

JANUARY 2012

2011 Angel Tree Kick-off Celebration

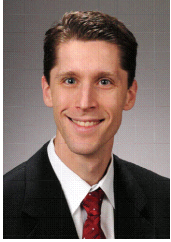


Our Mission:
“Cabarrus College of Health Sciences creates progressive educational experiences that enable learners to be knowledgeable, skillful and competent health science professionals.”

Angel Tree Update:
This year, the College's Angel Tree provided Christmas for 20 children in 8 families. We received more donations than ever before! Thanks to everyone who helped make this the most successful Angel Tree EVER!!

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A MESSAGE FROM MARK COLEMAN

DEAN FOR ADMINISTRATIVE AND FINANCIAL SERVICES

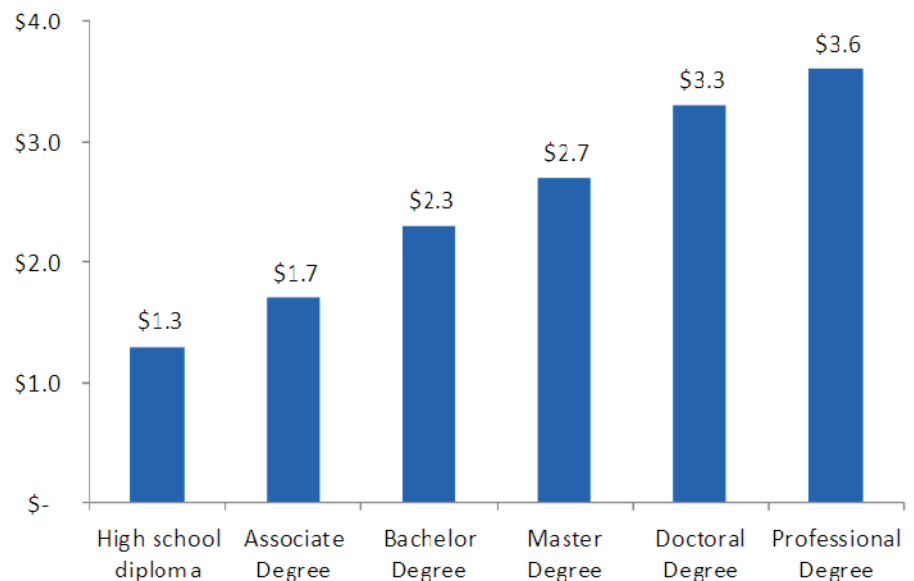
The Value of a Degree

Many people go to college to improve their lives: to become better educated, to fulfill a dream, to prepare for a specific job, to help others, to make a comfortable living. Have you considered the value of a high school diploma or an associate degree or a bachelor degree? How important is it for you financially to complete your degree?

A recent study conducted by the Georgetown University Center on Education and Workforce reveals that there is increased value with each level of educational attainment. For example, those with a bachelor degree earned 84% more over their lifetime than those with a high school diploma. This is a 9% increase compared to 1999. While an individual with a high school diploma will earn \$1.3 million over a lifetime, an individual holding a bachelor degree will earn \$1 million more or \$2.3 million.

When considering the total cost of a full-time two-year or four-year degree at Cabarrus College at \$21,480 and \$42,960, respectively, it is clear that the payoff is significant.

Median Lifetime Earnings
(in millions)



Source: The College Payoff, Georgetown University

ADN Students Shadow Nurses at Burn Center

During Fall Break, ADN students from the class of December 2011, they went to the JayCee Burn Center in Chapel Hill to shadow the nurses in the critical care burn unit. They spent two days with the nurses, and did a lot of hands on care of the patients, including very complex dressing changes.

This experience was offered by Ernest Grant, RN, MSN, Outreach Coordinator. Ernest provides the Burn lecture every semester for the ADN Program, and always extends an invitation to any student who would like to come and shadow a nurse at the burn center. These students took him up on his offer and had an amazing experience.



(L-R) ADN students, Rebecca Moyle, Stephanie Smith, and Jennifer Lopez, at the JayCee Burn Center in Chapel Hill.



