phone-a-thon. You'll get to help the college, participate in a worthy cause, win PRIZES, and talk to CCHS alumni. Dinner is served to volunteers at 4:45 p.m. each night with a training session starting at 5:00 p.m. You're on the phones. from 5:30 to 8:30 p.m. But don't worry - there is a sweet dessert break to swap stories! To volunteer, contact Ruthie.Mihal@CarolinasCollege.edu OR sign-up sheets are located in the Student Study Lounge and near the SGA bulletin board.



BUSINESS OFFICE AND FINANCIAL AID UPDATE

- ☞ The 2015 1098-T tax forms were mailed to students on January 25 from a third-party vendor in CA. Students may also access this information in SONIS as of January 25. The form is available in SONIS in the top right area of the student SONIS screen. Business office staff do not offer tax advice or assistance on the deduction. Continuing education classes are ineligible for education tax deductions.
- ☞ Financial aid refund checks and CHS Loan promissory notes for Spring 2016 are available to pick up/sign in the business office (room 208) until **February 19**. Students must show their student ID badge.

NC Forgivable Education Loan for Service (FELS). Applications are now available at <https://www.cfnc.org/Gateway?command=GetBasedProgramDetail¬e=yes&type=8&vocType=11&vocational=no&id=159>. Students who are North Carolina residents and will be enrolled during the 2016-17 school year in either clinical laboratory sciences, radiologic technology or nursing are encouraged to check out the information and consider applying. **Note:** You do not have to be admitted to the program when you apply, but you must be admitted prior to receiving funding, if selected. **Application Deadline:** The deadline is **April 1**. Applications will be reviewed on a first-come, first-served basis.

SCHOLARSHIP ENCOURAGES CCHS STUDENTS WHO ARE MOMS TO APPLY

Alison Thornburg was a single mom in the mortgage business who longed to be a nurse. But she hesitated to get re-trained over worries about tuition and other costs. She remembers the moment when her life changed. "A dear friend said to me, 'Alison, you are wasting the best part of you not going to nursing school.' And that's when I decided to do it. Within two weeks of being admitted, I had two friends talk to me about the ANSWER Scholarship, thinking I would be a good candidate. When I found out I had received it, I was so excited. This was life-changing. Receiving a scholarship meant fewer hours I had to work while I was in school, which meant more time I could spend with my daughter."

Thornburg graduated magna cum laude from CCHS in 2013. HER story can be YOUR story. ANSWER provides scholarships for single or married moms with school-age children, in Charlotte and surrounding counties, who are seeking college degrees. If you're looking for financial assistance for the next school year, check out ANSWER's website at www.answerscholarship.org and look under the Scholarship tab to see if you meet the requirements. Applications will be accepted until March 4, 2016. ANSWER is looking for new recipients - maybe one will be you!



Alison Thornburg (left) and Susan Andersen, Founder of ANSWER.

STUDENT SUCCESS CENTER UPDATE

Success Tip of the Month - Need some motivation? Make your studying more active!

To help you engage with what you are learning and retain concepts, don't just rely on silently reviewing your notes over and over. Instead, try the following:

- ☞ Read your notes out loud.
- ☞ Record yourself reciting the material and listen while walking or on the elliptical.
- ☞ Recopy main points from your notes in a format your prefer.
- ☞ Brainstorm ways to apply the information.
- ☞ Test yourself on your notes with pre-testing resources or using the Cornell Note-taking System (see the Student Success Center page on the Information Portal).
- ☞ Teach the information to a friend.
- ☞ Create visuals/mind maps on a white board or other large surface.

What other active learning strategies can you think of? Let Nancy Watkins know your ideas.

For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Success page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)

Student Employment Opportunities - Interested in part-time/PRN employment? CHS Recruitment Specialist Cliff Chapman will be in the main lobby on **February 1**, 10 a.m. to noon.

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 for any open 15-minute timeslot.

Contact Cliff at 704.631.0347 or Clifton.Chapman@carolinashealthcare.org. Nancy Watkins is also available at CCHS to support your job search efforts.

Save the Date! Continuing Education & Job Fair. Tuesday, **March 1**, 10:00 a.m. to 12:30 p.m. What about your next degree? Representatives from colleges and universities throughout the region and beyond want to talk with you about their programs and share literature. Human Resources personnel from area healthcare employers are also invited. Mark your calendar!

