



CONNECTIONS

Spring 2016

A publication for alumni and friends of Carolinas College of Health Sciences
part of Carolinas HealthCare System

A photograph of Ellen Tillery Sheppard, President of Carolinas College of Health Sciences, smiling and standing in front of a building. She is wearing a patterned jacket with purple and black floral designs over a dark purple top. Her arms are crossed.

**President
Ellen Tillery Sheppard
To Retire After
Illustrious Career**

(article on page 4)



Ellen Sheppard EdD

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Dear Alumni, friends, and supporters of Carolinas College,

With the hustle and bustle of homecoming last year, we had time for only one issue of *Connections*, plus an abbreviated Homecoming edition. Thus, there's much to report on since the last full edition! It was an auspicious year, full of firsts, and also of opportunities to honor

our past. You'll read more details as you peruse these pages, but I hope you'll pay special attention to:

Our first....

...International study! Eight nursing students traveled to Belize, following the path Dr. Francis Robicsek had cleared over the years with his international outreach. Students saw cultures and customs new to them, and methods of healthcare which surprised them! All returned to the US with greater empathy, understanding, and appreciation for the gentle-souled residents of Belize.

...100% retention of new nursing grads! We lost touch with four from the nursing class of May 2015. But of the other 44, ALL accepted jobs with Carolinas HealthCare System. Core CCHS goals are to meet CHS workforce need and to help graduates find jobs in their field, so we celebrated!

...Interdisciplinary education! CHS educates hundreds of learners each year, besides our CCHS students. Yet it's been in discipline-specific siloes. Healthcare will improve when providers know, respect, and communicate well with one another. Interdisciplinary breakthroughs in 2015 created opportunities for our students to learn alongside medical students, advanced clinical practitioners, spiritual/pastoral care interns, and medical residents.

...Mental Health First Aid! We're all perplexed by the nation's mental health crisis. Not knowing what to say, we're wary of reaching out to troubled souls. Determined to reverse that, CCHS became the first college in the region, and possibly in the nation, to require all students and staff to take Mental Health First Aid (MHFA) training. Like CPR teaches us emergency care for the heart, now MHFA helps us recognize & provide emergency care for the injured psyche.

Honoring our past:

We proudly celebrated 75 years in healthcare education and 25 years as a college with a weekend-long party! Alumni returned to campus as we paid tribute to all they have accomplished. Thank you to those who joined us and those whose legacy we honored. The smiles, hugs, and lovely thank you's made the work well worthwhile! These words, from Lila Gilbert Kuehnert (NUR '47) reassured me that we'd accomplished our objective: "I really am happy to say, 'I finally see the whole picture of the CMH & CCHS connection', and I feel at home!"

My June retirement makes this my last "President's Note." It's been a magical 22 years. Better than I'd have dared to imagine. So I'll close by thanking each of you for being a part of my life, and allowing me to be a part of yours. Thank you for walking beside me, helping me accomplish all that I dreamed of for CCHS, and more. Thank you for supporting and inspiring me every single day; for making me laugh and cry and look forward to each new day. I can't say it better than A.A. Milne did through his beloved Winnie the Pooh:

"How lucky I am to have something that makes saying goodbye so hard."

With love and best wishes for an equally bright tomorrow!

Ellen Sheppard, EdD
President

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President of Carolinas College of Health Sciences Retires

After 22 years of service, Dr. Ellen Sheppard is retiring on June 30, 2016. When Dr. Sheppard joined Carolinas College of Health Sciences as its second president, it offered just one program: nursing. Today it enrolls students in 12 different credit and non-credit programs, all directly related to Carolinas HealthCare System's current and anticipated workforce needs.

For two consecutive years, the College was named the number one two-year college in the nation and consistently graduates top-performing clinicians.

Dr. Sheppard has a broad background in education. She held chief executive, academic, and student services positions with the Bradford Schools, Fort Lauderdale College, American Business and Fashion Institute, and Texas A&M's Training Institute in San Antonio. She's also served on the faculty at Central Texas College, San Antonio College and the University of Maryland's overseas campuses.

Tragedy pulled her onto the path of healthcare education. In 1993, Dr. Sheppard's mother died from sepsis after she had minor elective surgery in a small army hospital. According to Dr. Sheppard, there "was no autopsy; there were no apologies." A few months later Dr. Sheppard decided to leave the American Business and Fashion Institute. "I thought: There's got to be a greater purpose."

She found that greater purpose at Carolinas College of Health Sciences. She first served as Dean of Student Services and Enrollment Management before assuming the role of president in 2001.

A career educator, Dr. Sheppard finds the intersection of healthcare and education particularly rewarding.

"Our team of amazing faculty provides students – many of whom have prior degrees and previous careers – with the skills and knowledge they need to be successful in a purposeful, rewarding profession." Dr. Sheppard gives much credit to the rich clinical experiences provided by Carolinas HealthCare System (CHS) and the role modeling students receive from CHS preceptors and clinicians. "Our stu-

dents don't learn only what's in textbooks. They hear how an interprofessional team communicates; they observe innovation in action; they participate in patient safety and infection-prevention activities. To an educator, nothing is more rewarding than knowing that what you're teaching really matters."

Dr. Sheppard focuses on building strong relationships, locally and globally, and on providing new opportunities for her students. A personal passion is travel, resulting from following her army aviator father around the globe and living in places like Taiwan, Bavaria and Anchorage.

In 2002, she initiated the annual Alumni Abroad trip to introduce graduates to parts of the world they wouldn't otherwise see. "It's completely funded by our alumni, and strengthens their connection with their alma mater. I love seeing our travelers' eyes opened to the richness of other lands, other cultures. Often, the first few days in a foreign country, young alumni who've never traveled outside the US are consumed with looking for golden arches! But by trip's end, they've tried new foods, met new friends and developed deep respect for people who look, speak and dress differently than they do. That experience is life changing."

Not only has the alumni association grown under her leadership, but also the college's endowment fund. Since 2000, the fund has grown by \$2.1 million and over 20 new scholarships have been added. Through various fundraising campaigns, grant awards and alumni connections there have been over 4,759 gifts to the college. In 2003, Dr. Sheppard was instrumental in securing a \$356,983 grant from The Duke Endowment to increase program enrollment and build an energized lab for the radiology program. In 2005, Dr. Sheppard received another \$318,160 grant from The Duke Endowment to start the Carolinas Simulation Center.

Dr. Sheppard's greatest pride is not having served on an Institute of Medicine Task Force, or receiving a mayoral appointment to help design Phillip O. Berry High School. Instead, it's every CCHS graduation. "It

sounds trite, but seeing students cross that stage knowing they will enter careers where they'll touch lives, and that maybe I helped just a little – that's an amazing feeling."



Dr. Ellen Sheppard

Dr. Sheppard was recognized for her accomplishments and success in May 2015 by being named one of the area's 50 Most Influential Women by the Mecklenburg Times. A panel of independent business leaders chose honorees based on their professional accomplishments as well as their involvement in the community. Recently, Dr. Sheppard was also recognized by the Charlotte Business Journal as one of Charlotte's Top 25 Women in Business. For seven consecutive years she's been a CHS Tier I leader, a top leadership recognition.

"Ellen is one of the most effective, strategic leaders I've ever met and always carries with her a positive attitude and unceasing energy," says Mary Hall, MD, chief academic officer for Carolinas Health Care System. "The quality of the College and its educational programs are evidence of Ellen's leadership."

So what's next for Dr. Sheppard? "I plan to just enjoy life," she says. She and her husband Bob will be spending more time with her sons and grandchildren, in addition to buying an RV and traveling the country. But, she says, there's no doubt she'll miss the students and faculty at Carolinas College of Health Sciences. "I've loved every minute of my career at this college," Dr. Sheppard says. "I am honored that I was able to be part of the healthcare of tomorrow and all of these young people's lives."

LETTER FROM THE ALUMNI ASSOCIATION PRESIDENT



**Kendall Haigh,
RN, MSN, CRNA**

Dear fellow Carolinas College of Health Sciences Alumni:

Last fall, former Carolinas College of Health Sciences Alumni Association president, Will Borders (MLS '06), passed the torch to me, and I now have the privilege of being your alumni association president for the next year. I know I have some pretty big shoes to fill, as many of you know, with all the hard work Will has put in over the

past year. Thankfully he has shown me the ropes and I think I am ready to accept the role. Thank you, Will, for your dedication, direction and service!

I would have never guessed when I graduated from the nursing program at Carolinas College in 2001 that I would have this amazing opportunity presented to me; I am truly honored. Carolinas College has continued to be an integral piece of my life story after graduating from the UNCC/Carolinas College Nurse Anesthesia Program in 2003. My continued educational connection with the college has inspired me to become more involved in alumni relations at CCHS. As president, I hope to

help strengthen and grow our Alumni Association, and help our alumni become more engaged.

The Alumni Association at Carolinas College has so much to offer its alums! Our first quarterly meeting was in February. These meetings typically include informative guest speakers, service programs and various networking opportunities. In April, a fortunate group of alumni will depart for the "Jewels of Alpine Europe" alumni trip. The 2017 trip to Ireland, Scotland and England is a not-to-be-missed adventure. For our "Young Alumni" or those who have graduated in the past 10 years, the Young Alumni Association offers various events to help alumni with networking and career advancement opportunities.

Thank you for allowing me the opportunity to serve as your alumni association president. I'm excited about what the next year has in store, and I look forward to seeing many of you at future alumni events! Please send me your suggestions on how we can make our alumni association an even stronger, more engaged organization. After all, we wouldn't be an association without you as alumni. From the class of 1944 to the class of 2016, we are here to try to meet your alumni needs, and provide each one of you with an opportunity to remain connected with Carolinas College of Health Sciences.

Kendall Haigh (NUR '03)

Recognizing April Davis, Outstanding Educator, 2015

April has spent 19 of her 26 years in healthcare as a nurse with Carolinas HealthCare System. For 17 of those, she's taught at CCHS – first surgical technology, then nursing. Student success is a top priority for April. Her warm and effective communication skills are perfectly suited to first semester nursing students. Her non-threatening, open manner increases their confidence and willingness to ask for help. She is often the first to arrive at the college in the morning, and is sometimes the last to leave. Sandwiched between those two is a full day spent serving students. Though never compromising her high expectations, she goes to great lengths to help students rise to the level of her expectations. When a student seeks out April for help, she puts her work aside, sits back in her chair, and—in an unhurried way - offers assistance. April is approachable and understanding while simultaneously holding students accountable. This student comment is typical:

"April is the kind of nurse I want to be. She gets to know each student. Her love for teaching and learning are obvious. You can tell she enjoys her career as a nurse and that she loves teaching. It is such a pleasure to be taught by a woman who is so incredibly brilliant! I'm grateful to April for helping me WANT to succeed at an even greater level."

April is innovative. Her creativity and curriculum insight were instrumental in revamping the Nursing Fundamentals class to better prepare students for clinical success. She spent hours applying technology solutions to the fundamentals class, making the class easier for students to complete at their own pace and

place, a popular notion for today's overscheduled learners.

A highly effective communicator, April builds consensus and trust through collaborative, respectful listening and negotiating. She tackles crucial conversations, but is careful to preserve the dignity of others by using holistic communication techniques.

Service to students is a cornerstone of her higher education philosophy. In addition to tutoring, advising, and teaching, she recently accepted the honor of advising the Student Nurses Association, which included revamping the capping ceremony. She served as a coach during the 2015 college phone-a-thon, and she spends personal time offering free yoga classes for teammates, students and the community.

April is active with the Association of Operating Room Nurses, serving in local and national capacities. She is a member of Sigma Theta Tau, National League of Nurses, and the American Nurses Association.



April Davis, RN, MSN

Congratulations April Davis. We salute you!

GRADS ON THE GO!