GO SEE THE EXHIBIT...

NOW THROUGH JANUARY 22

Tickets may be purchased at the door. Fee includes admission to the exhibition and the Museum's 84 acre science park.

RACE Are We So Different?™

October 8, 2011 through January 22, 2012
Museum of Life and Science in Durham

RACE, developed by the American Anthropological Association in collaboration with the Science Museum of Minnesota, is opening at the Museum of Life and Science in Durham on Saturday, October 8. This award-winning exhibition is the first of its kind to tell the stories of race from the biological, cultural, and historical points of view.

The exhibition brings together the everyday experience of living with race, its history as an idea, the role of science in that history, and the findings of contemporary science that are challenging its foundations. Combining these perspectives offers an unprecedented look at race and racism in the United States.

To learn more about the exhibition,
visit lifeandscience.org/RACE

Hello, and Happy New Year Everyone!!

- Do you ever feel a little overwhelmed with school and personal responsibilities?
- Do you ever feel that you need some help with studying or understanding the best way to retain information from class?
- Do you ever feel like you could just use someone to talk to and just listen; air out your chest a little?

We all feel that way sometimes, and the Counseling Department can help with all of those issues!

Hi! My name is LeAnna and I will be interning in the Counseling Department this Spring Semester. I am a Masters student in the Counseling Department from the University of North Carolina at Charlotte. I am so very excited to join Cabarrus College of Health Sciences and offer my services to each you!

In my role, I am able to assist you with a wide range of matters including study help, test-taking anxiety, career or academic major decisions, stress, personal matters, learning styles, personality inventories and so much more! This letter serves as a personal invitation to seek me out for a chance to talk, to be heard, and to get some valuable information that can help you succeed better in your studies. As a student, you are entitled to counseling services free of charge, and sessions are confidential.

I will be available for walk in and scheduled appointments on Mondays and Tuesdays from 11 am to 4:00 pm. I am also available to schedule appointments on other days that are more convenient for your schedules. Remember, I am here to serve you in any way I can!

Just as a bonus, I have included a few study tips to help you kick

off a successful year! Please feel free to come see me to further discuss these tips, and how they can apply to your current habits and learning styles.

Study Tips

- 1) Alternate Study Places: The brain retains and remembers information in the same place you study each time. Alternate studying locations, allows the brain to better recall information in different places (i.e. while taking a test).
- 2) Use study and homework groups: Studying with peers can help better retain information.
- 3) Make flash cards.
- 4) Take tests: Although taking tests can be anxiety inducing, frequently taking tests can decrease anxiety and helps to "practice" the information being taught, so that you remember it better.
- 5) Sleep: Get plenty of rest so that your brain is functioning at its' best capacity.
- 6) Don't categorize yourself: Instead of focusing on if what type of learner you are, or if you're right brained or left brained, focus on what study strategies work best for you.
- 7) Go to class: Studies show that students who regularly attend class, get better grades.
- 8) Don't focus on one subject too long: It's better to study related subjects for smaller amounts of time during a study session, instead of spending hours on one subject.
- 9) Manage your time: Stay organized and on top of deadlines.

Enhancing our Cultural Competence...By Volunteering and Community Service

Agency Spotlight:

Community Free Clinic

528-A Lake Concord Rd.,
Concord NC 28025
Phone (704)782-0650 Fax (704)782-8638

About Us

Retired physicians Dr. George Liles and Dr. David Lockhart founded the Community Free Clinic in 1994 in an effort to meet the needs of the uninsured in Cabarrus County. No fees are charged for services.