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 academic coaching, contact Nancy Watkins to become involved in the Peer Tutoring Program!

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session - February 2, 3:30 to 5 p.m. The schedule: 3:30 to 4 = tour; 4 to 5 = info session. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

CPR: BCLS for the HealthCare Provider - February 24, 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.

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 BCLS Online Skills Check Part 2.

CPR: BCLS Online Skills Check - Part 2. February 3, 10, 17 & 24. 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).

Chaplain's Grand Rounds - Mental Illness: Mind, Body and Spirit - February 18, Noon to 1 p.m. Monthly, the Spiritual Care Division invites all CHS learners and teammates to a 1-hour, thought-provoking presentation by a local, regional, or national thought leader. Held in the Suzanne Freeman Auditorium (at top of Loop Road turn right toward loading dock then left into Cannon Research Building), this month's speaker is Chaplain Greg Hathaway, topic is *Traumatic Events and Resilience* Bring your lunch!

Single Parenting (Webinar) - February 25, Noon to 1 p.m. Objectives of the webinar include: Understand the common worries of single parents; learn about different disciplinary approaches; and learn how to take care of the needs of a single parent. 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.

Basic Phlebotomy Skills Workshop for Healthcare Professionals - February 5, 8:30 a.m. to 4:30 p.m. Cost: \$169.00. CEUs: 0.65 CEUs --equivalent to 6.5 contact hours. Add basic venipuncture skills to your toolkit. This one day class will cover test tubes and lab tests, order of draw, basic venipuncture techniques using the evacuated tube system, and the butterfly system. National standards from the Clinical and Laboratory Standards Institute will be covered. For more information contact Lakisha Bennett at Lakisha.Bennett@carolinascollege.edu or 704-355-2663. .

Introduction to IV Therapy Workshop - February 26, 8 to 11:30 a.m. or 12:30 to 4 p.m. Cost: \$79.00. CEUs: 0.35 CEUs --equivalent to 3.5 contact hours. Designed as a refresher for IV therapy skills. Open to all nurses, nursing students, and others with IV therapy in scope of practice. Excellent orientation to this skill set. For more information contact Lakisha Bennett at Lakisha.Bennett@carolinascollege.edu or 704-355-2663.

FREE EXERCISE CLASSES FOR CCHS STUDENTS/TEAMMATES AT CHS LIVE WELL!

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>All Classes held at CHS LiveWELL Building: 801 East Boulevard</p> <p>From Shomars on East Blvd., head toward South Blvd. Half way there, you'll see the CHS Live Well building on the right just before you get to the Greek Orthodox Church (on the left).</p> <p>CCHS ID badge required.</p> <p>Park at the back of the building and enter the card-coded door with your badge, using your student ID badge. Multipurpose workout areas are visible as soon as you enter. No shower facilities are available.</p>	<p>Mondays Kick Boxing Body Party Fitness</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>	<p>Free to CCHS students and CHS teammates with badge ID.</p>	<p>Livewellevents@carolinashealthcare.org or 704.446.1645.</p> <p>Even more motivation: Employment offers at some CHS units require "fitness testing" to assure applicants can bend and lift weights consistent with job expectations. Not sure you can easily lift 50 pounds? Start bending & lifting now to get in shape, at Live Well!</p> <p>ALL IN TO WIN for Total Health prize drawings! CHS teammates receive 1 entry for every 4 classes attended (any location & YWCA Workout Wednesday).</p> <p>Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>
	<p>Tuesdays Total Workout Body Party Fitness</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>	<p>All classes 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>Wednesdays Body Sculpt Yoga</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Thursdays Pilates Socacise</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Mon & Wed "Quick Fit" Small group training with Jeremy Sinclair</p>	<p>4:30 to 5:10 p.m. 5:20 to 6 p.m.</p>		

SAVE THE DATE - COMMITMENT TO CARING CEREMONY

The ceremony will be held on **May 4** in the Suzanne Freeman Auditorium and will focus on pinning, lighting the Florence Nightingale lamp, and a "Blessing of Hands" by a member of the CHS Spiritual Care and Education department.

Participants may invite a friend, family or faculty member to pin them. To honor that special guest, each graduate is asked to write a short statement about this person and how they encouraged them during their nursing journey. Everyone can then receive a Blessing of Hands.

