

# Student Pulse



Cabarrus College of Health Sciences | October 2013

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

**Make Your Own Natural Lip Balm**

12—1:30pm  
Student Pavilion

5

7

8

9

**Cupcake Study Break**

2-3pm  
Student Pavilion

10

**Fall I Final Exams**

11

12

14

15

16

17

**Decorate a Pumpkin**

12—2pm  
Student Pavilion

18

**Study Skills Workshop**

12—1pm  
Room 221

*May 2014 Intent to Graduate forms due*

19

**Softball Tournament**

**FALL BREAK— College Closed**

21

**SGA meeting**

9 - 10am  
Room 234

22

**Time Management Workshop**

3 - 4pm  
Room 236

23

24

25

*Last day to drop course without academic penalty for Full Fall*

26

**Halloween Party**

1 - 3pm  
Basement  
\*kid friendly

28

**DIY Pumpkin Body Scrub**

10am—12pm  
Student Pavilion

29

30

31

activities & deadlines  
**October 2013**

# Our new mascot!



Last month students, faculty and staff were asked to nominate mascot ideas and then vote on the final three. We are excited to announce that with 73% of the vote, the owl is our new mascot!

Stephen Lursen, a local artist, painted the image to the left to help kick off and celebrate our first ever mascot!

Owls are thought to symbolize wisdom, knowledge, life long learning, protection, messengers and bravery.

Thanks to the 5 individuals who nominated the owl: Haley Love, Beth Carlton, Melanie Gass, Brandon Scott and Stacey Wilson.

# New additions

Please join us in congratulating two of our faculty members, Vanessa Tackett and Christy Holson, on their newest additions!



**Nolan Samuel Holson**  
Born 9/4/13  
6lbs, 6oz, 20 inches



**Milayna Jade Tackett**  
Born 8/2/13  
8lbs, 1oz, 21 inches

# Homecoming 2013

Cabarrus College hosted our second annual Homecoming on Saturday, September 28th. Thanks to all of the students, faculty and staff that were there and made this Homecoming a huge success!



# Student achievements & updates

## Medical Imaging



Tonya Viars RT(R), a current BSMI student is currently running for 2014 Radiography chapter delegate with the ASRT-American Society of Radiologic Technologists. ASRT chapter delegates are elected by the ASRT membership in the annual general election as representatives of the 15 disciplines and specialties recognized by the ASRT House of Delegates. The primary responsibilities are to provide a direct voice to the ASRT on behalf of their constituents, serve on the Practice Standards subcommittee for the discipline or specialty they represent, communicate information about chapter activities and concerns to the ASRT Board of Directors and members of the chapter. Chapter delegates must have in-depth knowledge and real life work experience in the discipline or specialty they represent to provide opinions on behalf of the members in their chapter. Chapter delegates must be comfortable speaking to large groups, soliciting opinions from others, being knowledgeable of ASRT governance and practice standards processes and being able to build collaborative relationships. **Good Luck Tonya!!**

## Occupational Therapy Assistant



Occupational Therapy Assistant students and faculty

# Chris' Corner

*As I sit here after dinner, thinking about my obligation to get my next submission out, I was a little short of ideas. However, I had just had a good 'ole southern dinner which included fried chicken, potatoes and peas while also reminiscing about my recently passed father-in-law; a very generous soul. For some strange reason, this made me recall the story below.*

## **The Red Marbles (Author: Unknown)**

I was at the corner grocery store buying some early potatoes. I noticed a small boy, delicate of bone and feature, ragged but clean, hungrily eyeing a basket of freshly picked green peas. I paid for my potatoes but was also drawn to the display of fresh green peas. I am a pushover for creamed peas and new potatoes. Pondering the peas, I couldn't help overhearing the conversation between Mr. Miller (the store owner) and the ragged boy next to me.

"Hello Barry, how are you today?"

"H'lo, Mr. Miller. Fine, thank ya. Jus' admirin' them peas. They sure look good."

"They are good, Barry. How's your Ma?"

"Fine. Gittin' stronger alla' time."

"Good. Anything I can help you with?"

"No, Sir. Jus' admirin' them peas."

"Would you like to take some home?" asked Mr. Miller.

"No, Sir. Got nuthin' to pay for 'em with."

"Well, what have you to trade me for some of those peas?"

"All I got's my prize marble here."

