

FEBRUARY 2012

Medical Assisting Students Participate in Samaritan's Feet Project

Recently, five Medical Assisting students spent their Saturday morning working with Samaritan's Feet to distribute 114 pairs of shoes to needy children in Cabarrus County. The event, Shoes of Hope, is a part of the Samaritan's Feet Mission whose goal is to put 10 million shoes on 10 million children over the next ten years.

Information about the event was distributed by Cooperative Christian Ministry and families began lining up at 10:00 a.m. to receive a new pair of shoes. The event was held at Epworth United Methodist Church on January 15. The five students participated in various ways. Mindy Barnes worked as a greeter as the families came into the church. She was responsible for collecting information about each participant. Ashley Bornstein directed the families to the "sizing room" where each child's foot was measured and was given an opportunity to pick out a free stuffed animal. Shoua Lee and Amber Taylor had the honor of greeting the children and "washing" their feet. They were able to tell the children about the Biblical story of how Jesus washed the feet of his disciples and how their actions were not of judgment but of love and concern. To help with the final process, Amanda Ross and Myra Mendoza were responsible for picking out a pair of new shoes and socks that would be attractive and appropriate for each child. I am especially grateful to Myra Mendoza who was able to use her ability to speak Spanish, to translate on several occasions. Everyone involved had a great time getting their volunteer hours while meeting a community need!

*Pictured L-R:
Mindy Barnes,
Myra Mendoza,
Shoua Lee,
Amber Taylor,
Ashley Born-
stein, Amanda
Ross, and
Stephanie
Canipe
(kneeling in
front)*



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

Cabarrus College Blood Drive

Thursday, February 23
11:00 a.m. — 2:00 p.m.

To make an
appointment, log onto
www.cbcc.us/donate,
sponsor code: cchs,
or you may email
Melanie Gass.

All donors will receive a
FREE T-SHIRT!

Help save a life!

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A MESSAGE FROM MARK COLEMAN

DEAN FOR ADMINISTRATIVE AND FINANCIAL SERVICES

Technology Enhancements

We have made significant technology upgrades and investments over the past couple of months to enhance your experience here at Cabarrus College. Listed below are the enhancements and their benefits. The computer fees that you pay each semester fund such technological enhancements. If you have suggestions for future improvements, contact mark.coleman@cabarruscollege.edu

Enhancements	Benefits
Upgraded 126 end-of-life computers throughout entire College	<ul style="list-style-type: none"> Increased productivity Increased student and employee satisfaction Ability to run current versions of software to enhance the teaching/learning environment
New email solution	<ul style="list-style-type: none"> 10 GB email (>200x size of current mailbox) 25 GB of online storage Microsoft Web Apps Increased email functionality Smart phone access No ongoing cost
30 device laptop cart	<ul style="list-style-type: none"> Increases flexibility with room scheduling Accommodates classes of greater than 15 students in need of computers Improved student and faculty satisfaction
Lab 345 capacity increased	<ul style="list-style-type: none"> Increased seating, reducing makeshift situations
Lab 334 reconfigured	<ul style="list-style-type: none"> Allows for enhanced flexibility of space Can be used as computer lab (with laptop cart) Can be used as classroom (non-computer class)
Installed Windows 7	<ul style="list-style-type: none"> Create a progressive learning environment Improve consistency between home and College computers Enhanced functionality
Installed 37 access points throughout entire College	<ul style="list-style-type: none"> Equip all classrooms with ability to wirelessly access the network/internet/intranet regardless of the number of students Allows for laptop cart devices to function on the network
Network consolidated	<ul style="list-style-type: none"> Eliminates inconsistent experiences for network and internet access Improves response time from Information Services helpdesk Reduced cost

Congratulations Cabarrus College Student Ambassadors!

We are happy to announce that the following students have been selected as Student Ambassadors:

(Pictured top row, L-R) Rebecca Childers, Ryan Dexter, Laura Freese and Brittany Gay

(Pictured bottom row, L-R) Patricia McCabe, Victoria Raffaldt, Erin Scarborough, and Jennifer Starnes.

