

Student Pulse



Cabarrus College of Health Sciences | September/October 2014



September 2014

Mon	Tue	Wed	Thu	Fri	Sat
15	16	17	18	19	20
					
Spirit Magnets 11am-1pm Make fun magnets with scrapbook paper. The owl and Cabarrus College logo will be available.	<i>Wear a shirt that represents your favorite sports team or alma mater</i>	Trail Mix Bar 11am-1pm Join SGA as they host a make your own trail mix bar.	<i>Wear your favorite owl shirt or accessory</i> OTA Backpack Awareness Day 9am-11am See page 4 for more information	Last day to drop a class without an academic penalty for Fall I <i>Wear a Cabarrus College t-shirt today!</i>	Homecoming 11am—2pm Family friendly activities including a bouncy house, photo booth, pumpkin painting, BINGO, corn hole, a live band and more. Family & friends welcome! See page 3 for more details!
22	23	24	25	26	27
SGA meeting 9:30am room 237 All students are welcome to attend!	30				

Dates & Activities

October 2014

Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4
Candy Bar 11am-12pm Lobby		8	Final Exams for Fall I	Change of Major form due by 5pm	11
13 Fall Break (no classes, college closed)	14	15	16	17 Intent to Graduate forms due for all May 2015 graduates	18
SGA meeting 9:30am <i>All students are welcome to attend!</i>	21	22	Glitter Pumpkins craft 10:30am-12pm Pavilion	24 Last day to drop a class without academic penalty for Full Fall	25
27	28	29	30	Fall Festival 10am-12pm at Jeff Gordon Children's Hospital Bring treats to kids who are in the hospital. More info will be emailed.	1 (NOV) Diabetes Walk Sign up with Dawn in office 133



Homecoming: September 20th



HOMECOMING

SATURDAY, SEPTEMBER 20 from 11AM to 2PM

FREE ACTIVITIES

Fun activities for the entire family include:

- Pumpkin painting
- A racecar themed bouncy house
- Live band
- A photo booth
- BINGO (from 1-1:30)
- NASCAR items & education from a racecar builder
- Corn hole
- Coloring sheets



MORE

Cabarrus College gear will be available and MASO is holding a cake walk. Bring cash if you are interested in those things!

Contact Cara Lursen
(704.403.1614 or office 105) if
you have any questions!



LUNCH

Burgers, veggie burgers, hot dogs, French fries, onion rings and funnel cakes.

**\$7 per person if pre-paid by
Monday, September 15th.**

See Dawn in the Student Affairs office
(or call her at 704.403.2216).

After that, we will have a *limited*
number of tickets available for \$10
each.



What's Happening

Welcome Graduate Students!

Cabarrus College has reached quite a milestone this fall....our first graduate degree program is off and running! On August 25th the first class of masters in Occupational Therapy (MOT) students began taking courses. This has been a long time coming and we're all so excited that Cabarrus College is now offering graduate level education. 15 MOT students are currently enrolled in the program with 14 enrolled in the bachelors of Interdisciplinary Health Studies/MOT bridge program. The bridge program is for licensed Occupational Therapy Assistants without a bachelors degree, who wish to earn their masters degree in Occupational Therapy.

Be sure to congratulate Carol Fain, Occupational Therapy Program Chair, on this truly historical event!

Constitution Day

September 17, 1787 was the day that 39 men signed the U.S. Constitution. Every year we commemorate this event by encouraging one of the basic rights of democracy: voting.

Please visit www.ncsbe.gov (North Carolina) or www.state.sc.us/scsec (South Carolina) for more information about how you can register to vote.