Clinic Hours

Tuesday 6:00pm to 8:30pm
Thursday 9:00am to 4:00pm

Pharmacy Hours

Monday 9:00am-12:00pm & 1:00pm-3:00pm
Tuesday 9:00pm-12:00pm & 6:30pm-8:00pm
Wednesday Pharmacy is Closed
Thursday 9:00am-12:00pm & 1:00pm-6:00pm

Services

Night Clinic

Volunteer physicians, nurses, pharmacists and lab technicians staff the Night Clinic. The Clinic sees patients on Tuesday nights from 6:00pm- 8:30pm and on Thursdays from 9:00am till 4:00pm. New patients are assigned to the Community Free Clinic by the Community Care Plan office. Patients who qualify for the Community Care Plan are Cabarrus County residents without insurance and with household income $\leq$ 125% of

Federal poverty.

Dental Clinic

A monthly dental extraction referral clinic is also offered. Appointments for this clinic are accepted on the first Tuesday of each month starting at 9:15am. The dental referral clinic is normally held on the second Tuesday night of each month.

Pharmacy Collaborations

The Community Free Clinic collaborates with Cabarrus Community Health Centers to properly label patient assistance program medications to their uninsured patients. Approximately 200 patients are served through this collaboration.

The Community Care Plan Pharmacy Program provides medications to patients seen as charity care by area physicians. Physicians see these patients in their offices and the Clinic provides medications and diabetic supplies that are not covered by the Walmart \$4 formulary.

How to Volunteer

Contact Venetia Skahen at venetiaskahen@cfclinic.org or (704)782-0650 to volunteer. If you want to volunteer in a *nursing or pharmacy* role, you must attend a thirty minute orientation. **The orientation sessions are on the first Tuesday of each month at 11am or 5pm.**

The Clinic's Wish List

Volunteer Needs

- Administrative

- Interpreters
- Pharmacy Support
- Photographer
- Medical Professionals (Doctors, Lab Techs, Nurses, Pharmacists)

Committees

- Board of Directors
- Finance
- Fundraising

Clinic Supplies

- Brown paper bags
- Exam gloves
- Ziploc bags : sandwich and snack sizes

Volunteer Supplies

- Dinner for 25 Night Clinic volunteers
- Paper plates, cups and napkins
- Snack food
- Soft drinks/bottled water

Medical Equipment

- Daily pill boxes for patients
- Insulin syringes
- Nebulizers

Office Supplies

- Copy paper
- Pens
- Post-It notepads

Services

- Building maintenance projects as needed
- Landscape maintenance

The information above was taken from the Community Free Clinic's website.

For more information on the Community Free Clinic, visit www.communityfreeclinic.org.

Hinds' Feet Farm Thanks Occupational Therapy Assistant Students

The following is an excerpt from a letter that was sent to our OTA Staff, from Suess Fraser M.A., Day Program Coordinator, NARHA/PATH Certified Riding Instructor at Hinds' Feet Farm in Huntersville.

"I want to again express my deep appreciation for your participation in the Therapeutic Riding Program this fall here at Hinds' Feet Farm. The Occupational Therapy Assistant student volunteers added a very constructive and exciting dimension to our horseback riding activities this year. Our members thrived on the interaction and assistance that the OTA students provided during their riding experiences. I am so pleased to have had the students here to share their occupational therapy expertise as we engaged in the therapeutic horsemanship exercises. And we also were so happy to share fun moments, smiles, stories and laughter with such an energetic group of young professionals. You are obviously doing a great job there at Cabarrus College of Health Sciences in preparing therapists for their future careers."

First-year Occupational Therapy Assistant Students, Define OT:

Kim Madden - Optimizing today for a better tomorrow.

Tammy Sims – Putting life back in your years.

Joan Brower – Looks at what you have and makes it better.

Emily Merino – Out with the old and in with the new.

Lauren Page – Decreasing the impact of disability, improving the quality of life.

Katie Kee – The guiding light in regaining a meaningful life.

Leslie Black – When life tells you to stop, we show you how to go.

Allison Smith – Customized tools for living your life.

Jennifer Weddle – We put the “fun” in functional living.

Whitney Payne – Servicing mind, body and spirit.

Candace Norberg – Helping you to help yourself.

Deborah Snider – Enabling people to live.

Kristin Carter – Putting the “fun” in function.

Amber Thomas – Helping achieve everyday life through mind, body and wellness.