"Is that right? Let me see it" said Miller.

"Here 'tis. She's a dandy."

"I can see that. Hmmm, only thing is this one is blue and I sort of go for red. Do you have a red one like this at home?" the store owner asked.

"Not zackley but almost."

"Tell you what. Take this sack of peas home with you and next trip this way let me look at that red marble". Mr. Miller told the boy.

"Sure will. Thanks Mr. Miller."

Mrs. Miller, who had been standing nearby, came over to help me. With a smile said, "There are two other boys like him in our community; all three are in very poor circumstances. Jim just loves to bargain with them for peas, apples, tomatoes, or whatever. When they come back with their red marbles, and they always do, he decides he doesn't like red after all and he sends them home with a bag of produce for a green marble or an orange one, when they come on their next trip to the store."

I left the store smiling to myself, impressed with this man. A short time later I moved to Colorado, but I never forgot the story of this man, the boys, and their bartering for marbles.

Several years went by, each more rapid than the previous one. Just recently I had occasion to visit some old friends in that Idaho community and while I was there learned that Mr. Miller had died. They were having his visitation that evening and knowing my friends wanted to go, I agreed to accompany them. Upon arrival at the mortuary we fell into line to meet the relatives of the deceased and to offer whatever words of comfort we could.

Ahead of us in line were three young men. One was in an army uniform and the other two wore nice haircuts, dark suits and white shirts... all very professional looking. They approached Mrs. Miller, standing composed and smiling by her husband's casket. Each of the young men hugged her, kissed her on the cheek, spoke briefly with her and moved on to the casket.

Her misty light blue eyes followed them as, one by one, each young man stopped briefly and placed his own warm hand over the cold pale hand in the casket. Each left the mortuary awkwardly, wiping his eyes.

Our turn came to meet Mrs. Miller. I told her who I was and reminded her of the story from those many years ago and what she had told me about her husband's bartering for marbles. With her eyes glistening, she took my hand and led me to the casket.

"Those three young men who just left were the boys I told you about. They just told me how they appreciated the things Jim 'traded' them. Now, at last, when Jim could not change his mind about color or size. They came to pay their debt. We've never had a great deal of the wealth of this world," she confided, "but right now, Jim would consider himself the richest man in Idaho." With loving gentleness she lifted the lifeless fingers of her deceased husband. Resting underneath were three exquisitely shined red marbles.

*Perhaps we should all take a moment and remember those who shared their red marbles with us and made our life just a little better!*

*PS – Miss you Pop.*

# Surgical Tech Week Recap



A message from Surgical Technology Students:

October 16-20th was Surgical Tech week and we would like to say thank you to everyone who helped us raise money for our program. We greatly appreciate it!

-STSA faculty and students

## A Different Perspective

From the Diversity Education Committee

All of the students at Cabarrus College will eventually work with people from all different backgrounds, lifestyles and cultures. Below is a list of some of the values that many Americans live by. When compared to the values of individuals from more traditional cultures, you can see the differences.

U.S. Values	Some Other Country's Values
Personal control over the environment	Fate
Change	Tradition
Equality	Hierarchy/rank/status
Individualism/privacy	Group's welfare
Informality	Formality
Directness/openness	Indirectness/ritual
Materialism/acquisitiveness	Spiritualism/Detachment

Please read *The Values Americans Live By* by L. Robert Kohls for more information.

# What's Happening

State of North Carolina  
Undergraduate Research &  
Creativity Symposium

## Call for Abstracts SNCURCS 2013

Saturday, November 16<sup>th</sup>  
UNC Charlotte

Undergraduate students from all disciplines are  
encouraged to submit abstracts based on  
original research or creative projects

Registration is now OPEN

Abstract Deadline: 5:00 p.m., October 23, 2013  
For more information: [www.sncurcs.org](http://www.sncurcs.org)

## Spirit Wear That's Just Your Style



Go to  
<http://www.directgear.net/cabarruscollege>

Cabarrus College of Health Sciences now offers stylish spirit wear online through Direct Gear.  
Find your favorite styles and favorite brands, so you can wear your school's logo in style.