Terri (Rountree) Riddick (MLS '91), grew up in Hobbsville (Gates County) in rural northeastern North Carolina. She attended the University of Wilmington as a 3+1 student completing her degree in Medical Technology from Carolinas Medical Center (CMC) School of Medical Technology (currently CCHS Medical Laboratory Science program). Terri's mother and older sister are nurses, and Terri always wanted to do something in healthcare, but knew it was not nursing. Terri says, "There was a medical technologist (MT) that worked in the office with my mother. She would let me shadow her and look at slides under the microscope. I was hooked!" Terri knew she wanted to be a medical technologist. She interviewed for several different programs but "as soon as I entered the doors at Carolinas Medical Center (laboratory), I knew this was the place for me." She told her parents "CMC is the best program, even if it is all the way in Charlotte."

After graduating from the CMC MT program, Terri's first MT position was in the chemistry department at Pitt County Memorial Hospital in Greenville, NC. After a few years there, she moved back to Gates County and worked at Southampton Memorial Hospital in Franklin, VA. Terri continued her education and achieved her Masters of Public Administration with a concentration in Community Health at East Carolina University. She then accepted the position of district laboratory director at Albemarle Regional Health Services which is a seven-county district health department.

In 2005, the College of the Albemarle in Elizabeth City, NC, was interested in starting both a medical laboratory technology (MLT) program and a phlebotomy program to meet the workforce needs in the local area. Terri was recruited to be the coordinator for both programs. She developed both programs from the ground up, achieved accreditation for the MLT program and approval for the phlebotomy program from the National Accrediting Agency for Clinical Laboratory Sciences (NAACLS). She has successfully directed and taught in the programs for the past 11 years. Both programs are very successful with exceptional graduates that serve in laboratory roles both locally and nationally. Says Terri, "It does my soul good to go to area laboratories and see so many of my past graduates doing great things as productive clinical lab professionals."

Terri actively gives back to her profession. In addition to directing and teaching, Terri serves as vice-chair of the American Society of Clinical Pathology (ASCP) National Chemistry Exam Committee, as a member of ASCP Joint Generalist Committee, and as a member of ASCP Exam Appeals Committee. She has also served as a member of the Board of Commissioners for Albemarle Hospital. Says Terri, "Clinical lab professionals are probably the most overlooked, valuable professionals in healthcare. We provide answers to the questions that lead to 75 to 80% of all diagnosis and treatment options handed out by practitioners. Most people outside of healthcare, and some within healthcare, know very little about our

profession and all of the important tasks we perform on a daily basis. We ARE a vital and valuable part of any healthcare team! Without clinical laboratory professionals, just think how many diseases would go undiagnosed or technology advances in testing methods would never come to be, or the lifesaving research that would never happen. Within the mind of a clinical laboratory professional resides great things yet to be discovered!"

Terri has been married to her "best friend" J. B. for 21 years. They have two sons, Gage (16) and Hayden (14) and live on a farm in Corapeake, NC. Most of her spare time is spent at baseball and basketball games cheering on her boys, or at livestock shows watching them showing and competing the animals they raise on the farm. Terri says, "When I was young, I always dreamed of living somewhere other than rural northeastern NC, but now I know all of my journeys and jobs have led me to where I am meant to be...changing lives through education and sharing the profession that I love, in rural NC. Thank you to the MLS faculty at CMC for helping me get my journey started!"



Terri (Rountree) Riddick, MLS, MS



**Debbie Bradshaw
RN, BSN, NE-BC**

Debbie Bradshaw graduated in 1996 at the top of her class. Her journey to nursing started out at Catawba Valley Community

College where she completed her prerequisites with the intent to start nursing school at UNCC. After she heard about Carolinas College of Health Sciences, she never applied to UNCC but was instead placed on the waiting list at CCHS and one week prior to the start of class was accepted!

After graduation, Debbie began her nursing career at Carolinas Medical Center on 11 Tower, transferring to Carolinas

HealthCare System University in 1997. She loves "The System" so much that she spent the majority of her nursing career driving 40 miles to and from work! In 2007, Debbie became the assistant nurse manager for maternity services at CHS University and completed her BSN at UNCC in 2008.

In 2008, Debbie was promoted to manager of the special care neonatal nursery at CHS University and served in this

Debbie Bradshaw (Continued)

capacity for two years. In 2010, after commuting 2 hours a day for 20 years, she transitioned to the role of infection prevention/employee health nurse in Lincoln. In 2012, missing obstetrics, Debbie went back to CHS University to her dream job, nurse manager of maternity services overseeing the daily functions of labor & delivery, couplet care (LDRP) and the special care neonatal nursery (SCNN).

In 2014, she received her nurse executive certification from ANCC (NE-BC), another

proud moment in her long nursing career. After a long deliberation with her family Debbie decided to retire from CHS in October 2015. Retirement is not the end though, it is a way to do what you love with flexibility. She made a life changing decision to return to the reason she became a nurse, "To care for others." Now she is employed by Cross Country Travel Agency and is going to travel the USA as a neonatal nurse.....she is working close to home right now but will be heading to Miami in the fall. She is already loving her decision; caring for our youngest patients.

Future plans include traveling to Maine, Las Vegas, California, Phoenix, Texas and Hawaii! Said Debbie, "I can already tell my family members (husband Rick, daughter Leah, son-in-law John, son Michael and the joy of my life granddaughter Chayse) are so happy with my decision. They all look forward to visiting me in my travels. Nursing DOES offer so many rewards!"

RADIOLOGIC TECHNOLOGY

Kyle Cook, (RT '11), was born in Columbus, OH, and moved to the Charlotte area when he was seven years old. After high school, Kyle pursued a degree in auto mechanics. His strong desire to understand how things operate developed into an interest in the physics of radiologic imaging. While researching radiologic technology programs in the Charlotte area, Kyle heard about the great prestige of the Radiologic Technology program at Carolinas College of Health Sciences and its connection to Carolinas HealthCare System. He found the program to be one that holds high standards of education in the classroom and in the clinical environment. Kyle worked as a student technologist at Carolinas HealthCare System-Pineville during his last year in the Radiologic Technology program.

After graduating, Kyle worked at CHS Pineville while training in Computed Tomography (CT). Concurrently, he worked at CHS Steele Creek as well as CMC Orthopedics. He became a CMC Ortho lead technologist in 2015.

Kyle's experience and reputation in orthopedic imaging helped prepare him for a joint venture with orthopedic surgeon, Dr. Mauerhan. Hip and knee specialist at CMC Ortho, Dr. Mauerhan routinely ordered a valgus stress

x-ray of the knee. In order to properly execute the exam, two technologists were required. This procedure meant radiation exposure to the technologist assisting inside the room. Kyle and Dr. Mauerhan collaborated to develop an alternate technique to obtain the same view, while eliminating the unnecessary radiation exposure to the technologist. After months of testing, Kyle and Dr. Mauerhan had confirmation their technique was reliable. Most recently, their research and findings were published in the article "Patient-Directed Valgus Stress Radiograph of the Knee: A New and Novel Technique" in *The American Journal of Orthopedics®*. The positioning devices developed can also be purchased via InnoMed, Inc.

Kyle is thankful for his experiences at Carolinas College of Health Sciences. As challenging as the program was, he realized upon graduation how valuable his learning experience was to his future as a radiographer.

To read Kyle's full article, visit <http://www.amjorthopedics.com/specialty-focus/imaging/article/patient-directed-valgus-stress-radiograph-of-the-knee-a-new-and-novel-technique/95000b969daf618a844c80167d65404e.html>



Kyle Cook, RT (R)

SURGICAL TECHNOLOGY

Renee Fortenberry (ST'02, AAS '14) has lived in Polkville, NC, her entire life, where she currently raises her two daughters, Emma (9) and Stella (3). She enjoys spending time with her daughters, surgical mission trips, traveling, spending time on her farm, riding horses, and showing Guernsey cows at local, state, and national levels. Renee's father was a paramedic and her mother is a registered nurse. This exposure led Renee to believe that she wanted to be in healthcare. However, once she entered college, her grandfather and father were involved in a tragic farm accident, which resulted in her grandfather's death. This traumatic experience made Renee focus more on finding a health field that fit her the best, which ended up being surgical technology.

Renee graduated from CCHS in 2002 with a diploma in surgical technology and obtained her associates degree. Her first employment as a certified surgical technologist was at Cleveland Regional

Medical Center. In 2010, she transferred to Carolinas Medical Center's operating room to fulfill her love for trauma. In addition, she worked as an adjunct instructor with Cleveland Community College's surgical technology program.

Renee absolutely loves being a preceptor to the new surgical technologists and students. She says that it is a very rewarding experience to teach others about Surgical Technology! She shared her CCHS memories below:

"CCHS is a wonderful college to further your education. They always go above and beyond for each student. There were so many memorable experiences in the OR to recall. My first OR experience was amazing and overwhelming at the same time. I recall all the specialties, each being unique, and wondering how I was going to specialize in just one! Overall, life in the OR has taught me to always do your best, be versatile, take pride in your work, and be a team player. The combination of these will help you be successful in your field and in life!"

Renee has recently been hired to serve

as program director/faculty for surgical technology and central sterile processing at Davidson County Community College. In this new role, she oversees the organization, administration, continuous review, planning, development and general effectiveness of both programs, which recently began admitting students. Renee is excited about this new opportunity. Her goals are to make a career in surgical technology possible for those attracted to a fast-paced profession, and help them become essential members of the surgical team.



Renee Fortenberry
ST(C), AAS

PROGRAM NEWS

Surgical Technology Update



Kali Simien, Director
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Spring is an exciting time for the Surgical Technology program. The current class is anxiously awaiting graduation in May.

As I write

this, they are embarking on the final leg of their journey. To those alumni working in the program's clinical sites, thank you for the countless hours of mentoring you've provided. You truly make a difference in the quality of education our students receive, and ultimately the future of our profession. Be sure and check out the profile of Renee Fortenberry (ST '02, AAS

'14) in the "Grads on the Go" section.

You may remember working with Renee at Carolinas Medical Center's operating room or as member of the Class of 2002.

I heard from several of our graduates recently who told me they envy current students who now complete a dedicated robotics rotation. Students assist with the case setup and participate in attaching instruments to the delicate robotic arms. Some of their surgical experiences involved urology, GYN and general surgery robotics procedures. Students have also enjoyed rotations at one day surgery, labor/delivery, CMC Mercy, Carolinas HealthCare System Pineville and Carolinas HealthCare System University.

As a reminder to those with current CST credentials: Continue to pursue professional development opportunities! Certification is not a requirement in NC, but increasingly, is becoming a requirement

for some medical facilities in the surrounding areas. Certification is valid for four years and can be renewed by submitting 60 continuing education units. I recently renewed my certification by completing the printed tests in the monthly AST magazines, attending the AST North Carolina Assembly meetings and traveling to surgical conferences. Did you know that the Association of Surgical Technologists gives two free CEU's each year? Don't miss out! Visit their website for more information. www.ast.org.

As always, please continue to send me news to share with your fellow alums! Have an awesome summer!

Sincerely,
Kali Simien, CST, BS

School of Clinical Laboratory Sciences Update



Kelly Shirley, Director
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"Change is inevitable, growth is optional" (J.C. Maxwell). In the last alumni Connections, I mentioned the change coming to our clinical laboratory

network with the opening of the new core lab at the airport center. In spring of 2015, the CMC Microbiology department moved in its entirety to the new location along with serology, molecular, tissue typing, cytogenetics and reference chemistry/hematology. In 2016, the CMC hospital lab is working to restructure to include cross-training in hematology and chemistry as one department. In response to these changes, the MLS faculty took on the challenge of developing a new structure for the MLS program to complement the changes in the clinical lab. Starting with the fall 2015 class, the students now move through the didactic and student lab

training for each subject before moving to the clinical rotations. The result is the same excellent curriculum content with the added value of providing a complete foundation of knowledge in all subject areas before practicing and honing clinical skills. Changing the program structure was inevitable to correlate with the changes in the lab and as a result of the structure change we were able to increase enrollment by 33%. We now have space for eight students in August and eight students in January. Change was inevitable and growth was possible.