Student Ambassadors, working with the Admissions Department and Student Affairs, represent Cabarrus College at recruiting events, community activities and alumni programs. Student Ambassadors are selected based on academic performance, communication skills, and campus involvement.



**Cabarrus College of Health Sciences
Student Ambassadors**

Important Financial Aid News

1. Important 1098-T tax documents have been mailed out to all students who were enrolled during 2011. Please keep an eye out for your envelope so that you can use it to determine your eligibility for Education Credits when filing your taxes. If appropriate, you may need to provide this to your parents for use when filing their taxes.
2. It is very important that all students who will be enrolled next year (2012-2013) complete a FAFSA form early this year. Because of changes to State funded programs you may lose out on funding if you do not complete your FAFSA form early.

Things to remember when filing your FAFSA are:

- Complete your tax forms at least 2 weeks before your FAFSA so that you can take advantage of the IRS import from your taxes. This will help with verification requirements for the FAFSA.
- Complete the section on the FAFSA that asks for state of residency. This information will be used to filter students for eligibility for NC funds next year.
- Under the driver's license section, complete all fields: be sure to list the state of your driver's license.
- List Cabarrus College under the school selection – our federal school code is 015358.
- Submit your 2012-2013 FAFSA at www.fafsa.gov.
- **COMPLETE THE FAFSA – EARLY – EARLY - EARLY – Don't delay!!!!**

What is a Guided Study Session?

Guided Study Session (GSS) is an important ingredient in your recipe for success! GSS is offered for the following courses this Spring Semester – BIO190, BIO210, MED110, NSG110, NSG120, NSG210, OTA 130, OTA140 and SRG121. Plan to attend these student-led sessions to increase your knowledge and strengthen your foundation. The GSS Student Leader will mentor your group, answer your questions & concerns, and give you tips on how to make the most of your class time and how to prepare for taking tests.

Over half of all students participated in GSS last semester, and 90% maintained a passing grade or improved from a failing grade to passing.

For more information about GSS, talk with your course instructor.

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

Agency Spotlight:

Hinds' Feet Farm

Will DeGrauw, Program Director
14625 Black Farms Rd.
Huntersville, NC 28078
(704) 992-1424

Email: wdegrauw@hindsfeetfarm.org

Our Mission

Hinds' Feet Farm is dedicated to serving persons living with brain injury. Our mission is to maximize the post injury potential of persons living with brain injury with integrated, unique and holistic programs; allowing our members to pursue meaningful activities while developing a sense of belonging at home and in the surrounding communities. We will accomplish this mission with unique, person-centered, post-rehabilitation, community-based programs.

Our Name

Many people have asked us where the name "Hinds' Feet Farm" comes from. The name was the idea of our founder, Puddin Foil, a very spiritual woman, and comes from the Old Testament, specifically Habakkuk 3:19 which reads as follows:

"The Lord GOD is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places." This verse spoke to Puddin about God's Promise to allow everyone, even those with disability, to maximize their potential - to reach high places, and that God would keep them safe.

Our Commitment to Quality

Hinds' Feet Farm is committed to providing the highest level of care for people with Brain Injuries. We have earned accreditation from the prestigious Commission on the Accreditation of Rehabilitation Facilities (CARF), which sets high standards for programs in the brain injury care industry. Hinds' Feet Farm has achieved a 3 year accreditation from CARF under the classification: **Community Services: Community Integration** for the following programs: Day Program – Huntersville and Day Program – Asheville.

Day Program

The Hinds' Feet Farm Day Program is a paradigm shift from the traditional medical treatment model for people living with brain injury, to a model that embraces a holistic health and

wellness orientation, empowering members toward occupation and meaning in life post injury.

