

MARCH 2012



Phi Theta Kappa Inducts New Members

The PTK Spring Induction was held on Sunday, February 19th, at the Hamrick Theatre at CMC-NorthEast. This was a very special occasion for the students inducted, who have a 3.25 or higher overall GPA. Congratulations to these outstanding students!

Jason Agnew
Melanie Akins
Amanda Allman
Michelle Baldree
John Broome
Nichole Chaves
Rebecca Childers
Courtney Cole
Mary Collins
Chasity Cumbo
Amanda Davenport
Kimber Fink
Lesley Fisher

Laura Freese
Casey Greene
Haley Gregorius
Alison Holt
Haley Johnson
Monica Kincaid
Raleigh King
Sara Kratt
JoAnne Lambert
Laurie Mann
Sheena Martin
Doris McLaughlin
Erika Medlin

Sarah Rogers
Cheryl Saunders
Lauren Shipe
Linsay Shubert
Kelley Slayden
Samantha Smith
Polly Smith
Jennifer Starnes
Alac Wall
Chelsea Wilkinson
Lucy Wilson
Ashley Young



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

**Attention All
Students Planning
on Graduating in
December 2012:
Intent to Graduate
Forms are due to
the Registrar's
Office by April 3!!!**

INSIDE THIS ISSUE:

A WORD FROM THE 2
PROVOST

WELCOME NEW 3
FACULTY

VOLUNTEER 4
AGENCY SPOTLIGHT

OTA PROGRAM 7

CALENDAR 8



A Word from the Provost...

By Dr. Meg Patchett

End of Course Student Evaluations

Why take the time to fill them out? Do they really make a difference? Who reads them? Does anybody *do* anything with the information?

Last fall, we eliminated the paper and pencil version of end of course student evaluations and placed them on Edvance360. Although we saved several trees by doing this, much to our dismay we found that the number of students filling out student evaluations fell dramatically!

Filling out the evaluations *does* make a difference. Evaluations are reviewed by the faculty member, the program chair, and by me. Our faculty *wants* to know how they are doing. They want to know what they're doing well in their quest to help you learn, and they want specific suggestions on what they can adjust to make the information come to life for you. In the past, your comments have helped us make decisions about textbooks, have led to the creation of a patient simulation lab, have increased the number of our online offerings, and have altered the techniques that our faculty uses to present information in class.

What you have to say does make a difference. Know that ratings and comments cannot be traced back to any one person. We want you to be honest. We also want you to be professional in your comments – it really is much easier for us to address a comment that says “Try putting only 3 bullet points on a PowerPoint slide” as compared to “This teacher s****s!”

So please help us help you. When the time comes around, take 5-10 minutes and let us know what we're doing right, and how we can do things better. We value your opinion!

Faculty and Staff News

Congratulations to:

Associate Degree in Nursing Assistant Professor, Deb Alder (MSN, RN), recently attained national certification as a Nurse Educator. Ms. Alder teaches in NSG 220 Complex Nursing, and coordinates the Nursing Practicum, NSG 230.

Former part-time instructor, Stephanie Canipe (RN, CMA), successfully passed the American Association of Medical Assistants' certification examination. Ms. Canipe recently was appointed interim chair of the Medical Assistant Program and is completing her baccalaureate degree in nursing with the College.

Violet Cook-Castle, formerly of the Registrar's Office, is now Administrative Assistant to the Provost, Dr. Meg Patchett. Violet is now located on the 2nd floor, in Administration.

Angela Ferguson, Director of Student Affairs, is mentoring the College's first Counseling Intern. UNCC graduate student, LeAnna Rice, began with the College on Jan. 9 and will complete her internship in May.

Librarian Emily Patridge (MLS, BSIS) will be published in an upcoming edition of the Journal of the Medical Library Association. Ms. Patridge contributed to the authoring of “A Case Study: The Evolution of a “Facilitator Model” Liaison Program in an Academic Medical Library”.