In March of 2015, we welcomed our new histotechnology education coordinator, Tracy Walling. After only two days on the job, she was approached by the lab administration with a request to increase enrollment of the histotechnology (HTL) program. Workforce needs are great in this profession locally and nationally. We got to work and restructured the HTL program by removing semester breaks and accelerating instruction resulting in the reduction of the program from 12 months (39 weeks) to 7 months (31 weeks). This program now accepts eight students annually, with four starting in January and graduating in August and four starting in May and graduating in December. Current students and alumni provided invaluable

feedback to help us make these changes. In the past two years, two of our MLS alumni have completed our online Specialist in Blood Bank Technology and Transfusion Medicine program and have passed the ASCP exam at the specialty (SBB) level. Congratulations to Jamie Moore (MLS '06, SBB '14) and Sarah Stonger (MLS '11, SBB '15). Our online SBB program continues to grow and this year we had students enrolled from states other than North Carolina. If you are a working blood banker and would like to continue your education, consider this program as a route to taking the specialist in blood banking exam.

Congratulations to our 2015 HTL graduates, Melissa Keller, Beth Sloop, Molly Sunderland, Christian Yeatts and congratulations to our 2015 MLS graduates Funmi Adewale, Aurora Barnes, Kaylee Brown, Melissa Brumley, Bethany Folk-Middlebrook, Ashley Harwood, Kelly Kerschner, Georgia Kontos, Laura Larion, Hillary Page, and Sarah Walters. All 2015 graduates in both programs passed their ASCP National Board of Certification exam and are working as laboratory professionals in their respective fields.

Remember to make time for your family and take time for yourself. Keep in touch!

School of Nursing Update



Deborah Blackwell
Dean of Nursing
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As I reflect back on 2015, there have been many exciting highlights to share with you. We celebrated the graduation of 108 new nurses in May and December 2015. At

six month's post-graduation, 92% of the May 2015 graduates were placed in nursing positions, all of them within Carolinas HealthCare System! Ninety-five percent of the graduates who took the NLCEX-RN licensure examination in 2015 passed on the first attempt.

Two of our nursing faculty, Jane Binetti and Kristy Williams, completed doctoral nursing programs and received the Doctorate of Nursing Practice in May 2015. Megan Brazelton and Sarah Scibetta, clinical nursing faculty, were accepted into masters of nursing programs and started graduate studies. Catherine Holton, associate dean, completed the first year of her doctoral program in educational leadership at Wingate University. Meredith Hirsch, clinical nursing faculty, has made excellent progress toward her post-master's family nurse practitioner studies at Duke University.

The summer of 2015 was incredibly exciting as Dr. Susan Patterson took a group of eight nursing students to Belize for a transcultural nursing elective. This was the first time that the college had offered an opportunity for students to study outside the United States. The experience was so well received by students, faculty and our Belize partners that the course will again be offered in Belize this summer.

Students have been able to participate in two exciting learning opportunities through CHS Medical Education. In the first, Amy DeCoste and Kathryn Gorham, who will be May 2016 nursing graduates, along with two nurse practitioners, two medical students, and two social work master's degree interns, were selected to participate in a federally-funded inter-professional cohort called "HotSpotters" to study care interventions that may reduce cost and improve patient outcomes. Amy and Kathryn met twice monthly with their inter-professional cohorts, and were assigned patients with whom they conducted home visits, accompanied to doctor's offices, and counseled by phone. Their team efforts resulted in improved care coordination and decreased emergency department visits. Secondly, eight nursing students volunteered to take part in a "Pulse Weekend" experience where students are paired with a medical student for a weekend patient experience where the team follows a patient from the emergency department through admission

Continued next page

School of Nursing cont.

and hospitalization, making observations regarding the continuum of care. Students participate in a debriefing after the weekend to discuss what they observed and to make suggestions regarding the patient experience. Both the Pulse Weekend and HotSpotting are medical education initiatives that encourage interprofessional collaboration. Student feedback on their

experiences has supported continued participation in both initiatives as another way to enhance their excellent educational experience at Carolinas College.

Finally, 2015 was the 25th anniversary of the college and the 75th anniversary for CHS. Many of you came home to Carolinas College of Health Sciences to reconnect

with classmates, faculty and staff. We were so delighted to catch up with you and reminisce. Yes, 2015 was truly a year to celebrate many phenomenal accomplishments and events in the life of Carolinas College and the School of Nursing. I am excited to see what is in store for us in 2016.

Radiologic Technology Update



**Jodi Huffstetler,
Director**

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On behalf of the Radiologic Technology program faculty, congratulations to the 2015 graduates for achieving a 100% first attempt pass rate on the 2015 ARRT

certification examination! In addition to this impressive achievement, all of the 2015 graduates were hired for employment within four months of graduation. All but one student were hired as radiographers within Carolinas HealthCare System. One graduate now works as an applications specialist for Nuvasive and another moved back home to work in a Wilmington, NC hospital.

In October 2015, the program hosted a Joint Review Commission on Education in Radiologic Technology (JRCERT) site visit. The

department spent many hours preparing for this very meaningful visit and is excited to announce that we received an 8-year accreditation award, the maximum given by the JRCERT!

Our Level I students are in the second semester. They have embraced the challenges of the program and are growing each day in knowledge and skill. The Class of 2016, Level II students, are nearing completion of their formal radiography education. They will attend the NCSRT Annual Conference in April to participate in a mock ARRT Registry examination and attend professional education lectures facilitated by respected radiologic technologists and radiologic science educators. We are proud of their accomplishments and know they will do great things in the profession.

In conjunction with the successes during 2015, the program has experienced transition. Lucy Davison, clinical coordinator and an alumna of the program, retired from CHS. She was an inspiration to many students over the years, and her legacy lives on at CCHS and in the program. In December, program director Doug Frankenburg retired. During Doug's five years at CCHS, he was

instrumental in many positive changes to the program. His love for music, life, and the profession of radiography will remain with every person with whom he crossed paths.

With the vacancies came the opportunity for new professional opportunities for others. Jodie Huffstetler, (RT '05), was selected as the new program director of the Radiologic Technology program. In December, Alisha Borchardt, (RT '08), assumed the role of clinical coordinator. Recently, the program welcomed Shannon Sloan as clinical instructor and didactic faculty. Shannon has worked with our radiologic technology students for 10 years, most recently at Levine Cancer Institute. Cathey Miller, (RT '76), remains steadfast in her role as clinical instructor and didactic faculty.

We would like to thank our radiology colleagues at the various Carolinas HealthCare System clinical education sites, and the alumni of the CCHS Radiologic Technology program for their unwavering support of the program and our students. The success our students have achieved is due to the partnership, support, encouragement and mentorship provided by our alumni and colleagues.

Radiation Therapy Update

The Radiation Therapy faculty congratulates the Class of 2015 for their performance on the ARRT national certification exam. All graduates passed the exam with an average score of 83%, exceeding the national average score for that cohort. In addition, all of the 2015 graduates have secured jobs in radiation therapy. Once again, congratulations to all; your hard work paid off.

On January 28, in partnership with Levine Cancer Institute, the CCHS Radiation Therapy program and continuing education

department co-sponsored the annual Radiation Therapy Symposium. The event was offered radiation therapists, dosimetrists, nurses and other oncology professionals an opportunity to acquire professional continuing education credits. Held at the Levine Cancer Institute conference center, it was offered via teleconference to radiation therapy centers at Blue Ridge, Scotland, and Cleveland. Speakers from Varian Medical, QFix Medical, and Levine Cancer Institute offered topics ranging from information systems and data analysis to utilization of radio-surgery techniques and automated patient alignment. The event was a huge

success and the radiation therapy faculty would like to thank everyone who provided support for the event!



**Lee Braswell,
Director**

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John's Adventure In Abu Dhabi



Lindsay at Grand Mosque

for four weeks while he searched for a place and would also pay for him to visit home once a year. Perhaps it was the generous benefits that tipped the scale. Maybe it was the lingering mental image of a muslim-clad Peter O'Toole traversing the desert on a camel. Whichever....John was hooked.



A benefit of international travel is the proximity to other great destinations. Returning to Abu Dhabi from his US vacation, John detoured to Kathmandu, India, for just a few hundred dollars extra airfare.

A little about Abu Dhabi. It's a city of 700,000 and is the capital of the United Arab Emirates, which has a population of 9.3 million. It lies on a T-shaped island which juts into the Persian Gulf (think lovely beaches and sapphire water). The astonishingly wealthy royal family lives there. It's a hot desert climate with almost no rain, ever. The average daily temperature May through September exceeds 100 degrees, sometimes hitting 140! Winter temps average in the 70s. The cost of living is one of the highest on the planet, though its UAE neighbor to the east, Dubai, is even higher. John's cultural adventure has been just as fascinating as the geographic one. Office suites in John's hospital (and most businesses) have prayer rooms to which Muslim employees quietly migrate several times a day. Though Western religions are tolerated and there are a number of churches in Abu Dhabi, they're for the ex-pats and other foreigners. All permanent residents are Muslim. But permanent residents make up only about 19% of the population. The other 81% - and virtually all labor and service sector workers - are temporary residents. It's the 19% (the locals) who drive 100% of the Ferraris and other high-end vehicles. It is not uncommon to see multiple Ferraris, Lamborghinis and Bentleys on the drive to and from work. As a Muslim country, pork consumption and sale - though not illegal - is heavily regulated. Similarly, alcohol is heavily regulated and only sold to those with a license to purchase.

The country is known for programs to ensure its citizens are well taken care of. "One in particular," according to John, "oversees the creation of housing programs for permanent residents. From free houses to interest free loans, the country strives to ensure its citizens are financially secure."

John's biggest surprises? "That it's friendly and safe. That there are branches of the Guggenheim and the Louvre currently being built. That a ton of American expatriates live here. And that Abu Dhabi's hiccoughs with Epic and Cerner are not at all different from ours in the US!"

Asked if he'd be moving home anytime soon, John gets a faraway look and smiles mysteriously. Looking ever so slightly like Peter O'Toole contemplating his next adventure.

Interested in learning more about John's adventure? Visit his blog at <https://1001uaenights.wordpress.com/author/jlindz/>



When John Lindsay graduated from CMHA School of Nursing in 1996 his dedication in the yearbook read, "Thanks, Mom & Dad, for all of the help during the past few years. Without you all this would not have been possible." Little did he, or they, know just how much "all this" would amount to in the years to come!



John gives President Sheppard a geography lesson (top) and the two laugh over the 20-year-old CMHA yearbook.

Today John is living in one of the most exotic locations imaginable - Abu Dhabi, United Arab Emirates. He's doing work that's the envy of many in health-care - high stakes informatics and EMR training, working for a prestigious organization - a well-funded healthcare system affiliated with the Cleveland Clinic, and having the adventure

of his life. The story of his journey from tiny CMHA (180 students in 1996) to glittery Abu Dhabi is full of interesting turns, much of it inspired by his favorite film of all time: "Lawrence of Arabia."

After graduating, John worked as a traveling ICU nurse for years. He loved calling exciting cities like Seattle, San Jose, Las Vegas, Baltimore and Denver his home. Along the way he completed a BSN and started his MSN at Johns Hopkins, where he also worked. By 2012, he had narrowed his focus to health informatics - clearly a growth field - and transferred to Duke University where he planned on earning his masters in the field. But the years as a traveling nurse had only fueled his wanderlust. He learned of and applied for a job in the United Arab Emirates at a hospital which is a collaborative effort between the government of the UAE and the Cleveland Clinic Foundation. In Skype and WebEx interviews he learned more about the position managing end user support and clinical application training in Epic. While the salaries offered to expats (the term used for citizens from one country that live in another) are not as high as they were in the past, knowing that the majority of his salary would be tax free was a big draw. He liked that the hospital would provide him housing in a luxury apartment

CCHS Students Travel to Belize for Transcultural Nursing Experience

"I'll never be the same."