# Bright Futures Merit Scholarship

By Melanie Gass

## Bright Futures Merit Scholarship Program – Inaugural Recipients Announced

Creating exemplary healthcare professionals....that is what Cabarrus College of Health Sciences has been doing since 1942. It is a source of pride that the College has kept the same values that have made us a successful educational institution for 71 years. The College knows the importance of admitting highly qualified students, helping students realize their dream of becoming a healthcare professional, and last but not least, rewarding students for their academic successes. In order to support these values, and to show Cabarrus College's commitment to our students and provide quality healthcare professionals to our community, the Bright Futures Merit Scholarship Program was created. New this year (2013-2014), eighteen students, who entered directly from high school and enrolled full-time, were awarded a Bright Futures Merit Scholarship. The Gold, Silver, and Bronze scholarships range in total value from \$1,500 to \$4,500, and are awarded based on the students' high school GPA and SAT/ACT scores. The College's prior ability to only offer need-based aid, combined with dwindling federal and state financial aid dollars made the cost of attendance an ever growing concern and struggle for our students. Often, students face significant gaps between financial need and awards. Offering the Bright Futures merit based scholarships at Cabarrus College will assist in closing those gaps, as well as, demonstrate the commitment the College has to enrolling high achieving, full-time students.

Congratulations to the following inaugural Bright Futures Merit Scholarship Recipients:

**Gold Merit Scholarship** - Total value of \$4,500, awarded to students who have a high school GPA  $\geq 4.0$  and who score at or above 1100 on the SAT ( $\geq 480v/440m$ ) or  $\geq 22$  composite on the ACT.



**Elisha Acker**, Associate Degree Nursing  
**Destiny Reese**, Associate Degree Nursing  
**Alyssa Mocilan**, Pre-Nursing  
**Alexandra Helms**, Pre-Nursing  
**Brittany Sweat**, Pre-Nursing



**Silver Merit Scholarship** – Total value of \$3,000, awarded to students who have a high school GPA 3.50 – 3.99 and who score at or above 1000 on the SAT ( $\geq 480v/440m$ ) or  $\geq 21$  composite on the ACT.



**Malia Barrett**, Pre-Nursing  
**Brianna Clark**, Pre-Nursing  
**Kayla Reed**, Pre-Nursing  
**Taylor Ramsouer**, Associate Degree in Surgical Technology  
**Alison Wallace**, Pre-Nursing  
**Megan Swaringen**, Pre-Professional  
**Caitlyn Davis**, Pre-Professional



**Bronze Merit Scholarship** -Total value of \$1,500, awarded to students who have a high school GPA 3.00 – 3.49 and who score  $\geq 950$  on the SAT ( $\geq 480v/440m$ ) or  $\geq 19$  composite on the ACT.



**Roshan Quinn**, Pre-Nursing  
**Hannah Broadway**, Pre-Nursing  
**Brooke Griffin**, Pre-Professional  
**Amber Ritchie**, Pre-Professional  
**Dimitri Chapman**, Associate Degree in Pharmacy Technology  
**Dakota Foster**, Pre-Nursing



For additional eligibility information for the Bright Futures Merit Scholarships, visit the following webpage: <http://www.cabarruscollege.edu/content/news/2013/061013-BrightFuturesFlyer.pdf>. You may also contact the Office of Admissions at 704-403-1556 or [admissions@cabarruscollege.edu](mailto:admissions@cabarruscollege.edu).

If you would like to contribute to Cabarrus College's scholarship fund, please contact Adam Cook, President of North-East Foundation, at 704-403-1369 or [adam.cook@carolinashealthcare.org](mailto:adam.cook@carolinashealthcare.org).

Please help us get the word out about this exciting new scholarship program!

# College news & updates



Cabarrus College hosted a very successful blood drive on September 10th. Over 63 people donated blood to the Community Blood Center of the Carolinas. Good job helping save lives, Cabarrus College! Check your emails for more opportunities to donate blood in the future.

## News from Financial Aid

Are you a new student? Do you have college loans that you took out at another school before enrolling here? Do you wish to use an in school deferment while you are enrolled at our college (in at least 6 credit hours) and not make payments on your loan while enrolled here?

Be sure to visit your loan servicers website and print off the in school deferment form. Complete the student section and provide the form to the registrar's office the first week of class!

### Need financial aid for the 2013-2014 school year?

It's not too late! Visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov) to complete a FAFSA application!

Cabarrus College school code is 015358.

Remember to use the IRS Data Retrieval tool when completing your FAFSA.