D. Alder



S. Canipe



V. Cook-Castle



E. Patridge



A. Ferguson



L. Rice

Welcome to Our Newest Faculty Members:

Jamie Brandon, BSN, RN

(no picture available)

Jamie is a part-time faculty member in our ADN program. She comes to the College from a position at the Pain Clinic at CMC-NE. Jamie will be a clinical instructor for NSG 120 (Acute Care Nursing) and will assist NSG 110 (Fundamentals of Nursing) students in the nursing skills lab. Additional qualifications include:

- MSN, Nursing Education (in progress): Western Carolina University
- BSN: Winston-Salem State University
- ADN: Cabarrus College of Health Sciences

Shelly Earnhardt, CST

(no picture available)

Shelly is a part-time faculty member in our Surgical Technology program. She comes to us with 19 years of surgical technology and surgical first assisting experience and is a clinical instructor for SRG 115 (Fundamental Perioperative Techniques), SRG 125 (Surgical Clinical I), and SRG 135 (Surgical Clinical II). Her qualifications include:

- Certified Surgical Technologist (CST): National Board of Surgical Technology and Surgical Assisting
- Diploma, Surgical Technology: Carolinas College of Health Sciences



Christy Holson, MA

Christy is our first part-time faculty member in the General Education Department. She has been part of our College family, in the role of Adjunct Faculty, since August 2008. Christy will be teaching SOC 101 (Introduction to Sociology), SOC 313 (Issues in Diversity), and SOC 320 (Sociology of Health and Illness). She will also serve as co-chair of the College's Quality Enhancement Plan (QEP) Committee. Her qualifications include:

- MA, Sociology: University of North Carolina at Charlotte
- BA, Sociology: University of North Carolina at Charlotte



Rachel Houston, CMA (AAMA)

Rachel is a part-time faculty member in the Medical Assistant program. She is a clinical instructor in MED 110L – Medical Assisting II. Her other qualifications include:

- AS, Medical Assistant (in progress): Cabarrus College of Health Sciences
- Certified Medical Assistant (CMA): American Association

of Medical Assistants (AAMA)

- Diploma, Medical Assistant: Cabarrus College of Health Sciences



Patricia Mullens, MSN, RN, CNE

We welcome Patricia back to Cabarrus College as a full-time faculty member in our ADN program. She is an Assistant Professor for NSG 120 (Acute Care Nursing). Her qualifications include:

- Certified Nurse Educator (CNE): National League of Nursing
- MSN: Radford University
- BSN, Bluefield State College
- ADN, Bluefield State College

New Adjunct Faculty:



Michelle Belcher, MBA

HSL 411 (Legal and Ethical Issues)

- MBA, Human Resource Management Concentration: AIU University - Buckhead
- BS, Business Administration: North Carolina Wesleyan College



Theresa Isibor, MSPH, EdD

HSL 302 (Methods for Health Services Research and Evaluation)

- EdD, Educational Leadership: University of North Carolina at Charlotte
- MS, Public Health: University of North Carolina at Charlotte
- Food Science and Technology: Delta State University, Anwai Campus, (Asaba, Delta State, Nigeria)



Vickie Smith, RHIA, CHDA

MED 111 & MED 111L – Business Applications

- BS, Health Information Management: East Carolina University
- Registered Health Information Administrator (RHIA) Certification
- Certified Health Data Analyst (CHDA) Certification
- ICD-10CM/PCS Trainer Certified

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

Agency Spotlight:

(the following information taken from www.unitedfamilyservices.org)

United Family Services (UFS)

is a not-for-profit, family service organization based in Charlotte, NC, with offices in Charlotte, Concord, Cornelius and Monroe. We are members of United Way of Central Carolinas, Inc. and are accredited by the Council on Accreditation. UFS programs are funded in part by the National Alliance for Children.

We are striving to make our services accessible to all people. Please let us know how we may assist you. Alternate formats of materials are available upon request.

For information about United Family Services and any of its programs, feel free to contact us at 704.332.9034 or via email at sthacker@ufscit.org.