That was the refrain often heard from nursing students who participated in a transcultural nursing experience through Carolinas College of Health Sciences (CCHS) this summer in Belize.

"I can't even tell you how amazing it was. It was so worth doing," said Amanda Graves, one of eight CCHS students who traveled to Belize and was inspired and humbled by the knowledge and creativity of the medical professionals she met.

The study abroad experience, which is unique among two-year nursing programs, grew out of a relationship built over many years between Carolinas Healthcare System's International Medical Outreach program, the Heineman Foundation of Charlotte, and Karl Huesner Memorial Hospital (KHMH) in Belize City, Belize.

Initially envisioned as a unique cultural learning opportunity for nursing students, the trip blossomed into much more, including a nursing education component for KHMH nurses and an outreach clinic to screen the high-risk Belize population for heart ailments.

A long-term collaboration

Francis Robicsek, MD, well-known pioneering heart surgeon, has poured his substantial talents and energy, since leaving surgery, into the International Medical Outreach program, a partnership between Carolinas HealthCare System and the Heineman Foundation of



CCHS student Amanda Graves (center) assists with an infant immunization at a clinic in Belize City.

Charlotte. Through them, medical expertise, as well as used and refurbished medical equipment, are provided to Central America and other parts of the world.

Through his work in Central America, Dr. Robicsek developed a relationship with KHMH, regularly bringing teams of Sanger Heart & Vascular Institute physicians to Belize to share expertise and training and to treat local patients. Some Belizean physicians have also traveled to Charlotte and elsewhere in the United States for specialized training thanks to the collaboration.

When Dr. Robicsek suggested to CCHS president Ellen Sheppard, that taking students to Belize might be feasible, she needed no further encouragement. A passionate believer in travel as a means to foster intercultural understanding, Dr. Sheppard embraced the chance to offer students a rich new experience.

Transcultural immersion

A committee of nursing program administrators and faculty tapped CCHS nursing instructor Susan Patterson, DNP, RN, to create a new transcultural nursing course to be taught in Belize. It was a natural fit for Dr. Patterson, who already taught cultural diversity at the college, and she jumped at the chance to craft a new course to immerse students in a different

medical culture. "The Belize experience helped us marry the medical component of nurse training with the cultural component in a robust, natural way," said Dr. Patterson.

Alan Tobias, an RN at Carolinas Medical Center and a 2005 CCHS alumnus, extended a personal trip to nearby Guatemala so he could travel to Belize and assist with the students. While at KHMH, the students performed cultural and health assessments, interviewed medical staff to understand how culture affects communication, performed basic services such as taking vital signs and ambulating patients, and shadowed nurses to learn how nursing practices differ in a developing country.

"The thing that stood out to me was how they are able to do so much with so little," said Graves, who graduated from CCHS in December. Despite lacking many basic supplies and equipment US nurses are accustomed to, even items as simple as gauze, tourniquets, and ventilators, "they were able to make incredible things happen," said Graves. "It blew my mind."

Other differences Graves noted included nurses mixing their own medications and intravenous feeding solutions and following different patient isolation protocols than in the US.



Francis Robicsek, MD, founder and president of the Heineman Foundation.



Students who participated in the Belize experience, pictured outside Karl Huesner Memorial Hospital: (front row, left to right) Teresa Greene, Suzanna Payne, Lauren Ashby, and (back row, left to right) Shana Hall, Hannah Shelton Cook, Christina James, Brooke Braybant, Amanda Graves, with instructor Susan Patterson, DNP, RN.

Beyond the hospital



Suzanna Payne blows bubbles with a patient at a center for profoundly disabled children

In addition to their experiences at KHMH, students had opportunities to interact with patients outside the hospital setting.

They spent a day at The Inspiration Center, a facility dedicated to the care of children with disabilities, and also visited patients in their homes. "It was a priceless experience for the students," said Dr. Patterson. "They got to see how people live in Belize and see that regardless of poverty and scarce resources, they take care of their children with disabilities."

The students also spent a day in the Cayo region of Belize with a folkloric healer, observing spiritual healing practices, includ-



Suzanna Payne and Brooke Brabant meditate on the power of flower and herbal therapies to restore health.

ing Mayan ritualistic flower bathing. Many Belizeans, particularly the Mayan population, seek folk healers before, in addition to, or instead of modern medicine. Part of the students' cultural immersion was to understand and become sensitive to these alternative methods and their impact on modern diagnosis and treatment.

The highlight for many students was setting up a mobile clinic in a remote Cayo district village to provide basic care to rural Belizeans alongside a local physician assistant and echocardiographer. The students helped perform focused assessments and provided education and referrals for 80 to 100 villagers who attended the mobile clinic.

"It was an incredible learning opportunity for the students," said Dr. Patterson. "Students don't often provide care in that sort of context, but they were able to really make a difference for these villagers."

One particular set of patients made a lasting impression on student Amanda Graves. A family of five – four children and their aunt – all of whom were deaf, attended the mobile clinic. Despite living in a remote area, they knew some basic sign language, and Graves, who is fluent in American Sign Language, was able to communicate with the family about their medical issues, something they had never experienced before.

"It was the most amazing experience of my life to be able to help them," Graves said. "Sometimes we think of ourselves as 'just nurses,' but we were able to do so much for these people. It was incredibly rewarding."

A reciprocal learning experience

While the Belize trip provided invaluable learning experiences for CCHS students, it also encompassed an educational component for nurses at KHMH. Sponsored by

International Medical Outreach and arranged by Dr. Sheppard, KHMH's chief



Hannah Shelton Cook with a new friend in the Cayo district.



Christina James (top) and Suzanna Payne assess children visiting the mobile clinic in a remote village near Spanish Lookout in the Cayo district of Belize.

nurse, Michelle Hoare, had visited Charlotte, the College and Carolinas HealthCare System Pineville in July 2014, spending a day with facility nurse educator, Lisa Foster, MSN, RN-BC.

"We talked about all things education," said Foster, sharing policies, procedures, curriculum ideas and content. "When Michelle left, she jokingly said, 'Will you come home with me?'" Little did Foster know that a year later, when KHMH requested that a facility nurse educator be added to the Belize trip,

she would have the opportunity to fulfill Hoare's wish and to train Belize nurses.

With input from Hoare, Foster developed lectures to enhance nurse training at KHMH, including mechanical ventilation, lateral violence (bullying within the medical team), oxygen management and delivery systems, pain assessment and more. Foster adapted some classes she had taught in the past, but some she created especially for KHMH. "It was a learning experience for me as well," said Foster, who even offered one class exclusively for physicians.



Lisa Foster, MSN, RN-BC, with nurses at KHMH.

Continued next page

Nurses in Belize often lack professional journals, nursing conferences and other organized continuing education common in the US. Foster found the staff to be exceptionally engaged and receptive. "They were hungry for it," she said.

Foster left Belize having learned a universal truth about nursing. "They taught me that nursing is the same no matter where you are," she said. "We are all in the same boat. They might be in a different sea, working with different equipment, but we all strive to give our patients the same high quality of care, whether it's here or in Central America."

Heart of Belize

The final day of the Belize trip brought together CCHS nursing students, Adrian Coye, MD, KHHM chief executive officer and a practicing heart surgeon, and Theodore Frank, MD, director of cardiac transplantation at the Sanger Heart & Vascular institute, for a full-day outreach event dubbed Heart of Belize.



Lauren Ashby takes blood pressure of a patient at Heart of Belize.

Loosely modeled after the annual Heart of a Champion screening for high school athletes at Carolinas HealthCare System, Heart of Belize provided free rheumatic heart disease screening for more than 100

youths ages 16 to 30. Rheumatic fever, which develops from untreated strep infections, is common in Belize and can damage heart valves, leading to heart failure and death. CCHS students helped with every part of the event, including set-up, taking health histories, vital sign checks, assisting with assessments and preparing patients for



During the Heart of Belize event, Amanda Graves, Adrian Coye, MD, and Theodore Frank, MD, screen a patient for heart problems caused by rheumatic fever.

EKGs and echocardiograms. More than half of the event participants were found to be at risk for rheumatic heart disease and provided with education and referrals for additional care. "It was an amazing experience," said nursing student Graves. "We helped a lot of people that day."

Lessons brought home

The Belize experience left a profound impact on the CCHS students who attended. Many, including Graves, left Belize inspired to do medical mission work in other developing countries. Some were inspired to further their nursing education so they can provide higher levels of patient care.

All were inspired by the humble, gracious and loving nature of the nurses and patients they met and the resourcefulness of medical professionals in Belize as they strive to provide quality care.

"The students came home with a new awareness that we live in the land of plenty and an appreciation for their own lives," said Dr. Patterson. "They see all that we have and the nurses in Belize don't, and yet the amazing care they are able to give their patients."

Added Dr. Sheppard, who joined the group for week two, "It's intuitive for Americans to judge others by our US standards. That can lead to the mistaken conclusion that those who don't have what we have are somehow inferior. These eight students had their hearts opened to the worth and goodness of the Belizeans they met and worked with. It was beautiful to watch this new respect and admiration unfold." The cultural lessons learned were just as valuable. "Charlotte is becoming a melting pot and there are differences, even regionally within the US, in how people communicate and how comfortable they are with medical care," said Dr. Patterson. "The students were able to experience this first hand in Belize. Everyone has a different story to tell, and



Amanda Graves and Shana Hall sum up their feelings: "I heart Belize."

embracing those differences and honoring them is a crucial part of providing quality patient care."

Gazebo Gets New Lease on Life



After 15 years, the Class of 2001's gazebo was an eyesore and a safety hazard.



The Class of 2015's elbow grease and funds for a new roof breathed new life into the treasured CCHS gazebo.

The class 2001 worked hard to raise funds for a class gift. They wanted to leave something that would be their legacy, something long lasting and of unique value to future students. They sold T-shirts, baked goods, and crafts. But mostly they sold fish. Betas, to be specific; betas swimming in dreamy little glass bowls with colored gravel and ornaments. Hundreds of betas! Enough to purchase a full-size gazebo for the college courtyard as their class gift. That gazebo has been repainted several times, has had flowerboxes added and removed, and has been home to numerous carpenter bees. It had become both an eyesore and a safety

concern and was destined for the wrecking ball. Former SGA president Tina Arthur Heatley had been called and informed of the decision. But never one to give up, SGA advisor Joy Godwin protested, sure that a complete makeover and a new roof could restore it to its former glory. Sure enough, hardworking students and staff provided elbow grease, the class of 2015 provided funding, and a better-than-ever gazebo emerged to provide shelter and quiet study space for another 15 years' worth of graduates! The College thanks the class of 2015 and the class of 2001 for our courtyard gazebo!



Jason Hison



Barry Nance

Hishon and Nance Recognized

Two CCHS alumni, Jason Hison (NUR '15) and Barry Nance (NUR '12) were recently singled out for system-wide recognition for their outstanding patient-centered care. Demonstrating the highest standards of "putting the patient first, always," Nance's and Hison's efforts were noticed by the family of a patient in their care when Hison was precepting under Nance's guidance. In fact, the family was so impressed by the patient-centered rounding and teamwork they observed that they took the time to report it to CMC administration! Said the grateful patient and family: "They don't come any better than this," – referring to the team - and then commented how often Barry and Jason checked on the patient, "providing a calming and healing environment." Recognition was given at the unit level and at a CMC managers meeting. Thanks, Barry and Jason, for proving once again that "CCHS alumni get it" when it comes to providing an excellent patient experience.