Hayley Pethel – Enabling patients the ability to live their life to the fullest.

John Broome – Learning how to live.

Laura Freese – Inspiring new life through meaningful activi-

ties.

Joanne Tavell – Ensuring functions in the meaningful parts of life.

Latisha McKinney – Enriching clients with the means to fulfill their dreams.

Rita Wilson – If you give up, they will.

Blaire Hart – Bringing clients back to living life through meaningful occupations at any stage of life.

Joanne Lambert – Independence through gained ability.

Ryan Dexter – Functioning with a purpose.

Stefanie Cranford – Gaining life through activity.

Tiffany Gray – My new independent life.

Carmen Eudy – Using productive and creative activities to help one achieve independence in all aspects of life.

Stacey Barber – Mastering everyday life.

Dai Laughlin – Creative proficiency for partnership in healing.

Rochelle Craig – The hands of God being used in a holistic approach to bring healing and/or restore health to the spirit, soul and body of the client.

Diana Brown – Independent living through purpose.



Environmentally Friendly

"In the end, we will conserve only what we love. We only love what we understand. We only understand what we are taught." ~ Babia Dioum Senegalese, Ecologist



Ever considered using only all-natural skin care products? You may want to consider it. Check the disturbing statistics below...taken from www.treehugger.com (February 19, 2007).

Natural Skin Care: By the Numbers

4 pounds: Average amount of lipstick a woman will ingest over her lifetime.

11: Percentage of the 10,500 ingredients used in personal-care products that the U.S. government has documented and publicly assessed for safety.

1,110+: The number of ingredients banned in cosmetics in the European Union.

10: The number of ingredients banned in cosmetics in the

United States.

600: The number of companies that have signed the Compact for Safe Cosmetics.

33: Percentage of personal-care products that contain at least one chemical linked to cancer.

22: Percentage of cosmetics contaminated with possible cancer-causing impurity 1,4-dioxane.

\$160 billion: Amount spent annually on skin and hair-care, makeup, cosmetic surgery, fragrances, health clubs, and diet products.

Don't get yourself in a "Crunch"!

Do not delay! File online today for your Financial Aid! Visit www.fafsa.gov to complete your 2012-2013 application! Filing early will be crucial due to changes in state aid for 2012-2013!



Sweet reminders & financial aid assistance available in the front lobby on:

Tuesday, January 17th from 10:30 - 12:30

Monday, January 23rd from 12:30 – 1:00

Tuesday, January 24th from 10:30 – 12:30



NEWS FROM OUR STUDENT ORGANIZATIONS

Christian Student Union (CSU)

"The Free Store is a place to bring what you want to give and take what you need to live."

In the past year CSU members have collaborated with The Free Store, just one of the six non-profit organizations in area 15, with their service projects.

After visiting a homeless campsite, I learned how easy it is for someone to end up on the streets after misfortunate events, such as losing their jobs in today's economy. Once someone becomes homeless and no longer has an address or telephone number, it is extremely hard for employers to *want* to hire them. This continues the viscous cycle of hopelessness and homelessness.

The Free Store believes in building relationships with the homeless in order to help them get off the streets. The community in Area 15 focuses on getting to know these people, gaining their trust, and helping turn their lives around. They even go as far as helping them build resumes and purchasing cell phones for them in order for perspective jobs to have a contact for them. Some of the homeless people I have met have been so kind and selfless. Even though they themselves, they will turn around and return items



back to the Freestore for someone else who needs it more.

Area 15 is an environment that truly gives one an inspirational mindset to want to help others who are less fortunate. If you are interested in making a difference and helping the homeless in Charlotte, Area 15 is in need of volunteers every other Saturday. Please contact Liz Eagle at (704) 473-6734.

To read more about the other non-profit organizations in Area 15, check out their website at <http://areafifteen.com/>.