Created by and for, persons living with brain injury; members actively participate throughout the entire infrastructure of the program. Hinds' Feet Farm is person-centered, member empowered, self-determined, free choice, conceptualized and driven program. Members are self-governing through the fluidity of the program by self-designing opportunities to engage in reestablishing and empowering occupation. Program staff, family and professional caregivers, in-kind community volunteers and student interns are guides for members in opportunities for exploration, discovery, confidence and self-esteem in their new identity and meaning in life post-injury. A Member Bill of Rights, membership criteria, and program rules structure inclusion in the program while referrals will be encouraged through the existing network of brain injury service deliveries throughout the greater Charlotte community. Our goal is to serve individuals in the Mecklenburg, Cabarrus, Rowan and Iredell county areas.

The daily programming schedule is based on member focus groups through ongoing needs assessments, improvement feedback and program evaluations. Through Hinds' Feet Farm's holistic health and wellness, and empowerment model, members may choose to participate in daily, skill training, thematic-based, workshops. These workshops are grouped into several categories: cognitive, creative, functional, emotional, physical, recreational, social and vocational.

Occupational Integration Sessions or individually scheduled appointment sessions with members are designed to mentor and coach members in occupation and/or specific skill exploration and acquisition to further improve quality of life, increase independence and community integration. Additionally, traditional therapies such as speech, occupation and/or physical therapy will be available as needed and prescribed by the member's primary caregiver and/or primary care physician to further refine residual challenges.

Hinds' Feet Farm will also meet the multi-faceted needs of members' families. Family caregivers can develop a circle of peer and professional support by participating in the program offerings and their own weekly support groups at Hinds' Feet Farm. Partner-

ship with local Brain Injury Association of North Carolina support groups and resource connections such as Project STAR at Carolinas Rehabilitation will exemplify Hinds' Feet Farms commitment to members and families in the community.

Hinds' Feet Farm is also committed to program evaluation and outcome measures through evidence-based practice to validate the program's efficacy, and to substantiate members' journey of an improved quality of life, increased independence and success in their community. Hinds' Feet Farm will initiate an outcome tracking system in collaboration with the National Brain Injury Research, Treatment & Training Foundation.

Interested in a Truly ENRICHING Volunteer or Intern Experience?

Then look no further! Both Hinds' Feet Farm locations (Huntersville and Asheville) offer a one-of-a-kind truly rewarding opportunity for individuals who really want to make a difference in the lives of those less fortunate. Our unique, member-driven, community-based program derives its strength and efficacy from creating, and engaging the power of the community - not just the community of members and staff, but also by engaging with you - members of the community-at-large. Community Volunteers and Interns are an important and integral part of our program!

What do I need to volunteer?

- An open mind
- A generous spirit
- A willingness to share and participate
- ie: NO EXPERIENCE or special talents/ skills necessary!

The Greatest Gift you can give as a volunteer is the gift of yourself and your time - you will be amazed at how eager our members are to make new friends and acquaintances!

What do volunteers do?

That's up to you and the Program Director. Volunteers can offer special skill and creative talents to lead groups activities, or just come and hang out and be a friend to someone on the program! Volunteers and Interns have lead groups like:

- Yoga

(continued on page 5)

(continued from page 4)

- theater/improvisation
- music therapy
- spiritual discussions
- arts & crafts
- Scrapbooking
- Photography
- games, etc.

If you are interested in volunteering, please download and print the following forms from the website. You should review them carefully and bring them with you on your first day of volunteering. Please do not take offense to any of these - they are required by the State.

- Volunteer/Intern Application & Contact Sheet
- Assurance of Confidentiality
- Media Release
- Communicable Disease Policy

• Accident Waiver

We also highly recommend that volunteers interested in learning more about Traumatic Brain Injury (TBI), visit www.nctbitraining.org. This is an informative and short online course on TBI that was developed by the NC Department of Health and Human Services, the Brain Injury Association of NC, Project Star and Charlotte AHEC. You may also visit our LINKS page for additional resources.

Interested Volunteers and Interns should contact one of our Program Directors below to schedule your initial visit and explore and discuss your interests as a volunteer or intern. We look forward to seeing you in the program!