Ch-Ch-Ch-Changes Events & Opportunities



Thanks to a generous gift from **Linda Perkins** (NUR '67), selected nursing students were given CCHS-purchased access to a digital study site. Pictured here, **Tracy Hayes**, faculty, and **Ruthie Mihal**, manager of alumni relations and development.



Lucy Davison, longtime and much loved Radiologic Technology faculty and alumnus (RT '79) adamantly declined a party when she retired from CHS, but the farewell cookies were admired by all!



Students current and past joined staff in saying "Aloha" to **Doug Frankenbug**, who retired after five years as Radiologic Technology program director.



Millie Creech, after 10 years teaching with both the nurse aide and the nursing programs, and many more years as a CMC nurse, was bid farewell in grand style.



Melissa Jackson (MLS and SBB/TM faculty, MLS alumnus '09) accepted a position as director of Stanley Community College's MLT program.



Former RT program director **Susan Stricker** (RT '60) joined the retirement fete for Doug.



100 pints of blood were collected during the 2015 and early 2016 CCHS-sponsored blood drives. Charlotte's Community Blood Center assures the blood stays locally and loves CCHS for being such reliable arms.



Student entries in the fall pumpkin decorating contest reached an all time high in quantity and quality.



The national Community College Survey of Student Satisfaction is conducted annually by the University of Texas at Austin. Colleges that score in the top 10% of the nation become a cohort group against which other colleges benchmark. Carolinas College's 2015 scores were HIGHER than the top 10% cohort group in the areas of academic rigor, support for learners, and faculty/student interaction!



Many US students complete college deep in debt, yet are unable to find a job that allows them to pay it off. Or the withdrawal rate is high and students never graduate and enter the professional workforce. CCHS was proud to learn in late fall that its students' loan default rate is among the best in the nation. With a default rate of 0.04%, the college ranks in the top 6% of the nation for the diligence and integrity of its graduates in repaying their federal loans.



In 2015, CCHS teammates pledged over \$15,000 to the Community Giving Campaign, contributed 259 hours of service, sponsored 35 Salvation Army "angels and silver bells" and filled 80 stockings for the Christmas Bureau. Pictured: **Sue Thornton, Jared Smith, Janice Bellamy, and Carla Cozzen** of the General Studies Department, with a few of the gifts teammates contributed.



College teammates, students, and alumni participated in the traditional Christmas sing along and gift distribution at the Men's Homeless Shelter.



Motown was replaced by Pharrell Williams as faculty (here, **Karen Hill Miller**) again entertained students at the graduation breakfasts.

OPPORTUNITY *Knocks*



Jared Smith joined CCHS as the manager of general studies. In this role he will supervise the general studies classes and personnel and the associate degree program as well as teaching microbiology, chemistry, and anatomy and physiology. Smith earned a BS at The College of Charleston and has two master's degrees from St. Joseph's College.



Alison Campbell (MLS student) at an informal breakfast with Dr. Santopietro, leader of behavioral health at CHS.



Kiersten Coady, pictured with program director **Susan Thomasson** (MLS '76) won a scholarship from Siemens to attend phlebotomy training.



CCHS sponsored **Jenni Reeves** (NUR) and Funmi Adewale (MLS) to attend a statewide diversity conference.



Nursing student **Lisbeth Pineda's** interest in advancing her education beyond CCHS led to an invitation to the annual CHS banquet for Advanced Clinical Practitioners. Here with **Dr. Britney Broyhill** (L) and **Dr. Sheppard** (R).



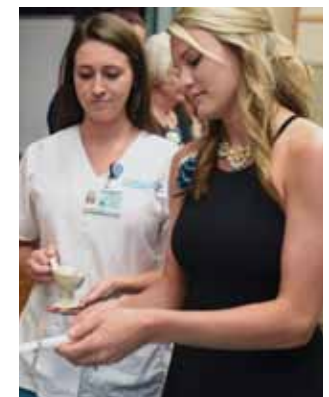
CCHS made it possible for **Emilia Pena** to meet author Kevin Hines and learn about his role in Mental Health First Aid across the US.



Kisha Choice, who staffs the college computer lab and assists students and faculty with technology matters, decided last year to adopt healthier eating and exercise routines. Her regular visits to LiveWell Carolinas put her in the running for prize drawings that paid off handsomely when she was selected in a random drawing for an all expense paid trip for two to Orlando. Pictured here with the Prize Patrol, **Kisha** (center) looks forward to taking her son on his first Disney adventure.

Commitment

The Capping ceremony, practiced 1944 – 1967 and 2009 – 2014, transitioned into the Commitment to Caring ceremony. Highlights still include a blessing of the hands, lighting the lamp, the Florence Nightingale tenets, and the recognition of an inspirational mentor. Gone is the cap, deemed dated and exclusive of males in the profession. Below, scenes from December's ceremony.



Why Interprofessional Education?

Interprofessional education is the latest big thing in healthcare education. Its premise is that care is best delivered by a high functioning team of professionals - professionals who understand one another's roles, and the strengths and skills each brings to the team. Healthcare providers



CCHS students (left, in each photo) with their Chapel Hill medical school Pulse partner. Top: Kelly Kerschner (MLS) Bottom: Michael Richardson-Lineberry (NUR)

haven't done a great job of that in the past. Both in school and in practice, they know their own roles, but beyond that, a lot is left to trust and assumptions. Carolinas College is part of a move to change that, in three ways.

Pulse Weekend is one initiative. Pulse Weekend pairs a CCHS nursing or allied health student with a UNC Chapel Hill medical student. (These medical students study in Chapel Hill for two years then transfer to Charlotte for their clinical experiences in years 3 and 4.) The pair starts in the emergency department on a Friday evening and selects a patient to follow for the weekend. Until hospital admission

Friday night, they observe the care the patient receives from all providers, the tests run and lab values determined. They watch the hand offs and transfers, how the family and patient are treated and educated. They do not provide care, but they work together and discuss what they're

seeing. The pair regroup on Saturday morning, usually in the patient's room. They're anxious to see how the night went and to be there when the doctor and the care team rounds. Because they aren't providing care, the pair is better able to see things from the patient's perspective: what's confusing, what's frustrating. That's repeated on Sunday morning, then both students attend a debrief the following week to share with faculty what they saw and learned. Process improvements often occur as a result, and always the students emerge with a new understanding of the roles of the various providers. During the 2015-2016 year, two dozen CCHS students were able to participate.

A second interprofessional initiative in 2015 was Hotspotters. Nursing students Amy DeCoste and Kathryn Gorham, along with two nurse practitioners, two medical students and two social work master's degree interns, were selected to participate in a grant-funded interprofessional cohort to study care interventions that may reduce cost and improve patient outcomes. The theory is that non-compliant, high utilization patients – those who use a disproportionate amount of care – may show better results, decrease long-term hospital



Carolinas HealthCare System Hotspotter Team, 2015-2016. CCHS students Kathryn Gorham (left) and Amy DeCoste (right) participated for the full year.

expense, and reduce readmission if they are followed more carefully and treated more personally and empathetically. The eight students traveled to New Jersey to meet other teams from across the country looking at the same thing, and they met as a team twice a month for a year, following their patients and recording outcomes. They even visited patients' homes. They've seen remarkable outcomes, but equally important, they've come to understand one another and to respect the important role each plays on the care team. The CCHS students so impressed the project's medical director, Dr. Iris Cheng, that she selected Amy as the team's Outstanding Hotspotter for her "extraordinary motivation and discipline."

A third interprofessional education initiative was the creation of 14 four-minute videos, each focusing on what different healthcare providers bring to the team. President Sheppard led the initiative the results of which are available at <http://www.carolinashalthcare.org/cfe-online-library>.

Otis Morgan: A Cure is His Cause



In 2015, Otis Morgan raised nearly \$25K, making him one of the top fundraisers among the 500 + riders in this 20-year-old fundraising effort.

For the fifth summer in a row, Otis Morgan (NUR '10) rode 545 miles in seven days on a bicycle, from San Francisco to Los Angeles to raise money for HIV and AIDS research. He takes a week of vacation to put his body through a grueling experience. But he's in good company, joined by more than 2,500 cyclists and 1,000 volunteers who come together annually for the AIDS/LifeCycle, now in its 22nd year.

Otis claims he "wasn't exactly athletic" as a young man, but often volunteered for

opportunities to serve others. A natural fundraiser, in high school he routinely won class poinsettia sales, and while at CCHS he always took home the prize for top phone-a-thon fundraiser. These traits, along with his sheer determination and passion for the cause, have helped Otis become one of the biggest fundraisers for AIDS/LifeCycle. He raised \$17,000 in 2014; \$25,000 in 2015; and this year he hopes to double his success and raise \$50,000!

Otis' fundraising efforts are creative and engaging. Each February he sends over 300 handmade valentines to sponsors and supporters. But his eye is on a larger prize. "I've done

the ride for five years and it felt right. But last summer it hit home. I realized that my life purpose is to make a difference in the fight against AIDS. I'm in a nurse practi-

www.tofighthiv.org/goto/otis

tioner program and I plan to move to San Francisco this summer and eventually to be an HIV NP. My commitment is real and I'm in it for the long haul. I'll continue the

ride until there is a cure."

Training is practically a full-time job. Yet Otis, as a nurse and student, manages the demands of training around his shifts and school. He admits that the ride is the hardest but most gratifying thing he does all



year. "The most rewarding part of the ride is seeing all the supporters on the sides of the road. Many of them lost a loved one to AIDS and stand outside all day just to say, 'Thank you for riding.' There's a strong sense of community. I know I belong, and I know I'm making a difference. That feels good."

Committing to the Future of Carolinas HealthCare System...Today

In recognition of the 75th anniversary of Carolinas HealthCare System, the 1940 Society was established to honor individuals who have chosen to provide long-term support for a CHS facility or program by including Carolinas HealthCare Foundation (the charitable administrator for CHS) in their estate plan. The 1940 Society provides a means of acknowledging your commitment to the future – today.

Legacy gifts enable individuals to continue their philanthropic endeavors beyond

their lifetime and to carry their family name into the future, weaving their philanthropy into the lives of others. Donors provide a simple statement indicating the purpose of the gift, and there is no minimum gift requirement.

Examples of gifts include bequests through wills, beneficiary designations in retirement plans or life insurance policies, and charitable trusts. These gifts may be designated to directly support Carolinas College of Health Sciences.

1940
SOCIETY

BENEFITING



Carolinas HealthCare Foundation

To learn more about becoming a member of the 1940 Society and supporting Carolinas HealthCare System with a legacy gift, please contact Rachel Ellis at Carolinas HealthCare Foundation at 704-355-1818 or Rachel.Ellis@carolinashealthcare.org.

Maarten Pennink, The Mayor of Garden Terrace

Two people can be so different that the unexpected fit of the yin and the yang is all the more remarkable. A bit like the one-in-a-million puzzle piece that - against all odds - simply...fits. Longtime CCHS A&P instructor Sue Thornton says, "Diversity is the lifeblood of evolution; sameness breeds weakness." If that's the case, what follows is a brief story of amazing strength born of vast differences, and nurtured by deep respect.