A light reception will follow the ceremony. The number of guests that a graduate may invite will depend on the number of graduates who participate. Final details will be announced as the ceremony date gets closer. All graduates will be provided an equal number of tickets, which may then be shared or exchanged. If you have more tickets than you need or not enough, share or exchange extras with classmates.

Pins must be ordered by **March 15** in order to arrive in time. Order info is on the information portal here: <http://online.carolinascollege.edu/mod/resource/view.php?id=20176>. The alumni association pays your first \$10!

The statement and RSVP are due to SNA advisors Davis or Holandez by **April 18**. Please contact class representative Christine.Perzinski@cchsmail.org or SNA advisors April.Davis@CarolinasCollege.edu or Dianne.Holandez@CarolinasCollege.edu with additional questions/concerns.



Blessing of Hands

A BELIZE EXPERIENCE: CCHS's International Experience for Nursing Students

You might be a candidate for one of the eight spaces available in CCHS's 2016 Summer Transcultural Nursing Experience **if you like.....**

- ❖ Earning three nursing credits (elective) in two weeks. (Some pre-work & post-work required.)
- ❖ Spending two weeks in Belize, the only Central American country where English is the official language.
- ❖ Observing nursing and medical care in an underserved nation.
- ❖ Helping organize and conduct Belize's second "Heart of Belize" community assessment event.
- ❖ Exploring the medical and social needs of Belizeans' five primary cultural groups.
- ❖ Being in a tourist mecca - after the cruise ships leave!
- ❖ Optional outings to the world's best snorkeling, the Belize Zoo, or a Mayan ruin.

In partnership with Carolinas HealthCare System's Department of International Medicine, CCHS is proud to again present an international experience for students. In July, RN faculty accompany the small group to Belize City, but excursions take us to Belizean villages as well. At our partner hospital Karl Heusner Memorial, and at community clinics, CCHS students observe care, round with faculty, and explore the population health effects of poverty, poor nutrition, and lack of access to effective medical care.

Requirements: Completed NUR 101; current passport valid through August 2016; current immunizations.

Cost: Standard tuition for a three-credit nursing course (\$975) plus \$915 international travel fee. No textbook required, no lab or technology fees..

What's Included? Round trip airfare on U.S. airline; all meals while at the hospital (breakfast and lunch); shared room in a US-style hotel. Daily transportation to and from KHHM and clinics, and to and from airport, farewell dinner.

Not Included: Passport, most dinners, incidentals, weekend optional excursions (nearby are an exceptional zoo; Laminai, a remarkable Mayan ruin; and world class snorkeling at Ambergris or Caulker Caye).

I'm Interested....What's Next? Attend one of two available information sessions to learn more.

- ❖ Session 1: **February 8**, 1 to 1:45 p.m., room 218.
- ❖ Session 2: **February 11**, 12 to 12:45 p.m., room 218.

If neither of these dates work for you, contact Pat.Lewis@CarolinasCollege.edu or 704.355.2029 for additional information.



THAT WAS EASY!

Each month at Open Forum, students bring questions, concerns, and suggestions. And sometimes they just come to chat! January's open forum started two great conversations and a couple of "quick fixes" while we seek deeper ones.



- Q. I think all academic programs should have their own study area. My program is small and if a few of us are relaxing between classes, or studying, like maybe in the student lounge or break room, and a nursing class lets out....WHAM! Suddenly the room is full and noisy and my group is completely overwhelmed. I know the nursing students don't mean to be rude, there are simply so many of them! And I've noticed that the rad tech students have their own study area. Even just a few more seats at the Avenue C table would help.
- A. Actually, the table near the Energized Lab is not intended to be just for rad tech students. It just seems that way because of where it is. The college talked to all the "residents" of that wing of the college, all agreed the glass door there serves no purpose other than to create divisions so it will be removed this week! Instead of creating more silos, we want to tear them down to create more community on campus! Additional chairs have already been added to the Avenue C table. And we are embarking on a campaign to encourage greater awareness, friendliness, and respect among all programs.
- Q. I'm new to the college and new to Charlotte. Most of the college activity groups seem to be limited in membership so I don't qualify (SNA is out - I'm not a nurse; PTK is out - mine is a 1-year program.) I wish it were easier to fit in for activities and things.
- A. That spirit of collegiality and inclusiveness is exactly what we need lots more of as we change healthcare to a "team sport!" CCHS has many activity groups that would love to have you, as well as several college committees which would love more student members. We've inquired with PTK and SNA advisors, and both welcome your participation even though you do not technically qualify for membership. Though affinity groups are great for student support, it's not their intent to be exclusive. Watch the newsletter for meetings and activities; contact the membership chairs or other officers, or just show up! You will be greeted warmly! SGA is open everyone. Ask Joy Godwin, advisor, when the next meeting or activity is. Also call about for CHS volunteer activities you'll find listed in this newsletter. You'll have fun and might even rub shoulders with a future employer or preceptor.