Huntersville - Will DeGrauw, Program Director, Office (704) 992 – 1424, Fax (704) 992 - 1423

Therapeutic Riding - Sueess Fraser, Riding Instructor, Office (704) 992 – 1424, Fax (704)

992 - 1423

Looking for a great GROUP Volunteer Experience? You've found it! Over the years, hundreds of volunteers from many area groups have donated their talent, enthusiasm and thousands of man-hours in numerous projects like:

- Construction clean up
- Landscaping
- Building trails
- Building footbridges
- Mowing
- Building workbenches
- Painting
- Clearing woods
- Building retaining walls
- Tree work
- Cleaning fences
- Spreading gravel



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



The following article was taken from <http://craftingagreenworld.com>.

10 DIY Valentine's Day Gifts for Him

January 28, 2012 by Becky Striepe

Can you believe that Valentine's Day is just a couple of weeks away? Don't fret! You still have time to make it a romantic, handmade holiday!

Making gifts for men is always hard for some reason. With a girlfriend, you can whip up a cute accessory or give her something cute for the house, but when it comes to gifts for him, I get stumped. For men, you need to dig a little bit deeper, right? What does he like to do? Does he have a hobby or a problem you can fix with something handcrafted? Functional gifts seem to go over well with the fellas. Here are some DIY Valentine's Day gifts for him that are fun to make and functional!

1. Is your fella into gadgets? You can make him a custom case for his Kindle! If Kindle isn't his gizmo of choice, just change up those dimensions to fix his favorite thing: an iPhone, Nintendo 3DS, or whatever he's toting around that needs a little bit of protection.
2. Is he super into his iPhone? Whip up a pair of iPhone gloves using conductive yarn mixed in with your favorite eco-friendly yarn!
3. Does he need some help in the organizational department? Maybe a handmade, reclaimed paper planner is in order.
4. If writing is his thing, you can make him a custom journal that's just his speed.
5. Is he really into sports? Make him a t-shirt scarf in his team's favorite colors. Just hit the thrift store to stock up on tees.
6. Is your sweetie a beer drinker? Make him a felt beer cozy to keep his hands warm and his drink cold. Just make sure you go for recycled felt to keep this project eco-friendly.
7. Are winters not his fave? Keep him warm, cozy, and manly with a handmade neck warmer (no knitting required!).
8. Does he love riding bikes? Track down a couple of second-hand backpacks and make him a bike pannier to tote everything when he's on the go.
9. Is he more of a homebody? If he digs hanging out watching movies and TV, make him his very own custom throw pillow to keep him cozy! You can fancy it up with a DIY stencil to make it 100% him.
10. If he spends a lot of time on his computer, you can make him a custom mouse pad! What I like about this tutorial is that it uses cork, which is a sustainable material, in place of the neoprene foam that you see in most mouse pads. You can decorate it with reclaimed or organic fabric to make this a pretty green project!

WE WELCOME ALL NEW STUDENTS & GIVE A BIG THANKS TO OUR WONDERFUL SPRING ORIENTATION 2012 VOLUNTEERS!



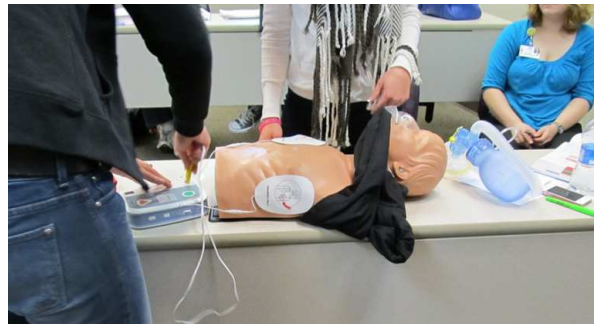
Mr. Faw Orchestrates a Surprise AED Simulation

Recently, Mr. Faw orchestrated a surprise AED simulation for the students in Ms. Hassanpour's A & P class. It turned out to be a wonderful learning experience for everyone involved. Here is how it happened:

"Oh no! Someone has collapsed in the hallway and Mr. Faw brings him into Ms. Hassanpour's A&P lecture and asks for help! He is NOT breathing and he has NO pulse. Lesley Fisher and Ashley Love sprang into action the moment the distressed victim was brought in. Lesley begins compressions while Ashley runs to call 9-1-1 and to get the AED."