The story begins with Maarten Pennink, longtime resident of Garden Terrace, the sleepy Dilworth street that runs between Carolinas HealthCare System property and the quaint and quirky Dilworth neighborhood. Mr. Pennink moved to Charlotte in the mid-70s and today he is



Tamaricus Kornegay in front of his Garden Terrace home on graduation day, May 2015.

the only - the last - permanent resident on Garden Terrace. Carolinas HealthCare System has purchased all the properties around him, apartments and 1-, 2-, and 3- bedroom houses. They're now temporary homes for the medical, nursing, and allied health students who come from across the US to study at CCHS and Carolinas Medical Center. And that's just fine with Mr. Pennink, who enjoys the invigorating ebb and flow of young people in and out of his neighborhood. A native of Amsterdam from a family of privilege, Maarten, now in his 70s, cuts a dashing figure in the neighborhood, usually on his bicycle and often sporting a silk ascot

or distinguished wool scarf. The student-bestowed title "Mayor of Garden Terrace" suits him! He starts his day early and is often out all day. His circle of friends is large, and he is politically active, recently appearing before Charlotte's powerful County Commission to champion bicycle-friendly roads. But he's also comfortable in his own skin: reading, visiting his son and grandson in Asheville, or just watching the birds from his front porch. Maarten is cultured and urbane with a deep appreciation for the arts. He's lived a fascinating life, from growing up in post WWII Holland, to pursuing the corporate dream job in the US, to boarding a freightliner to Chile for a solo 2-month vacation. Maarten Pennink is a man of many tastes; a man for all seasons.

Enter Tamaricus Kornegay on the Garden Terrace scene, a young man who some may view as Maarten's polar opposite. A new Carolinas College nursing student in 2012, Tamaricus was the yang to Maarten's yin. He is young, having just finished a bachelor's degree. He is bright; only 20% of applicants to CCHS are accepted. Far from urbane, Tamaricus is from small, underserved Goldsboro NC, the son of a nurse and a truck driver. Though handsome, strong and bright, Tamaricus is wary of standing out. He's a man of few words and when he speaks, his words are carefully chosen and unassuming.

Each Carolinas College student is unique. Some arrive well resourced, with family and friends in the area for emotional and financial support. Some are Charlotte natives who know the city's secrets. As a small school, CCHS excels at recognizing students' needs and helping them succeed. Tamaricus Kornegay arrived with a strong academic background - a new degree from UNC Greensboro. But in 2012 he was new to Charlotte, had no local contacts, and limited resources. Like a guardian angel, there was Maarten, his new neighbor. The relationship they developed crossed the chasms of age, race, religion, privilege, and even the "town



vs. gown" divide. They connected simply over their common humanity.

The story unfolds in Maarten's words. "Three years ago I crossed the street and introduced myself to my new neighbor, Tamaricus. When I asked what he did at the hospital he answered, with a generous smile, that he was enrolled in the nursing program. I liked him immediately. From that moment on, he and I greeted each other every day, enthusiastically."

Maarten continues: "By November everyone was thinking about Christmas: presents, decorations, and family. One day, I asked whether Tamaricus would be driving his well-aged Honda Accord to Goldsboro, NC. 'No, I don't think so. My front tires are worn down to the steel belts.' Tamaricus worked part-time at the YMCA but I know how expensive books, tuition, fees, and uniforms are. It took some arm twisting, but he finally agreed to allow me to purchase new tires for him, but only because his birthday was approaching! I admired his pride and self-sufficiency, but was also proud that I was able to help this young man, who was now feeling more like a friend than a neighbor. On other occasions I introduced him to the Charlotte Symphony and the theater world. He was grateful for the time we had together, but it was reciprocal. Tamaricus assisted me in recovering from two knee operations. He helped with my rehabilitation exercises and ran errands. I regained full functionality only after he helped me get back onto my bike. A talented artist, the portrait he drew of me on my bike lifted my post-surgery spirits as much as anything could have. He made possible my return to normalcy after surgery, for which I'll always be indebted.



Pennink on his Garden Terrace porch surrounded by nursing student **George Wentworth** and wife **Tiffany**, **Tamarcus Kornegay**, and CCHS alumnus **Amanda Graves**.

"I was glad that race has never been a barrier between us. I grew up in Holland in the 50s; there was not a hint of race discrimination in my upbringing, though I'm sure Marcus has experienced that aspect of NC-life as a youth. But after graduation, Tamarcus' friends and family celebrated on my front porch as comfortably as they did on his. I was so pleased that race was not an impediment to our

his generosity to more CCHS students. During a January snowstorm he invited two neighboring CCHS students and their spouses over for soup and salad. Together the five laughed about Charlotte's penchant for emptying the supermarket shelves at the hint of snow, and Maarten told them about his childhood in Holland. The rich tapestry continues to be woven.

friendship."

The story of Maarten's and Tamarcus' friendship didn't end with graduation. Kornegay learned that graduates must vacate student housing within two weeks of graduating to make way for the next class, but Pennink's 3-bedroom home – and his immense generosity - made a perfect landing spot during the month of NCLEX prep and job interviews. Today, Tamarcus is on his own in a Matthews apartment, but the two remain friends, and Maarten's extended



CCHS alumnus **Tamarcus Kornegay** (NUR '15) and his neighbor and friend **Maarten Pennink**

When asked the value of a friendship that crosses the divides of age, race, income, and country of origin, the tenets of these words, from "The Mayor of Garden Terrace" were echoed by each student interviewed: "This has been an insightful look into a life unfamiliar to me. That insight has deepened my belief that lives intersect for a reason. And that intersection enriches us with even greater promise and possibilities." Maarten Pennink, the "Mayor of Garden Terrace," represents both himself and the Dilworth Community as open, caring, and supportive. For that, Carolinas College and its students are most grateful.

eTranscripts Now Available at Carolinas College

Over the past 10 months, Sue Roux, the college registrar, has been working collaboratively with Parchment, the industry leader in credential management and electronic transcript delivery, to bring digital transcripts to Carolinas College. On February 12, we rolled out a new process allowing students and alumni the option of requesting a secure digital transcript as well as a traditional paper transcript online. Details can be found on the college website at www.CarolinasCollege.edu – follow the Transcript Request link.

On average, the college receives about 800 transcript requests each year, with each request taking several days to process. Implementing the digital transcript option brings near real-time

processing and delivery and enhanced communication of when the recipient receives and opens the digital transcript. This will allow for faster processing and improved service. Said Ms. Roux, "This change in the way we process transcripts will not only make it easier for students and alumni, it will bring efficiencies to my office. Our goal has always been to provide excellent customer service and this new process makes that even easier to do."

The registrar's office has ensured that the authenticity of our credentials will be protected. All Carolinas College digital transcripts will conform to industry standards on secure electronic documents and will feature security measures such as a distinct look that is similar to our

traditional paper transcripts, password protection and electronic signatures, and a feature that allows only the intended recipient to open the digital transcript.

The process is user-friendly and intuitive once you log on and begin using the system. We are confident that this change will make it easier for you to order transcripts and invite you to share your feedback with us as you begin ordering transcripts. With the change comes a slight increase in cost, now \$7.50 per transcript.

**Reach the registrar at
704-355-6676 or
Sue.Roux@CarolinasCollege.edu.**

Teammate Accomplishments



Cathy Borysewicz (NUR faculty) and **Cathey Miller (RT '76 and RT faculty)**, pictured here with **Dr. Sheppard**, were honored by CHS for Community Benefit work. Using their influence as advisors of the college's honor society, they've collected hundreds of pints of blood, served hundreds of meals at the Men's Shelter, and given dozens of students their first community benefit opportunity.

The Southern Group on Educational Affairs (SGEA) is a non-profit organization fostering excellence in medical education through discussion among those in the profession. Three CCHS teammates were selected to make presentations at the SGEA 2015 national conference: nursing faculty members **Dr. Susan Patterson** (*The effect of emotional freedom technique on stress and anxiety in nursing students: A pilot study*) and **Dr. Kristy Hayes Williams** (NUR '00) (*Are nursing students appropriate partners for interprofessional education of surgery residents?*), and provost **Dr. Lori Bequette** (*Implementation of a training and evaluation process to ensure quality in online courses*)



Dr. Hampton Hopkins led a breakout session at the CHS annual diversity conference, headlined by Duke University Coach Mike Krzyzewski and US Surgeon General Richard Carmona.



Dr. Williams' article also appeared in Volume 72 (6) of the *Journal of Surgical Education*.



Dr. Patterson also had an article on the same topic published in Elsevier's *Nurse Education Today* 40 (2016) 104-110, accessible online at: <http://authors.elsevier.com/a/1SgnixHa58Cjf>.



Dr. Bequette also presented at the annual meeting of the Southern Association of Colleges and Schools on the topic of measuring outcomes to affect change in higher education.



Larry Turner, manager of the college's instructional technology, was awarded the Cato Scholarship for Educational Excellence. Larry will use the award to advance his technology skill set and academic credentials.



Dr. Ellen Sheppard was an invited panelist at a regional conference on Mental Health First Aid held on the campus of Queens University of Charlotte. Her topic was the exponential growth in the number of college students who matriculate with mental health challenges, and how a full staff trained in MHFA can make a significant difference in a crisis situation.



Catherine Holton, the school of nursing's associate dean, received a renewal of the Cato Scholarship for Educational Excellence to assist in her pursuit of a doctorate in education.

Rachel King, nursing faculty, completed requirements to be an instructor of Mental Health First Aid (MHFA). This international designation allows her to teach the class in community settings and in educational facilities wherever MHFA is offered. Dr. Lori Bequette and Nancy Watkins are also approved to teach the course. Rachael also became the first CCHS faculty member to be designated a clinical/education specialist since the college adopted exempt personnel designations for all faculty in 2009.

This hybrid role allows Rachael to complement her instructional duties with bedside nursing responsibilities.



Cyndie James Hobson (MLS faculty and alumnus, '78) was on the winning national championship team (pictured) as they swept the competition at the annual national conference of the American Society for Microbiology. (Right in photo).



Susan Thomasson, director of continuing education, presented on massage therapy and healing touch at the May conference of Carolinas Advocates for the Patient Experience and moderated a panel on massage therapy at the CHS Integrative Health Summit.



Lee Braswell, radiation therapy director, completed the online medical dosimetry program offered through Pitt Community College. While the instruction was online, it required intense clinical experiences, which he completed by partnering with Levine Cancer Institute and Landauer Medical Physics. Upon completion, Lee was successful (on first attempt) on the rigorous licensure exam and can now add the title, Certified Medical Dosimetrist (CMD) to his credentials.

Alumni Visit Greece

On April 12, 2015, CCHS alumni, family, and friends set out from Charlotte Douglas International Airport bound for Greece, the “birthplace of Western Civilization.”



Soaking in the sun, the history, the culture, the Mediterranean cuisine, and even some Greek wines, the group explored both ancient ruins and modern Greece. They marveled at impossibly perched mountaintop monasteries, iconic battle sites, and sun kissed Peloponnesian shores; they ordered “made while you wait” custom fitted sandals; they wandered amongst fragrant flowering almond trees on the grounds of the original, ancient Olympic training site and Athens’ fabled acropolis. History, literature, and mythology merged and came alive as the group

walked the same ground as Homer, Plato, and Socrates. Cathy Parris (NUR ‘05) eloquently said, “I’m living a dream! I’ve crossed a Corinthian street that the disciple Paul crossed. I’ve wandered among marble columns at the Oracle of Delphi. I’ve gazed out on the Ionian Sea and stood on a battlefield where 300 Spartans met the mighty Persian army. I’ve heard the hush of Agamemnon’s tomb! I’ve been - quite simply - transported to another world; another time.”



Current Trip: Italy, France, Switzerland: Jewels of Alpine Europe (April 18-30, 2016)

As you read this, CCHS alumni are traveling from Switzerland’s mountain-lined Lake Lucerne to France’s inspiring Lake Annecy. They’ll take in the picturesque Chamonix Valley, sail on Lake Como, and cross Liechtenstein before heading to Munich, the lively capital of Bavaria.

Join us in 2017 as we explore England, Scotland, and Ireland April 20 – May 1, 2017.

Details found here: <https://cchs-msonalumni.grouptoursite.com>

Alumni Association Officers, 2016

President.....	Kendall Haigh (NUR ‘01)
President-Elect	Amanda Graves (NUR ‘15)
Past President	Will Borders (MLS ‘06)
Secretary.....	Nancy Hill (NUR ‘67)
Treasurer	Patty McCrary (RT ‘76)
Young Alumni Council Chair.....	Jason McLawhorn (NUR ‘11)

Despite Long Commute, Nursing Student Driven to Graduate

It was still dark outside when Crystal Winans slipped into her hybrid car and turned on the engine. She'd roll out on a quiet road, past shadows still asleep, heading west toward Charlotte down a two-lane highway. A chicken processing plant passed. Then the Uwharrie National Forest. "I hit a deer twice. But it's a really pretty drive," she says.