### 2013/2014 Tuition Deadlines:

- ♦ Spring: January 8, 2014
- ♦ Summer I: May 1, 2014
- ♦ Summer II: June 12, 2014

### Reminders from the Business Office:

- ♦ Payment plans are established through the Business Office
- ♦ Each semester you must re-establish a payment plan
- ♦ Cost for payment plans are \$50

**As a reminder to students who receive a refund check from their financial aid – please do not forget about all of your upcoming school expenses for the entire year. In particular a lot of students will have out of pocket expense to cover summer courses because financial aid in the summer is very limited. So be sure to plan ahead!**

# College news & updates



## REMINDER

All students need to regularly check their Cabarrus College e-mails! Communication from faculty and staff will come to this email address and you are responsible for reading them.

### Need a quiet study space?

#### Empty Classrooms

Please see Beth Carlton at the front desk if you'd like to study in an empty classroom. She can tell you which classrooms will be open during the timeframes that you need to study.

#### The Basement

The basement is available during most times of the day for students who wish to study quietly. There are several times throughout the day when classes may meet in the basement. Zumba also happens from 5:30 - 6:30pm on Monday and Wednesdays.



### Important Dates Reminder

#### October 14 & 15:

Fall Break– college closed

#### October 18:

Intent to Graduate form due for all students planning to graduate in May of 2014

#### October 25:

Last day to drop course without academic penalty for Full Fall

# Student Health Insurance & The Affordable Care Act

With all of the recent news coverage, there may be some confusion surrounding the availability of student insurance as the Health Insurance Marketplace opens on October 1, 2013. Helpful guidance is provided below to offer you basic information about the college's existing student health insurance plan and the options available via the marketplace.

Cabarrus College makes available to all students a basic health insurance plan. This plan is not a comprehensive major medical plan and is not intended to replace such coverage. However, the basic plan is compliant with the provisions of the Affordable Care Act. This injury and illness policy is open to all students who are enrolled in six semester credit hours or more and is made available through a partnership with the Student Security Group Insurance Trust, located in Washington, D.C. and marketed exclusively by E.J. Smith & Associates, Inc. You can find out more about this coverage by visiting their website at <http://www.ejsmith.com>.

Coming on the health insurance scene in October is a new way to get health insurance coverage as a result of Congress passing the Affordable Care Act in 2010. One of the primary provisions of this act was improved access to health care. All of the plans available via the marketplace offer 10 essential health benefits including:

- Ambulatory patient services (outpatient care you get without being admitted to a hospital)
- Emergency services
- Hospitalization (such as surgery)
- Maternity and newborn care (care before and after your baby is born)
- Mental health and substance use disorder services, including behavioral health treatment (this includes counseling and psychotherapy)
- Prescription drugs
- Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills)
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services

Starting October 1, 2013, students living in both North Carolina and South Carolina who are in need of health coverage may get insurance by visiting the Health Insurance Marketplace at <https://www.healthcare.gov>. The marketplace offers four easy steps to sign up for health insurance coverage that will take effect on January 1, 2014. In addition, for those who are under the age of 26 and whose parents have an insurance plan that covers children, you can be added to your parent's policy.

No one plans to get sick or hurt, but almost everyone needs medical care at some point. Health insurance covers these costs and protects you from very high expenses. If you do not have existing coverage it is important to consider one of these options available to you.

# FERPA Notice

## Fall 2013 Notice

According to the Family Educational Rights and Privacy Act (FERPA), the college provides an assurance of privacy, protection, and accessibility of student records.

### Access to Student Records

Students have the right to review information contained in their academic files according to specified procedures. A student has the right to dispute the contents of this file and may do so in writing to the Dean for Student Affairs and Enrollment Management. College personnel have access to student records on a "need-to-know" basis based on a legitimate educational interest including application, and enrollment criteria.

### Directory Information

The following items are considered directory information and may be released to the public without student consent:

- Name
- Address (excludes email)
- Telephone numbers
- Program of study
- Participation in officially recognized activities
- Most recent educational institution attended
- Date of attendance
- Degrees and awards received (including dates)
- Enrollment status (full/part-time)
- Class level
- Date of birth

The College will not release information other than that identified as "directory information" without written student consent. Further, the College will not disclose "directory information" that is linked to non-directory information (i.e. financial aid status). Exceptions to this include:

- Disclosure to regulatory, accreditation, and federal agencies
- Disclosure to parents in the event of a health or safety emergency, claiming a student as a dependent, and in the event of a violation of a law or college rule governing alcohol or controlled substances.