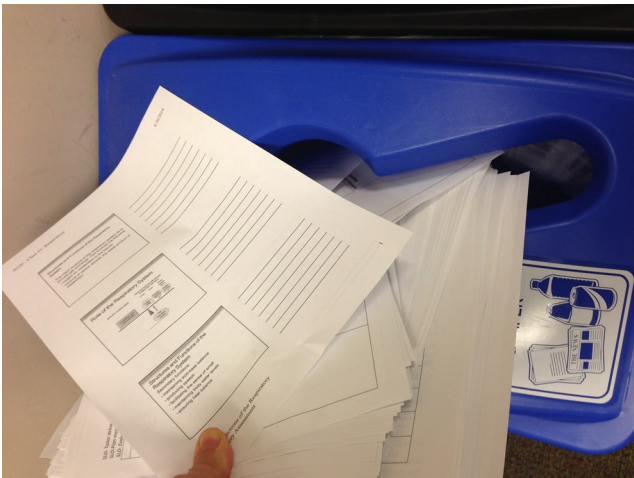
Dates to remember:

October 4: Deadline to register to vote in S.C.

October 10: Deadline to register to vote in N.C.

November 4: Election Day

Attention Students!



Please try to prevent waste of paper in the computer lab. Please delete any jobs sent to the printers if you need to leave before they are printed. Save the trees!

Join the American Occupational Therapy Association (AOTA) and our very own OTA students as we help others Live Life To Its Fullest by avoiding the pain and injury that can come from heavy backpacks and bags. On **Thursday, September 18, 2014**, the Cabarrus College community will learn safety tips to stay protected from back pain throughout life. Our OTA students will perform a weigh-in, and instruct fellow classmates, faculty, and staff about how to properly choose, pack, lift, and carry various types of bags—including backpacks, purses, briefcases, and suitcases. See you in **The Pavilion from 9am – 11am** where you will learn how to “Pack It Light, Wear It Right!”.

Join the Diabetes Walk team

CABARRUS COLLEGE
HEALTH SCIENCES

Join Our Team!

<http://main.diabetes.org/goto/CabarrusCollege>

Saturday, November 1, 2014
Symphony Park At SouthPark

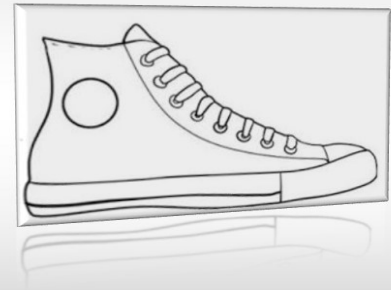
Registration Opens: 9am | Walk Starts: 10am

- 3 mile pet and family friendly route
- Light breakfast, coffee and snacks
- On route rest stops stocked with supplies
- Kid's Zone
- Health and Wellness Fair
- Flu Shots from Walgreens
- Volunteer Opportunities
- Red Carpet Treatment for Red Striders
- Cheerleaders
- Celebrity Emcee- Ramona Holloway
- DJ Chris Pangalos
- Pre-walk warm up with a personal trainer
- Company mascots
- Contest Prizes
- TapSnap Team Photo Area
- Event t-shirts for participants who raise \$150+
- Event t-shirts for participants who raise \$120+
- TapSnap Team Photo Area
- Contest Prizes

Help us fill up our shoe by making a donation today!

Our team goal is:

\$1000!



Contact Dawn Barbee @ 704-403-2216

Or click on:

<http://main.diabetes.org/goto/CabarrusCollege>

STEP OUT | WALK
TO STOP DIABETES

Payment Plan Reminders

Reminder to Students on Payment Plans

Failure to make your payments according to your agreement will result in a \$100 late fee and you could be removed from classes. If you have any questions or concerns please contact Dawn Barbee at 704-403-2216.

Payment Plan Options Fall 2014

Bi-weekly	Monthly
8/1/2014	8/1/2014
8/15/2014	9/1/2014
8/29/2014	10/1/2014
9/12/2014	11/1/2014
9/26/2014	
10/10/2014	
10/24/2014	
11/7/2014	
11/21/2014	

Notice about Refunds



We have experienced a large number of students asking various staff in different departments about when their refunds from Financial Aid will be coming. Please understand that while we want to get your refunds out to you early we must meet federal and state regulatory requirements to be able to properly administer Financial Aid Programs.