Our Services

United Family Services' mission is to provide hope and solutions for people in crisis. We do this through a variety of programs and service areas:

Clinical Services

- » Individual, marital & family counseling
- » Anger management support groups
- » **Partners In Parenting** court-mandated education program
- » **Employee Assistance**

Crisis Intervention & Advocacy

- » 24-hour hotlines for victims of sexual assault
- » 24-hour hospital accompaniment for victims of sexual assault
- » Accompaniment to police interviews or meetings with district attorney
- » Advocacy within the criminal court system
- » Assistance to youth investigators in interviewing child victims
- » Assistance with victim compensation applications
- » Child abuse prevention education
- » Counseling for children who have been sexually abused and their families

- » Counseling for children who have witnessed violence
- » Crisis intervention and short-term counseling for victims of violent crime
- » Educational presentations on victimization and prevention
- » Grief counseling following a homicide
- » Post-traumatic stress debriefings for groups affected by violence
- » Support groups for teens & adult women who have been sexually assaulted
- » Training on issues of victimization and response to victims
- » Tree House Children's Advocacy Center

Victim Services

- » 24-hour emergency room response at Carolinas Medical Center
- » 24-hour emergency shelter in secure and confidential location
- » 24-hour hotline
- » Counseling for women (and their children) who have experienced intimate partner violence
- » Counseling for incarcerated women who have experienced intimate partner violence
- » Court accompaniment and assistance with filing protective orders
- » Support groups

Economic Independence

- » Budgeting, money management, education and planning
- » Debt Management Program
- » Mortgage delinquency/Loss mitigation/Default resolution
- » Pre/post rental counseling
- » Pre-purchase homeownership counseling
- » Post-purchase homeownership counseling
- » Rental delinquency
- » Reverse equity mortgage counseling

Volunteer

At United Family Services, our volunteers are a valued and integral part of the work that we do. Whether accompanying a survivor to the hospital or to court, answering a 24 hour hotline, or helping with an event, UFS volunteers are a vital part of our mission to provide hope and

solutions to people in crisis.

What do UFS Volunteers Do?

Accompany victims of domestic violence and sexual assault to civil court to provide support and information through our Victim Assistance program (Mecklenburg County)

Staff the Rape Crisis Hotline and accompany victims of rape and sexual assault to the hospital with our Rape Crisis Companion program (Mecklenburg, Cabarrus, and Union Counties)

Provide child care, office support, coordinate donations, and provide community service at our Shelter for Battered Women (Mecklenburg County)

Accompany children and families at our Tree House Children's Advocacy Center (Union County)

Help staff agency events and fundraisers with our Advancement Team (Mecklenburg, Cabarrus, and Union Counties)

And more!

How do I get involved?

The first step is to decide which volunteer area will be the best fit for you. To find out more, please contact our Volunteer Coordinator, Joey Honeycutt, at volunteer@ufscit.org

Once you've decided which volunteer opportunity is the right fit for you, our Volunteer Coordinator will work with you to help you submit an application and get scheduled for a volunteer training session.

Thank you so much for your interest in volunteering with United Family Services!

"Volunteers are not paid—not because they are worthless, but because they are priceless." ~unknown

Office Locations

UFS has offices throughout the metropolitan area, including Mecklenburg, Cabarrus and Union Counties. For general inquiries, please call 704.332.9034 or send email to info@ufscit.org.



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 www.thedailygreen.com.

The Easiest Green Cleaning Recipes You Can Make at Home

Make your own nontoxic natural cleaners with these simple recipes:

Porcelain and Tile

Keep your bathrooms and kitchen tile spotless and hygienic with these natural cleansers:

Baking Soda and Water: Dust surfaces with baking soda, then scrub with a moist sponge or cloth. If you have tougher grime, sprinkle on some kosher salt, and work up some elbow grease.

Lemon Juice or Vinegar: Got stains, mildew or grease streaks? Spray or douse with lemon juice or vinegar. Let sit a few minutes, then scrub with a stiff brush.

Disinfectant: Instead of bleach, make your own disinfectant by mixing 2 cups of water, 3 tablespoons of liquid soap and 20 to 30 drops of tea tree oil. It's easy!

Kitchen Counters

The room where food is prepared, stored and often enjoyed requires constant vigilance. Splatters, spills and crumbs can build up and collect out of sight, encouraging harmful bacteria.