Court or judicial subpoenas of student records

Students may request limitation of disclosure of directory information annually by submitting a request to the Office of Student Records and Information Management (Registrar).

### Compliance

Students who believe their rights to privacy, as protected by FERPA, have been violated, should notify the Dean for Student Affairs and Enrollment Management. Students have the right to file a complaint with the U. S. Department of Education Family Policy Compliance Office.

### Peer-to-Peer File Sharing and Copyrighted Materials

Cabarrus College of Health Sciences as a subsidiary of Carolinas HealthCare System (CHS) provides a computerized network infrastructure to support and enhance the academic and administrative needs of our students, faculty, staff and other campus users. As required by the Higher Education Opportunity Act (HEOA), Federal Law H.R. 4137, the College makes available disclosure information informing students that illegal distribution of copyrighted materials may lead to civil and/or criminal penalties as outlined in the CHS Communications Environment Acceptable Use Policy and the Cabarrus College Academic Integrity policy.

The College reserves the right to suspend or terminate network access to any campus user if the violation is deemed severe. Likewise, network access may be suspended if any use is impacting the operations of the network. Violations may be reported to appropriate authorities for criminal or civil prosecution.

# Understanding DTA

*This article was submitted by Amy Mahle (OTA faculty).*

## Occupational Therapy's Role in Breast Cancer Rehabilitation

### Role of Occupational Therapy

Occupational therapy services are beneficial for individuals with breast cancer from the initial diagnosis through the survivorship phase of care. Deficits from breast cancer and its treatment can be complex and have a compounding effect, with patients sometimes experiencing improvements in physical abilities but not in functional outcomes due to fear and anxiety about moving the affected extremities. Many individuals coping with breast cancer need to return to roles such as caring for children as soon as possible, which creates a need for education and training on adapting for short-term deficits (e.g., neuropathy) while preventing future deficits (e.g., repetitive stress injuries). Occupational therapists also play a critical role in screening patients for signs of functional decline across the continuum of care, assuring optimal recovery in the shortest amount of time.

### Where and How Are Services Provided?

Occupational therapy services for persons with breast cancer care may be provided in:

*Pre-operative educational sessions:* Along with the detection and treatment of breast cancer, early intervention regarding rehabilitation and function is crucial. Therefore, instituting a breast cancer pre- and post-operative occupational therapy protocol within the hospital setting or acute care facility is warranted and needed.

*General or specialty hospitals:* Occupational therapy may focus on restoring flexibility and range of motion, functional retraining in self-care activities, or detailed patient education including information on lymphedema and risk-reduction strategies. Early occupational therapy services should be emphasized within the medical or acute care setting, focusing on health promotion and prevention of future complications.

*Rehabilitation centers:* Occupational therapy services may continue to include the elements indicated above, but expand to include environmental modifications and helping individuals reconnect with leisure activities, community participation, and return-to-work activities.

*Outpatient rehabilitation centers:* Occupational therapy services may continue to focus on biomechanical or neuromuscular restoration, yet also address common sequel including lymphedema and psychosocial challenges, as well as reintegrating into home, work, and community occupational roles.

*Hospice and palliative care units:* Occupational therapy continues to address self-care or leisure activities and the use of adaptive equipment or environmental modifications, including positioning and pain management strategies to maximize quality of life and participation in priority occupations.

*The home:* Occupational therapy may address home modifications and caregiver education to maximize safety and independence, such as reorganizing the kitchen if the client cannot reach overhead, or assisting the caregiver in adjusting to home transition and the trajectory of illness. Practitioners also provide education on the signs of caregiver burnout and recommend community supports and other resources.

*The community:* Occupational therapy practitioners use virtual rehabilitation, tele-health communication, and in-person interactions to provide consulting and educational seminars on survivorship challenges and solutions.

*Developed by Elizabeth D. DeJuliis, OTD, OTR/L, and Jennifer K. Hughes, MOT, OTR/L, for the American Occupational Therapy Association. Copyright © 2012 by the American Occupational Therapy Association. This material may be copied and distributed for personal or educational uses without written consent. For all other uses, contact [copyright@aota.org](mailto:copyright@aota.org).*