Some of the requirements that impact the timing of the disbursement of funds are:

- *We are required to determine and document that a student is eligible and is attending all classes. This information is provided to us by the registrar's office but not until after two full weeks of classes.*
- *Loans are not disbursed until students have completed the first 30 days of their academic program. **This will be the case each semester.***
- *Students who are only enrolled in one semester (will be graduating in December) and accept loans cannot receive the second half of their loan disbursement until past the half-way point in the semester. All or part of their refunds would be delayed because of this.*

IMPORTANT THINGS TO REMEMBER

- We will send an email to your [College email](#) account notifying you a refund has been processed.
- Make sure you keep your address in Sonis current!
- Each student's financial aid package is individualized. Not all students receive refunds and those that do will not all receive them at the same time, due to the source of aid.
- Please refrain from asking us about refunds as that takes away from the time we have to verify hours, certify eligibility and request refunds from the Business Office.

We can assure you that refunds are sent as quickly as possible once the funds are received by the college.

Thank you,
The Financial Aid Office & Business Office

New Faces

Cabarrus College has recently welcomed many new faculty and staff members. Say hello whenever you see one of them!



Claire Belles, Adjunct Instructor (HEA 110: Health and Wellness)

Claire is teaching a Health and Wellness course this fall. She currently teaches part-time at Central Piedmont Community College. Claire leads MEDCamp at UNC Charlotte during the summer. She has also previously worked at CMC-NorthEast in Cardiac and Pulmonary Rehabilitation. Claire has a M.S. in Health Promotion and a B.S. in Exercise Sciences from UNC Charlotte.

In her free time, Claire enjoys reading, volunteering in the community and in schools, anything outdoors, and anything with animals.

Kim Bradshaw, Dean for Administrative and Financial Services

Kim joined Cabarrus College last October after spending thirteen years working with Carolinas College of Health Sciences and Mercy School of Nursing. She serves as the Dean for Administrative and Financial Services for all three colleges. Kim has experience working as a staff accountant for The Crosland Group and as a financial aid technician at South Piedmont Community College. She holds a M.Ed. in Adult Education and Administration from Jones International University and a B.A. in Communications from Winthrop University.

Kim loves reading, singing, and traveling (especially to warm, tropical destinations).



Joan Brower, Occupational Therapy Assistant Adjunct Instructor & Fieldwork Assistant for OTA 215

Joan has been a Certified Occupational Therapy Assistant for Genesis and Aegis Therapies and a Speech Language Pathologist in multiple school systems. Joan is a Cabarrus College alumni where she earned her O.T.A. degree! She also holds a M.A. in Speech Pathology from Eastern Michigan University.

Joan loves traveling, hiking and quilting. The picture to the left is of Joan and her husband during a recent trip to Ireland!

Audrea Chapman, Accountant

Audrea has worked for Carolinas HealthCare System for seventeen years! She previously served as an accountant for PSG Finance for five years and a Patient Account Representative at CHS-NorthEast for 12 years. Audrea has a B.S. in Accounting from Catawba College, an A.A.S. in Accounting from Rowan Cabarrus Community College, and an Accounting Certificate from Brookstone College of Business.

Audrea loves pretending to be a math teacher and assigning math problems to her daughter. She also loves spending time with her family.



Jamie Cochran, Nursing 111 Clinical Instructor

Jamie is a Cabarrus College alumni! She received her A.D.N. in 2007 and B.S.N. in 2010 (both from Cabarrus College!). She is currently pursuing her masters in Nursing Education at UNC Charlotte. Jamie has worked as a Mother/Baby nurse at CMC-NorthEast for seven years and has served as a Relief Charge Nurse and Preceptor.

Jamie loves spending time with her family, fostering dogs for Friends of Stanly County Animals (a local rescue group), Zumba, and being involved with the youth in her church (her husband is a youth minister).