BE THE MATCH!

SAVE THE DATE: February 15.

Time/Location: TBD.

CCHS's Student Government Association is joining up with the Student Nurses Association to **LOOK FOR PERFECT MATCHES THIS VAL-
ENTINE'S DAY!** All it takes is a simple swab! Watch your email and the message board in the main lobby for updated information or see Joy Godwin at the front desk.

The Be The Match Registry® is the national bone marrow donor registry in the United States, operated by the National Marrow Donor Program (NMDP). Delete Blood Cancer DKMS is a bone marrow donor center officially affiliated with the NMDP, so every person we register is listed on the Be The Match Registry®. VISIT: Delete Blood Cancer FB Page to get inspired to SWAB!



SCENES FROM THE MARTIN LUTHER KING JR. CELEBRATION



It was a packed house as CHS and CCHS teammates enjoyed a stellar performance by Tommy Nichols (President of Glorified Media, LLC and founder of The Charlotte Black Film Festival) and students from Charlotte-Mecklenburg schools, honoring Dr. King's legacy on Jan. 18.



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.

February 2. *Presentation of Jesus in the Temple – Christianity.* Commemorates Mary and Joseph's presentation of the child Jesus at the Temple in Jerusalem, as required by Mosaic law.

February 7. *Four Chaplains Sunday – Interfaith.* A commemoration of four U.S. Army chaplains - Rabbi Alexander D. Goode, Rev. George L. Fox, Fr. John P. Washington, and Rev. Clark V. Poling—who died while saving soldiers from drowning when their troop transport ship, the U.S.A.T. Dorchester, was torpedoed by a Nazi U-boat in 1943. The four chaplains are remembered for their courage and their spirit of interfaith collaboration in service to humanity.

February 8. *Chinese/Vietnamese/Korean New Year – Buddhism/Confucianism/Taoism.* The first day after the new moon is a religious and cultural festival for Korean, Vietnamese, and Chinese persons, marking the first day of the year 4714, the Year of the Monkey.

February 9. *Losar [Tibetan New Year] – Buddhism.* Celebrating the beginning of the year 2143 in the Tibetan calendar.

February 10. *Ash Wednesday – Christianity (Western churches).* The beginning of Lent, a 40-day period (excluding Sundays) in which Christians pray, repent, fast and reflect on Jesus' final journey to Jerusalem. It is a preparatory period for Holy Week and Easter; on this day, believers often receive an ashen cross on their foreheads to mark their repentance and mortality.

February 12. *Vasanta Panchami – Hinduism.* A North Indian celebration associated with Saraswati, the goddess of learning, and with Lakshmi, the goddess of wealth.

February 14. *Valentine's Day – Western Christianity.* A celebration of love originally connected to the Roman Christian martyr who died in 269 C.E.

February 15. *Nirvana Day – Buddhism.* In northern Buddhist traditions, this day marks the anniversary of the historical Buddha's death in ca. 486 B.C.E. and his subsequent entrance into enlightenment or Nirvana. In southern Buddhist traditions, the Buddha's death is commemorated during Visakha.

February 25. *Ayyám-i-Há – Bahá'í [through February 29].* Starting at sundown, this festival marks the beginning of the intercalary days for festivities, gift giving, and charitable actions.

CHS AMBASSADOR OPPORTUNITIES AVAILABLE

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.)

February 11 • 5:30 PM. *York County Annual Meeting and Awards Program.* Join more than 500+ members of the business community for the York County Regional Chamber's Annual Meeting at Events at Manchester in Rock Hill. The presentation of several prestigious business awards include; highlights of accomplishments from 2015 and organizational goals for 2016. Ambassadors are needed to participate in this event and network with community members. (Seating is limited).