Pictured below, left: Kristen Merritt (right), CSU VP, and Sasha Lee, CSU Pres., hosting the Free Hotdog event

Phi Theta Kappa (PTK)

Congratulations to the Phi Theta Kappa advisors including Michelle Gay, Tiffany Brunson, and Zinat Hassanpour! As a result of their leadership, the College's chapter, Beta Theta Chi realized a 25% increase in membership over last year and has been recognized as a Pinnacle Award winner. Being an award winner, the chapter has earned 5 Membership Scholarships worth \$45 each which can be awarded to new inductees into the chapter. The scholarships are to be used for membership fees. Thank you also to faculty who have encouraged the students to participate in this honor society.

Rotaract

On December 5th, Rotaract member, Rebecca Childers, played Santa and delivered Christmas gifts to Rotaract's adopted Long Preschool class. Rotaract purchased hats, gloves, socks, coloring books, toys and more, for the children in Ms. Armstrong's class. The children were so excited and appreciative to receive the gifts! Rotaract sponsored a Bake Sale and Silent Auction in November, to raise money to purchase these gifts. Rotaract members will be returning in February for another visit.

Social Media Guidelines

Guideline Number Five: POSTING DURING CLASS, CLINICALS, OR WORK HOURS SHOULD OCCUR ONLY IF PART OF THE COURSE ASSIGNMENT OR WORK DUTIES.

The Student Pulse has been introducing Social Media Guidelines in the last four issues and will finish it up this month. Cabarrus College encourages you to be well-informed about etiquette and even the potential dangers that you could encounter, when using any form of social media.

It's simple. Common sense and manners...if you've got them, use them. While Social Media can be used in different types of (structured) learning environments, it doesn't mean that it's always appropriate. Unless your professor instructs you to do so, you can assume that logging onto Facebook during class, is not appreciated. Not only are you NOT learning while reading that *oh so important* post ("Brittany just checked in at Starbucks!"), you are also distracting your classmates from learning. Also remember that you (or your parents) are paying good money for your education....don't waste it. Most classes have a break every hour or so...be patient and wait until there is a break before you log onto Facebook. After all, do you really need to know that someone from high school, (who you haven't seen in ten years), "just ordered a Venti, non-fat, skinny, mocha latte"?

CABARRUS COLLEGE of HEALTH SCIENCES

The Values of Cabarrus College are:

- Caring
- Commitment
- Teamwork
- Integrity

NorthEast Health and Fitness Institute to Move to Gateway Center—New Hours

On January 13th NorthEast Health and Fitness Institute will close their location on the campus of CMC-NorthEast and will reopen on January 16th at The Gateway Center (1090 NE Gateway Court – Suite 102).

Group exercise classes will begin in February and there will be a formal Open House, which the date has yet to be announced.

Continue to use the current phone number (704-403-1020) until the

move. The new number will be advertised when it becomes active.

The cost will remain the same *initially* (\$20 consult fee for students & employees); **there will be a monthly membership fee TBA in the near future.**

MEMBER HOURS

***Effective January 16th**

Mon. 6:30 AM – 8 PM

Tue. 6:30 AM – 8 PM

Wed. 6:30 AM – 8 PM

Thu. 6:30 AM – 8 PM

Fri. 6:30 AM – 7 PM

Sat. 8 AM – 12 Noon

EAP—Employee Assistance Program is available through Carolinas HealthCare System. This program is designed to help you (students) and members of your family with all types of issues – marital conflicts, financial problems, job stress, emotional, alcohol and drug problems, legal issues and difficulties with children. Provided on a confidential basis, the EAP counselors offer help when you need it most.

There is no charge to you when you visit an EAP counselor. For more information, call the EAP office of Carolinas HealthCare System at 704-355-5021 or 800-384-1097. You may also contact EAP via email at www.chs-eap.org. All contacts are private and confidential.



Dena Bazzie-Jones



Michelle Tyndle
Carolinas Healthcare System, EAP

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY NEW YEAR	2	3	4	5	6	7
8	9	10	11	12	13 End of Drop/Add	14
15	16 Martin Luther King Jr. Holiday—College Closed	17	18	19 Open House	20	21
22	23 CAAP Test—AS	24	25	26 CAAP Test—BS	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11