Baking Soda and Water: Reclaim counters by sprinkling with baking soda, then scrubbing with a damp cloth or sponge. If you have stains, knead the baking soda and water into a paste and let set for a while before you remove. This method also works great for stainless steel sinks, cutting boards, containers, refrigerators, oven tops and more.

Kosher Salt and Water: If you need a tougher abrasive sprinkle on kosher salt, and scrub with a wet cloth or sponge.

Natural Disinfectant: To knock out germs without strong products, mix 2 cups of water, 3 tablespoons of liquid soap and 20 to 30 drops of tea tree oil. Spray or rub on countertops and other kitchen surfaces.

Windows and Mirrors

Instead of those harsh-smelling sprays, try this highly effective, simple solution for windows and mirrors:

White Vinegar, Water and Newspaper: Mix 2 tablespoons of white vinegar with a gallon of water, and dispense into a used spray bottle. Squirt on, then scrub with newspaper, not paper towels, which cause streaking. If you're out of vinegar or don't like its smell, you can substitute undiluted **lemon juice or club soda**.

Carpet and Rugs

Keeping carpets clean is less daunting than you might think, even after a season of tracked-in dirt and salt.

Beat Those Rugs: Take any removable rugs outside and beat the dust and hair out with a broom.

Club Soda: You've probably heard the old adage that club soda works well on carpet stains. But you have to attack the mess right away. Lift off any solids, then liberally pour on club soda. Blot with an old rag. The soda's carbonation brings the spill to the surface, and the salts in the soda thwart staining.

Cornmeal: For big spills, dump cornmeal on the mess, wait 5 to 15 minutes, and vacuum up the gunk.

Spot Cleaner: Make your own by mixing: 1/4 cup liquid soap or detergent in a blender, with 1/3 cup water. Mix until foamy. Spray on, then rinse with vinegar.

To Deodorize: Sprinkle baking soda or cornstarch on the carpet or rug, using about 1 cup per medium-sized room. Vacuum after 30 minutes.

Wood Floors

Hardwood floors are beautiful, hygienic, long lasting and add value to your home. They are easy to vacuum, but don't do well with wet mopping. So how do you restore their natural glow without roughing them up?

Vinegar: Whip up a solution of 1/4 cup white vinegar and 30 ounces of warm water. Put in a recycled spray bottle, then spray on a cotton rag or towel until lightly damp. Then mop your floors, scrubbing away any grime.

Safer Oven Cleaning

Conventional oven cleaning chemicals are loaded with toxic ingredients, including ethers, ethylene glycol, lye (sodium and potassium hydroxide), methylene chloride and petroleum distillates. The products are harmful to skin and eyes, and the fumes are unhealthy. Instead, go natural!

Baking Soda and Water: Coat the inside of your dirty appliance with a paste made from water and baking soda. Let stand overnight. Then, don gloves and scour off that grime. Make spotless with a moist cloth.

Clogged Drain

A stopped up sink or tub is a real hassle, but pouring toxic chemicals like Drano on them isn't so wise. Not only will that pollute our waterways, but the products can cause chemical burns and are highly dangerous if ingested. Do you really want that in your home?

Baking Soda and Boiling Water: Pour 1/2 cup of baking soda into the problem drain, followed by 2 cups of boiling water. If that isn't doing it for you, chase the baking soda with a 1/2 cup of vinegar and cover tightly, allowing the vigorous fizzing of the chemical reaction to break up the gunk. Then flush that with one gallon of boiling water.

Financial Aid News:

COMPLETE THE FAFSA – EARLY !

It is very important that all students who will be enrolled next year 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 question 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 2012-13 FAFSA at www.fafsa.gov
- COMPLETE THE FAFSA EARLY, EARLY, EARLY! Don't delay!!!!