February 22 • 6:30 PM. *The Blunt Truth.* This presentation will provide the facts surrounding the legalization of marijuana in the state of Colorado. Ben Cort is the business development manager for the Center of Addiction Recovery and Rehabilitation (CeDAR) part of the University of Colorado Health System. This event is sponsored by the All on Board Coalition and Keystone Substance Abuse Services. The event takes place at Winthrop University's Richardson Ballroom, doors open at 6:00pm. Ambassadors are needed to set-up a table and greet guests.

Raising Awareness of Parents. These sessions will be titled, "The Blunt Truth" and are aimed at educating parents about the implications of the trend toward legalization of marijuana and facts related to the impact of marijuana on their children. There will be a total of four sessions (one in each school district, York, Rock Hill, Fort Mill, and Clover). Ambassadors are needed to set-up a table and greet guests. Other sessions:

- 👉 **February 23 • 1:00 PM.** York School District One
- 👉 **February 24 • 12:15 PM.** Rock Hill School District, Flexible Learning Center
- 👉 **February 25 • 12:00 PM.** Ft. Mill School District Office
- 👉 **February 26 • 12:00 PM.** Clover School District Office

February 23 • 1:00 PM. *York County Day.* February 23, 2016 is officially York County Day in the state of South Carolina. This important annual recognition provides leaders from the county the opportunity to meet face-to-face with legislators from across the State for the purpose of promoting the successes and challenges of our growing community. This event takes place in Columbia, SC. Ambassadors are needed to network with business leaders and promote Carolinas HealthCare System initiatives.

INCLEMENT WEATHER

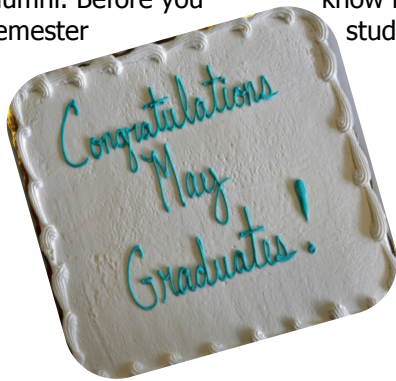
Should inclement weather necessitate the delay or closing of the college, we will post that status on the college's inclement weather hotline (704.446.7854), information portal, and will notify you via phone, text and/or email. If a delayed opening is announced, count the delay from 8:00 a.m. So if there's a 2-hour delay, the college will open at 10:00 am. **Pop Quiz:** Your class regularly meets 9:00 – 11:00 am on a day the College is on a 2-hour delay. What do you do? **Answer:** If you can do so safely, come at 10:00 am. Your class will meet for one hour.

Following the recent inclement weather, a new system was implemented for notifying you about the status of the college. Many of you received a phone call and email. Some of you received a text. [If you want to ensure that you receive a text](#), we need you to verify that we have your correct cell phone number in Sonis... here are the instructions:

- ☞ Log on to Sonis.
- ☞ Click on "Update Bio" on the top right menu.
- ☞ Add your cell phone number in the Cell Phone field (this is very important as there is no way for us to know this is your cell phone unless it is in this field). Click Submit at the bottom of the page.
- ☞ If this is the only number you have or want to use, please make sure the other phone fields are blank. If you want a home and work number listed as well, these should be a different number to prevent multiple calls.

SAVE THE DATE - Alumni Reception for All May Graduating Students

Wednesday, March 16, members of the CCHS Alumni Association will be in the lobby from 10 to 11 a.m. to extend their congratulations on a job well done. Enjoy cake, punch and cookies, and meet a few CCHS alumni. Before you know it, you'll be returning to treat final semester students!



IMPORTANT DATES TO REMEMBER IN NOVEMBER

Details of each are found elsewhere in this newsletter. **Red** indicates special opportunities to engage and connect!

Feb. 1	HR Recruiter on Campus
Feb. 2	Admissions Information Session
Feb. 3	BCLS Online Skills Check - Part 2
Feb. 4	PTK volunteers at the Men's Shelter
Feb. 5	CCHS Wears Red for Heart Healthy Month Basic Phlebotomy Skills Workshop for HealthCare Providers
Feb. 8	SNA Bake Sale Belize Information Session 1
Feb. 10	BCLS Online Skills Check - Part 2
Feb. 11	PTK Induction Ceremony Belize Information Session 2 We LOVE Our Students Day
Feb. 12	Application for Spring Graduation Form Deadline
Feb. 15	Open Forum with President Sheppard
Feb. 17	BCLS Online Skills Check - Part 2
Feb. 18	PTK General Meeting Chaplain's Grand Rounds - <i>Traumatic Events and Resilience</i>
Feb. 19	Last Day to Pickup Financial Aid Checks or Sign Promissory Notes
Feb. 24	BCLS Online Skills Check - Part 2