In the time one could drive from Charlotte to Atlanta, Winans commuted from her home outside of Fort Bragg to center-city Charlotte – totaling 4.5 hours roundtrip – to earn her RN degree at Carolinas College of Health Sciences (CCHS) for the past two years. Winans graduated in December.

Rather than grouse about leaving the house before dawn and getting home at 10:30 p.m. on clinical days, Winans' outlook was completely glass-half-full. She took the opportunity to tutor students after school, set up Skype tutoring sessions for extended instructing, made good friends and passed time wisely during her commutes.

And even before she graduated from CCHS on Dec. 18, the hard work and long hours had paid off – she has a job at the cardio thoracic ICU at Duke University Health System.

CCHS wasn't always in Winans' line of sight. She began her career as a grant writer for non-profits, but sought a more hands-on job to help people. Nursing was her first choice. After her husband's military job moved the couple abruptly from Colorado to North Carolina in January 2014, though, Winans had missed the deadlines for most nursing schools.

She had only two options: wait eight months for the next round of applications to open at nearby schools, or commute to CCHS three to four days a week – but be able to start school in January. She cheerfully chose the latter.

"I'm glad I decided to come here," Winans, 31, says. "I thought

hard before choosing CCHS, but it was my choice not to wait and put off school." She started listening to audiobooks on the long drives, and estimates she's completed 50. One of her favorites was "Unbroken," a story of a POW during WWII. She also began recording the lectures, listening to them in the car. "I don't think I would have done that had I not had a captive audience in the car," she jokes.

Her favorite aspect of nursing school at CCHS was the clinical coursework and the preceptorships. Winans worked directly with nurses in their daily routines, and values the one-on-one opportunities that come with a smaller school. "I know it helps our students an amazing amount - being tied to Carolinas HealthCare System," she adds. "You're able to meet so many people on the floor." Winans says she wasn't the only one of her classmates to commute. Carolinas College students come from South Carolina and other areas around western North Carolina to earn degrees at CCHS, and not surprisingly, she says her biggest challenge has been finding time to study.

As school and the drives to Charlotte wrapped up with graduation, Winans says she had no regrets. "I'm incredibly glad I got it done when I did. It's been a great experience here and I got a great education. I wish I had changed to nursing earlier."

Not that she's done piling miles on her car. Duke is 75 minutes away from her current home in the Whispering Pines/Carthage area. "We're considering moving a little closer to Durham!"



Crystal Winans
(NUR '15)

ANSWER Offers College Scholarships to Local Moms Seeking Nursing Degrees

Do you want to earn a BSN, but need financial assistance to make your dream happen? You may benefit from the ANSWER Scholarship Endowment in Charlotte.

ANSWER provides scholarships for moms who are seeking their first four-year degree in any field. If you have school-age children, hold a two-year degree (such as an ADN) but don't have a bachelor's degree yet, this may be the opportunity you've been looking for. ANSWER scholarship recipients can be single or married. They must live in Mecklenburg or surrounding counties.

Each recipient receives a mentor who offers support and guidance on managing the challenges of raising a family, work and school. Recipients also benefit for professional development

workshops on networking and other topics for career success. Recent ANSWER recipients include Daria Kearse. She earned her associate degree cum laude in nursing at CCHS and is currently a psychiatric nurse with Novant Health.

"Although being a parent while being in school poses some obstacles, I've shown my children that success and excuses do not coincide," Kearse says. "There are plenty of reasons one might not be able to accomplish a goal right away, but with dedication, you can get what you want out of life. ANSWER made that possible for me."



Daria Kearse
(NUR '14)

Check out ANSWER's website at www.answerscholarship.org and look under the Scholarship tab to see if you meet the requirements. Applications accepted from January to mid-March each year. The process is competitive.

Homecoming 2015

Most of us are still reeling from the fun we had during our 2015 Homecoming Weekend. The College celebrated TWO significant anniversaries: 75 years for the healthcare system and 25 years as a college. CCHS welcomed alumni back in style with three days' worth of activities.



The weekend kicked off with the Homecoming Celebration Dinner at the SouthPark Marriott. Cocktails, a silent auction, photo booth, and class photos entertained guests before dinner, but the program was what everyone left talking about. Guests were treated to a stroll through the decades – from the 1940's until now with videos of alumni sharing their memories about "the way things were" during their time at school, be it Charlotte Memorial, Carolinas Medical Center, or Carolinas College. Then after each video, guests danced through the decades with the help of local Arthur Murray Dance Studio

dancers teaching some of the most popular dances in history.

A special recognition breakfast was held at the beautiful Morehead Inn to celebrate current and past Distinguished Alumni, Outstanding Educators, and Pinnacle Award Recipients. Each honoree shared thoughts on what contributed to their success and what they would tell their 18-year-old self if given the opportunity.

The Saturday afternoon Community Celebration – hosted by Carolinas HealthCare System was lots of fun – even if it was a bit soggy. But the rain didn't stop the food trucks, a petting zoo, and various exhibitors from making the celebration complete.

Saturday evening, some alumni gathered in the hotel hospitality suite to reminisce and share life updates, and Sunday morning another group gathered for a farewell breakfast.



Homecoming 2015 was a great success. Thank you to all the alumni who came from near and far to help us celebrate.

CCHS Balances Support and Challenges

The Community College Survey of Student Engagement (CCSSE), assesses students' perceptions of the learning environment and educational practices. Carolinas College of Health Sciences participates every other year in this national survey and receives information about how our scores compare to other small colleges.

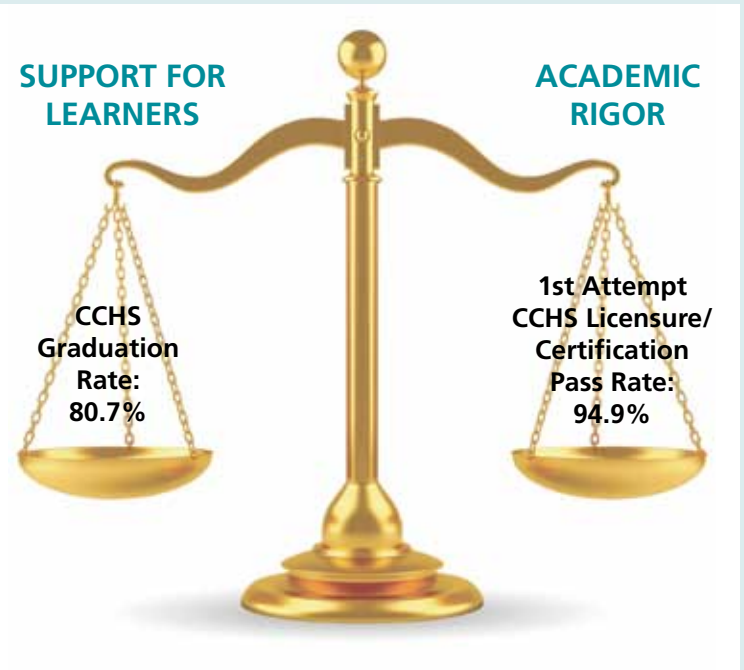
Among other areas, students are asked about the support the college gives its learners and the amount of academic challenge found at the college. In each of these areas, CCHS significantly outpaced other two-year colleges as well as the "top performing cohort"!

Average Scores	CCHS	Small 2-Year Colleges	Top Performing Cohort
Support for Learners	67.8	52.1	59.8
Academic Challenge	71.4	50.3	56.6

Sample Questions for Each Category	CCHS	Small 2-Year Colleges
Support for Learners: How often were you provided support you needed to help you succeed at this college?	Often or Very Often: 96.5%	Often or Very Often: 74.3%
Academic Challenge: How often did you work harder than you thought you could to meet an instructor's standards or expectations?	Often or Very Often: 73.2%	Often or Very Often: 54.5%

OUR RESULTS

CCHS balances support for its students with academic rigor. High expectations faculty have for students, coupled with support to succeed, produces graduates who are well-prepared for entry-level healthcare positions.



Graduation Rate Data	2013			2014			2015		
Histotechnology	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nursing	79.8%	83.3%	87.6%	79.8%	83.3%	87.6%	79.8%	83.3%	87.6%
Medical Laboratory Science	91.7%	84.6%	100%	91.7%	84.6%	100%	91.7%	84.6%	100%
Radiation Therapy	66.7%	88.9%	66.7%	66.7%	88.9%	66.7%	66.7%	88.9%	66.7%
Radiologic Technology	55.6%	73.7%	88.9%	55.6%	73.7%	88.9%	55.6%	73.7%	88.9%
Surgical Technology (Diploma)	92.9%	64%	92.9%	92.9%	64%	92.9%	92.9%	64%	92.9%
Surgical Technology (AAS)	New Program No Data '13, '14			100%			100%		
General Studies	New Program No Data '13, '14			0%			0%		
College Summary	79%	81.5%	80.7%	79%	81.5%	80.7%	79%	81.5%	80.7%

Donor Spotlight

LOU AND JACKIE PFEIFFER

Each year, the Christmas tree at the Pfeiffer residence has envelopes attached to it – one for each of their 4 children, and 10 grandchildren. Inside each envelope is \$500 – but it's not for them to use on themselves; it must be used to help others, following the guidelines Lou and Jackie established with the Pfeiffer



Lou and Jackie Pfeiffer

Family Charitable Fund. This tradition has been going on for over three decades now – just think of the ripple effect.

Lou and Jackie Pfeiffer have been living in the Charlotte area for over 35 years, married for close to 60 years and are truly two of the nicest people on the planet. They have always been generous and charitable individuals. However, in the 1980's Lou was part owner of a company that was sold and resulted in the Pfeiffer's being financially able to give back in a significant way. They asked themselves, "What does this mean and what are we to do with it?" After much prayerful thought, they created a charitable fund and formulated a plan that boiled down to focusing their charitable giving on: supporting education, helping homeless women and children, and assisting religious organizations, and hospice palliative care.

Their first step was to meet with various local organizations to ask: "I've got time and money... how would you use me?" Then, based on the answers, they narrowed down their beneficiaries. Carolinas College of Health Sciences was one of the fortunate recipients.

How They Chose CCHS

Their decision to focus some of their attention on nursing education was in part because of Jackie's background and experience as a nurse and her strong belief that nurses, more than most other individuals, meet people at significant and usually trying times in their lives. Jackie believes it is imperative that nurses be well-trained, caring, competent, and compassionate. Also, during Jackie's time in nursing school, she received a scholarship for \$150 that made a big difference at that time, and left her with the desire to do the same at some point. The diploma school Jackie attended in Pennsylvania no longer exists, so Lou and Jackie looked into nursing programs in Charlotte. They specifically wanted a hospital-based program due to the intensive clinical preparation those students receive. They visited many organizations; they knew what they were and were not looking for.

Says Jackie, thinking back to 2011, "At our first meeting with Dr. Ellen Sheppard at Carolinas College, things just clicked." They felt welcomed and at home. The entire process was organized, well-run and easy, which was very important to them. Ellen quickly connected them with Scott Kerr at the Carolinas HealthCare Foundation. The College's connection to the Foundation, in and of itself, added to their confidence, but they also knew about the reputation and quality of healthcare provided by Carolinas Medical Center; Lou had had open heart surgery there years prior. The College's connection to Carolinas Medical Center reassured them that students were getting a great education.