Important Service Repayment Opportunity for OTA, Nursing and Pharmacy Tech Students Enrolling in 2012-2013 Academic Year

Students who are North Carolina residents and who will be enrolled next year in Nursing (Associate or Bachelors), Occupational Therapy or Pharmacy Tech should consider applying for the New North Carolina Forgivable Loan Service Program. Below is the link for the information that is now available on the College Foundation's website. This program is not need-based but does require you to stay in North Carolina and work in your designated field. If you do not intend to stay in North Carolina after you complete your program you should NOT apply for this, as it becomes a loan with an interest rate of 8%. The application deadline is April 1st, 2012. For more information on the loan program, copy and paste the link below in your internet browser:

<http://www.cfnc.org/Gateway?command=GetBasedProgramDetail¬e=yes&type=8&vocType=11&vocational=no&id=159>

WEEK EIGHT (8) OF THE SPRING SEMESTER!

We are halfway through.

How are you doing?

- 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?
- Do you need:

* Information on study tips



*LeAnna Rice
Counseling Student Intern*

- * Test-taking guidance
- * Suggestions for managing anxiety
- * Help with career or academic major decisions
- * Ideas to reduce stress and relax
- * Insight into your learning styles, personality type
- * Counseling on personal matters

We all feel that way sometimes, and the Counseling Center at Cabarrus College can help with all of those issues! Contact LeAnna Rice, UNCC Counseling Student Intern at leanna.rice@cabarruscollege.edu. LeAnna is available for walk in and scheduled appointments. Office hours are Mondays and Tuesdays from 11:00 am to 4:00 pm and by appointment. You may also call Angela Ferguson at 704-403-1614 to schedule an appointment with LeAnna.

What's New in the OTA Program?

OTA Program Hosts Guest Speaker



The Occupational Therapy Assistant program had the honor of hosting Dr. Danielle Englert, a neurologist with CMC-Neurology at the CMC-Neuroscience and Spine Institute in Charlotte, on February 7th. Dr. Englert discussed movement disorders, such as Parkinson Disease and

Essential Tremor, and presented information on Deep Brain Stimulation Surgery. Dr. Englert specializes in the treatment of Parkinson Disease and other movement disorders and also performs deep brain stimulation and botulinum injections. In addition to her presentation, four guest speakers with various neurological diagnoses shared their personal stories. Both presentations were extraordinary as students had the chance to ask questions and improve their understanding of movement disorders and how Occupational Therapy can benefit their future clients.



The North Carolina Occupational Therapy Spring Conference will be held at Cabarrus College of Health Sciences on Saturday, March 31st from 8:00 until 5:00 p.m.. We are

delighted that three of our faculty are speaking. The topics are as follows:

Early Infant Development, Carol Fain OTD, OTR/L C/NDT

Use It or Lose It: Constraint Induced Movement Therapy, Amy Mahle MHA, COTA/L

Wheelchairs: Thinking Beyond Mobility to Function, Amber Ward MS, OTR/L BCPR, ATP and Robert Flanagan ATP

April is Occupational Therapy Month

Occupational Therapy Assistant students will be helping the community understand various aspects of Occupational Therapy (OT). April is OT Month, and students will celebrate with brief, interactive and informative sessions at Carolina Mall in front of JC Penny on April 13, 2012 from 2:00 p.m. to 4:00 p.m.. Participants can learn about exercise and hand function.

Occupational therapists and occupational therapy assistants help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes.

Occupational therapy services may include comprehensive evaluations of the client's home and other environments (e.g., workplace, school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment to fit the person, and the person is an integral part of the therapy team.

Thank you to the Medical Assistant and Nursing Students who, in Conjunction with LiveWELL, took blood pressures at CMC-NorthEast, in Honor of Heart Month!



CABARRUS COLLEGE of HEALTH SCIENCES

The Values of Cabarrus College are:

- Caring
- Commitment
- Teamwork
- Integrity

NorthEast Health and Fitness Institute has Moved to the Gateway Center

On January 13th NorthEast Health and Fitness Institute closed their location on the campus of CMC-NorthEast and reopened 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.

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.

NEW MEMBER HOURS

**Effective January 16*

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
Carolinas Healthcare System,
EAP*

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	College Closed March 5 & 6			1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1 April	2	3	4	5	6	7
		Dec. '12 Grads: Intent to Grad Forms Due!			Good Friday - College Closed	

**Happy St.
Patrick's
Day!**

Spring Break!!! March 5-9

Registration for Summer - March 19-26

Registration for Fall - March 27-April 3