New Faces



Sherry Hamilton, Coordinator for Advising and Student Success

Sherry earned her M.Ed in Counselor Education from Pennsylvania State University and her B.A. in Physical Education and Health from Shepherd University. She has previously worked as a middle school counselor in the Charlotte Mecklenburg and Kannapolis School districts. Sherry has worked in various higher education positions for over ten years.

When she's not working, Sherry loves spending time with her husband, Dr. Darren J. Hamilton, and her three daughters, Peyton (15), Paige (13) and Pree (9). She loves to shop and likes to relax by spending time with close family and friends.

Julie Hasty, Medical Imaging Instructor

Julie has been employed in the medical imaging field for over seven years, working as a technologist in various imaging facilities and modalities including radiography, magnetic resonance imaging, and imaging management. She received a B.S. in Radiologic Sciences from the University of Alabama at Birmingham. She's a first time instructor and is very excited to be in the classroom!

Julie loves singing, reality television and writing poems.



Joanne Jarrell, Adjunct Professor, OTA activity analysis

Joanne has been a Certified Occupational Therapy Assistant at OT 4 Kids in Lexington, North Carolina. She received her O.T.A. degree from Cabarrus College and is certified as a North Carolina Emergency Medical Technician.

Joanne loves spending her free time reading, geocaching, and being outdoors.

Lisa Lunsford, Program Coordinator and Instructor for Nurse Aide I course and Nurse Aide Refresher

Lisa holds an A.A.S. in Nursing and an A.A.S in O.T.A. from Stanly Community College. She has taught at North Stanly High School's Allied Health program. She also has nursing and therapy experience in home health, nursing home, pediatrics, geriatrics and OB/GYN.

Lisa enjoys attending church and singing in the choir, cooking and baking, gardening, canning, and spending time with her husband and three teenage children.



Check out November's Student Pulse to see even more faculty and staff bios!

Chris' Corner

From Chris Corsello, Dean, Student Affairs & Enrollment Management

A Dog's Purpose

I'm a dog lover. I have an adorable four legged companion named Lexi. Unfortunately, Lexi is now an "only child" after having to put her older sister, Maggie, down in June. So when a friend asked if I would go with them to have their ten year old Irish Wolfhound, named Belker, examined, I reluctantly obliged; as I knew the dog was getting on in age and that he hadn't been doing too well as of late. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, as any animal lover can attest, and they were hoping for a miracle. Belker was examined and it was determined he was dying of cancer. The family was told there was nothing that could be done for Belker. As arrangements were being made, Ron and Lisa told the vet they thought it would be good for six year old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, there was that familiar catch in everyone's throat, especially mine, as I was vividly reliving my experience with my Maggie. That said, Belker's family and friends surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away. The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's death, wondering aloud about the sad fact that animal lives are shorter than human lives.

Shane, who had been listening quietly, piped up, "I know why." Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. He said, "People are born so that they can learn how to live a good life – like loving everybody all the time and being nice, right?" The six year old continued, "Well, dogs already know how to do that, so they don't have to stay as long."

So live like a dog:

Live simply.
Love generously.
Care deeply.
Speak kindly.

Remember, if a dog was the teacher you would learn things like:

- ◇ When loved ones come home, always run to greet them.
- ◇ Never pass up the opportunity to go for a joyride.
- ◇ Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- ◇ Take naps. Stretch before rising.
- ◇ Run, romp, and play daily.
- ◇ Thrive on attention and let people touch you.
- ◇ Avoid biting when a simple growl will do.
- ◇ On warm days, stop to lie on your back on the grass.
- ◇ On hot days, drink lots of water and lie under a shady tree.
- ◇ When you're happy, dance around and wag your entire body.
- ◇ Delight in the simple joy of a long walk.
- ◇ Be loyal.
- ◇ Never pretend to be something you're not.
- ◇ If what you want lies buried, dig until you find it.
- ◇ When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

ENJOY EVERY MOMENT OF EVERY DAY



**Maggie (left) and Lexi (right)
Corsello-Davis**