Feb. 25	Employee Assistance Program Webinar - <i>Single Parenting</i>
Feb. 26	Introduction to IV Therapy Workshop
Feb. 29-Mar. 4	Spring I Final Exams

SAVE THE DATE:

Mar. 1	Continuing Education & Job Fair
Mar. 3	PTK Volunteers at the Men's Shelter
Mar. 4	Deadline to Apply for the ANSWER Scholarship
Mar. 7-11	Spring Break - NO CLASSES
Mar. 14	PTK Bake Sale
Mar. 15	Deadline to Order Pins for Commitment to Caring Ceremony
Mar. 25	Holiday (Good Friday) - COLLEGE CLOSED
Apr. 1	Deadline for Outstanding Educator Nominations
Apr. 11-13	Annual Phone-a-thon Fundraiser
Apr. 18	Deadline to Submit Introduction Blurb for Commitment to Caring Ceremony
May 4	Commitment to Caring Ceremony

CAROLINAS COLLEGE OF HEALTH SCIENCES

PO Box 32861/1200 BLYTHE BLVD., CHARLOTTE, NC 28232 ■ 704.355.5051 ■ WWW.CAROLINASCOLLEGE.EDU

QUICK REFERENCE SHEET

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: DR. LORI BEQUETTE

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@CAROLINASHALTHCARE.ORG

TECHNOLOGY

LARRY TURNER, 704.355-7577; LARRY.TURNER@CAROLINASHALTHCARE.ORG
KISHA CHOICE, 704.355.7572; KISHA.CHOICE@CAROLINASHALTHCARE.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/MERRITT NEWMAN
CHRISANNE RANCATI/JOY GODWIN
ROOM 166, 704-355-5051
RHODA.RILLORTA@CAROLINASCOLLEGE.EDU
CHRISANNE.RANCATI@CAROLINASCOLLEGE.EDU
MERRITT.NEWMAN@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 254, 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@CAROLINASHALTHCARE.ORG
REFUNDS, TUITION/FEES, CASH HANDLING, SONIS

FINANCIAL AID OFFICE

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
(CHS EDUCATIONAL LOAN FORGIVENESS, FEDERAL LOANS, GRANTS & SCHOLARSHIPS)

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
CCHS LOGO STORE: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 2016

SPRING I MIDTERM	FEBRUARY 3
LAST DAY TO WITHDRAW WITHOUT PENALTY - SPRING I.....	FEBRUARY 12
SPRING I CLASSES END.....	FEBRUARY 26
SPRING I FINAL EXAMS	FEB. 24 - MAR. 4
SPRING BREAK (NO CLASSES)	MARCH 7 - 11
FULL SPRING MIDTERM	MARCH 9
SPRING II CLASSES BEGIN.....	MARCH 14
HOLIDAY - COLLEGE CLOSED.....	MARCH 25
LAST DAY TO WITHDRAW WITHOUT PENALTY - FULL SPRING.....	APRIL 4
SPRING II MIDTERM.....	APRIL 6
LAST DAY TO WITHDRAW WITHOUT PENALTY - SPRING II	APRIL 15
FULL SPRING & SPRING II CLASSES END	APRIL 29
FULL SPRING & SPRING II FINAL EXAMS.....	MAY 2 - 6
SPRING COMMENCEMENT	MAY 6

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
HUMAN RESOURCES (EMPLOYMENT)	704.355.2101
INCLEMENT WEATHER.....	704.446.7854
PRESIDENT'S OFFICE	704.355.5316
PROVOST'S OFFICE	704.355.3920
RADIATION THERAPY PROGRAM.....	704.355.6937
RADIOLOGIC TECHNOLOGY.....	704.355.7689
SCHOOL OF CLINICAL LABORATORY SCIENCES	704.355.4275
SCHOOL OF NURSING	704.355.5343
SECURITY (CHS DISPATCH)	704.355.3333
SECURITY ESCORTS (TO REQUEST).....	704.355.2093
STUDENT HOUSING (HOME MANAGEMENT)	704.731.8096
SURGICAL TECHNOLOGY	704.355.1547
TEAMMATE HEALTH.....	704.641.0206