Ashley returns with the AED as students gather round to offer their support and assistance. Ms. Harrington, our CPR instructor, lends a hand as the third "life-saver" in this simulation. No pulse, no heartbeat, we must act fast with the AED! Hook one high right and low left! Plug in.... the machine speaks to us... and we listen! Shock delivered! Life Saved!"

Thanks to Mr. Faw for going the extra mile to help prepare Cabarrus College students for a life in healthcare!



Cabarrus College Welcomes New Librarian



The College is pleased to announce Emily Patridge, MLS as the new librarian. She replaced Steve Owen after his retirement this past October. Emily earned her Master of Science in Library Science and her Bachelor of Science in Information Science from the University of North

Texas in Denton, Texas. She also holds a graduate academic certificate in Management in Libraries and Information Agencies. She can be reached at emily.patridge@cabarruscollege.edu.

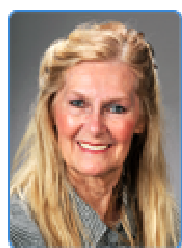
be reached at susan.trevathan@cabarruscollege.edu.

Happy New Year from the library, and we look forward to seeing you and helping in any way possible!

We will be providing you with more information as to what events are happening, in future newsletters.

Remember that our online resources are a great help! Visit AHEC digital library <http://library.ncahec.net/main.cfm> or NC LIVE at www.nclive.org.

For further assistance, you may email us at www.library.assistance.edu.



Another member of the Library staff is Pat Linker. Mrs. Linker began working at Cabarrus College in 1979. Her favorite part of the job is encouraging students who are in need of “uplifting.” When not working, Ms. Linker enjoys her ranch and horses as well as watching movies.

She can be reached at pat.linker@cabarruscollege.edu.

Hours of Operation:

Monday– Thursday 8:00 a.m.—6:30 p.m.

Friday 7:30 a.m.—4:30 p.m.

Sunday 1:00 p.m. – 5:00 p.m.



Another member of our library staff is Mrs. Susan Trevathan. Susan loves to provide help to all who visit and offer encouragement to patrons. Susan’s hobbies include photography, yoga, Zumba, and playing with her three young children. Susan can

“ACCEPT CHALLENGES, SO THAT YOU MAY
FEEL THE EXHILARATION OF VICTORY.”
~ GEORGE S. PATTON

Social Media Guidelines

The Student Pulse has been introducing the College’s Social Media Guidelines in the previous five issues. This month, all guidelines are listed, so that we all can review them and try to always keep them in mind. 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.

1. Think before you post.
2. Realize your posts are public. Even with privacy settings, your photographs and information may be accessible by others for years to come.
3. Respect the rights of others. Use the same discretion as in face-to-face interactions, phone, or email communications—avoid hiding behind anonymity, be polite, and keep comments appropriate. Refrain from posting anything profane, libelous, hateful, harassing, slanderous, or obscene.
4. Protect confidential information, including information about patients, students, employees, and friends.
5. Posting during class, clinicals, or work hours should occur only if part of the course assignment or work duties.

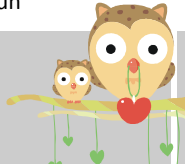


- Caring
- Commitment
- Teamwork
- Integrity

The cost will remain the same *initially* (\$20 consult fee for

Sat. 8 AM – 12 Noon

Michelle Tyndle
re System, EAP

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 			1	2	3	4
5	6	7	8	9	10	11
February 8 & 9 MURDOCK Study Enrollment						
12	13	14 	15	16	17	18
19	20	21	22	23 	24	25
26	27	28	29	1 <u>March</u>	2	3
4	5 College Closed	6 College Closed	7	8	9	10
Spring Break!!! March 5-9						