The Pfeiffer's found that many organizations don't know how to deal with donors properly. They lack effective communication with donors, and when they do communicate, it is only to ask for more money. That is not

the case with Carolinas College. Jackie and Lou saw immediately a clear process to carry out their overall giving plans. They decided to create an endowed scholarship because it gave them the opportunity to customize the scholarship and criteria to their liking and play a role in the selection process by meeting the applicants and providing the selection committee with recommendations.

How's It Going?

The Pfeiffer's have a saying, "We have been blessed to be a blessing," and they feel a responsibility to make good choices about their charitable giving. There are organizations to which they give one-time gifts and others at which they've created endowments. For the latter, it is a decision to help the organization,

Jackie believes it is imperative that nurses be well-trained, caring, competent, and compassionate.

not just the leaders or representatives of the organization. So it is important that there is continuity in the process and management of their funds, regardless of position or organizational changes. They are confident of that continuity at Carolinas College and at the Carolinas HealthCare Foundation.

Lou and Jackie's decisions are reinforced each year while conducting student interviews. "We are continually impressed with the students; with how they demonstrate precisely the competency, caring and compassion we are looking for." During their interviews, the Pfeiffer's always mention the importance of trying to help others. "One day these future nurses may find themselves in the position to help others – not only through outstanding care, but financially, as well. We hope they will do so, and that we might have had some influence on that decision."

Since the inception of the fund, there have been 10 Lou and Jackie Pfeiffer Scholars with a total of \$26,000 awarded. Without a doubt, those nurses and each of their current and future patients – and their families – would surely agree that Mr. and Mrs. Pfeiffer are, indeed, "Blessed to be a Blessing."

■

Thank You

DONORS

"With so many wonderful and deserving students I am honored to be offered this scholarship"

July 7, 2015

To the Donors of the Stone Nursing Scholarship,

These past two years have been extremely challenging for me. I have struggled with balancing life and school. There have been a handful of moments where I would get so overwhelmed, I questioned if I could handle everything. In these moments I felt ill-equipped, frustrated, and defeated. However, with these tough moments, something wonderfully encouraging would happen to counteract the negativity and refuel me. Being offered the Stone Nursing Scholarship was one of these encouraging events. With so many other wonderful and deserving students, I am honored to be offered this scholarship. I feel recharged and renewed in my journey to become a nurse. I wanted to be a nurse so that I could care for others and offer comfort in difficult, stressful times. How wonderful is it that the Stone Nursing Scholarship is doing that for me now. I am forever thankful and grateful for this honor.

Sincerely,

Lillian Turner

Lillian Turner

Lillian.Turner@CCHSMail.org

To the donors of the Elinor Caddell Alumni Scholarship:

I would like to express my sincere gratitude and thanks for this generous donation. It will certainly assist in my pursuit of becoming a registered nurse in the near future. This scholarship goes a long way in easing the burden of tuition costs, allowing me to concentrate more on my studies. It also could not have come at a better time now that I'm in my last semester and plan to graduate in December. I can say without a doubt you have directly contributed to my academic success here at CCHS. Thank you again so much.

Sincerely,

Honnah Jones

continued on pg. 30

Thank You Continued

September 25, 2015

Re: Louis & Jacqueline Pfeiffer Nursing Scholarship

Dear Rev. & Mrs. Pfeiffer,

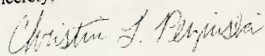
I am writing you to sincerely express my appreciation for selecting me to be a recipient of your scholarship. Receiving this scholarship will impact my life as a student in a profound way and I am so grateful for your willingness to give back to this nursing program.

I decided to pursue nursing because I wanted to chase my dreams, follow my heart, and pursue my passion for being part of such a meaningful field centered on caring. Your decision to provide me with this scholarship has reinforced that nursing is my true calling in life. I am so grateful for you both supporting and believing in me as a student, especially since Carolinas College of Health Sciences is a school filled with so many successful and highly qualified students.

It was evident even in my short time with you both that you value family, faith, and good will and that your marriage is built upon those core values. These values very much line up with my own and I hope that someday I am able to give back in the same manner as you. I am so excited to start this new journey into nursing and know that it will provide me with so many fulfillments in my adulthood. Working as a nurse will be both challenging and rewarding, but it will also provide me with perspective about the most important aspects of life. I cannot wait to graduate and begin working as a nurse!

Thank you again for your generosity.

Sincerely,



Christine Perzinski

"I decided to pursue nursing because I wanted to chase my dreams, follow my heart, and pursue my passion for being part of such a meaningful field centered on caring."

"I never thought that in the process I would gain my other little family here that has made this experience truly memorable."

August 4, 2015

Dear Donors of the *Connie Anderson "Class of 1951" Scholarship*,

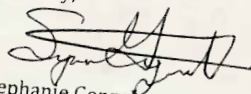
My name is Stephanie Gonzalez. I was born in the Bronx, New York, to my Guatemalan parents and I moved to North Carolina when I was 15 years old. I always knew I wanted to become a nurse, and my mother's passing motivated me even more. In the half year that she was in the hospital, I was able to see the good and the bad within the group of nurses. I truly want to make that difference in the nursing field and be a nurse that has a positive influence on my patients and their families.

I am beyond honored to have even been considered for this scholarship. I am a transfer student and have only been at Carolinas College of Health Sciences for one year. However, in my one year at this college I have gained so much and have made a great group of lifelong friends, which have made my time here wonderful.

I initially just came to nursing school to simply become the best nurse that I could be and focus solely on my academics. I never thought that in the process I would gain my other little family here that has made this experience truly memorable. In the same fashion as Connie Anderson and the Class of 1951, I know that I will remain close with my CCHS friends, the graduating Class of 2015.

I am very grateful to be awarded the *Connie Anderson "Class of 1951" Scholarship*, as this is going to greatly help me pursue my dream of becoming a nurse and I am very thankful for the opportunity.

Sincerely,



Stephanie Gonzalez

HONOR ROLL...

The list below includes those who've given – or pledged to give – without thought of personal gain. The College recognizes, appreciates, and honors the generosity of these individuals. If your gift(s) arrived after March 2, 2016 will be listed in our next edition. If your gift is not listed or listed incorrectly, please contact Pat Lewis at 704.355.2029 or Pat.Lewis@CarolinasCollege.edu so we can correct the error with our next publication. **Thank you!**

...OF OUR GENEROUS ALUMNI AND DONORS

KEY

EMS	Emergency Medical Science
HT	Histotechnology
MLS	Medical Laboratory Science/MT
NUR	Nursing
RT	Radiologic Technology
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BECOME A MENTOR TODAY!

Do you remember those frightening first months at your new nursing job?

Transitioning from school or another facility to a new job can be stressful and challenging. The "Shoot for the MOON!" (Mentoring Our Own Nurses) Nurse Mentor Program is available at Carolinas Medical Center/LCH and CMC-Mercy to ease this transition. The program provides that necessary support and guidance for the newer nurse, in addition to promoting career development and increasing self-confidence. This year-long program pairs an experienced nurse with a newer nurse. All discussions between mentor and mentee are confidential. Mentors feel that the program is an excellent way to share their passion for nursing, as well as to retain high-quality new nurses.



If you are an RN at Carolinas Medical Center/LCH or CMC-Mercy with a minimum of 18 months of nursing experience and have a desire to mentor, please consider becoming a mentor in the "Shoot for the MOON!" program.

For program guidelines and applications, please contact:

Carolinas Medical Center/LCH - Jeanne Dover, RN, BSN, CPAN
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Jason.McLawhorn@carolinashealthcare.org

"A word of encouragement can be the difference between giving up and going on."
- Author unknown

In Memoriam With sadness we acknowledge loss:

Ann Miller.....	NUR 1947
Lula "Welshie" Davidson Potts.....	MLS 1947
Eleanor Parsons Panetti.....	NUR 1949
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Betty Jean Sinclair McCartin.....	NUR 1951
Linda Patton Nance.....	NUR 1958
Peggy Bradburn Bridges.....	NUR 1959
Phedora "Ann" Wheeler Saline.....	NUR 1963
Shirley Crabtree Kendall.....	NUR 1967
Hazel Solomon.....	CMH, OR Manager, 50s & 60s
B. Jane Bailey Recktenwald.....	NUR 1993
Ralph "Mac" Herring.....	NUR 1995

ALUMNI PATHWAYS

Please share what's new in your life with a phone call or email to Pat.Lewis@CarolinasCollege.edu (704.355.2029), or Ruthie.Mihal@CarolinasCollege.edu (704-609-1542) or a message to <http://www.carolinashealthcare.org/cchs-alumni-contact-form>.

CLASS OF 1947

Carrie Hartsell Campbell (NUR) retired to Jackson Springs, NC, after 30 years. She and husband Leonard have four children and three grandchildren. Her oldest grandson just graduated from UNC-Wilmington as a physical therapist.

CLASS OF 1948

Mary Grant Gravely (NUR) has moved to Potomac Place Assisted Living in Woodbridge, VA. Interested classmates contact Pat.Lewis@CarolinasCollege.edu for the new address.

CLASS OF 1950

Mary Ann Seltzer Sanford (NUR) had open heart surgery in 2014. Said Mary Ann, "They replaced my aortic valve with a bovine valve. I'm 86 and the doctors were very surprised at how well I tolerated the surgery." She credits her recovery to the fact that she does yoga, aerobics, and walks a mile a day.

CLASS OF 1951

Maragaret Ware (NUR) is still recovering from a serious car accident in late 2014.

CLASS OF 1952

Helen McMichael Hester (NUR) and husband Jack celebrated 62 years of marriage in November 2015.

CLASS OF 1953

Peggy Woods Kearney (NUR) was in rehab at Wake Med for months after breaking an elbow.

CLASS OF 1954

Josie Price Boozer (NUR) lost her husband Ted in early 2015.

Betty McAbee Davidson (NUR) as she turns 83, is pleased to be able to still live on her own in Dublin, GA, in her own place, thanks to the help of a friend - who does much of the heavy housework - and a yard man.

Daphne Matthews Davis (NUR) had a bad fall and broke her hip. She is currently in rehab at Carolinas East Hospital in New Bern, NC, and making a remarkable recovery.

Marie Robeson (NUR) fell and had to have hip surgery in July 2015.

CLASS OF 1957

Margaret Yongue Painter (NUR) was hospitalized for a while at Carolinas Medical Center in 2015 and has been transferred to Agape Rehabilitation in Rock Hill, SC.

CLASS OF 1961

Edna Williams Harrison (NUR) retired in 2010 from Cape Fear Valley Hospital in Fayetteville, NC, where she was the director of surgery.

CLASS OF 1962

Ouida Blackwelder (NUR) is the show chair for the Kennel Club of Lawrenceville, GA.

CLASS OF 1963

Gloria Austin Fullwood (NUR) recently celebrated her 72nd birthday. Said Gloria, "I worked in all aspects of nursing from 1963 until my retirement in 2005. I also taught in the medical office assistant program at Wingate."

CLASS OF 1964

Marion Berryhill Morrow (NUR) lost her husband Ronald in September 2014. She recently retired.

CLASS OF 1967

Rosemary Ferguson (NUR) is a clinical nurse specialist with the University of Virginia. She lives on a farm and grows herbs and flowers.

Linda Perkins (NUR) lives in Sanford, NC. She remarked recently how much she enjoyed speaking with the student who called her during the recent phone-a-thon and how it was a pleasure to give her "good, positive advice about being a nurse."

Mary Ann Francis Moore (NUR) welcomed a grandchild in March 2015.

CLASS OF 1981

Cynthia Bean (MLS) became a grandmother to Kendall Paige, born December 2014.

CLASS OF 1990

Julie Johnston (MT) planned to go to Kenya in September 2015 to continue her Jesus Film Project work but the trip was canceled. She recently had laparoscopic surgery to remove her gall bladder and is recovering well.

CLASS OF 1993

Jo Edwards (NUR) reports that she's volunteering at a local elementary school that her three grandchildren attend.

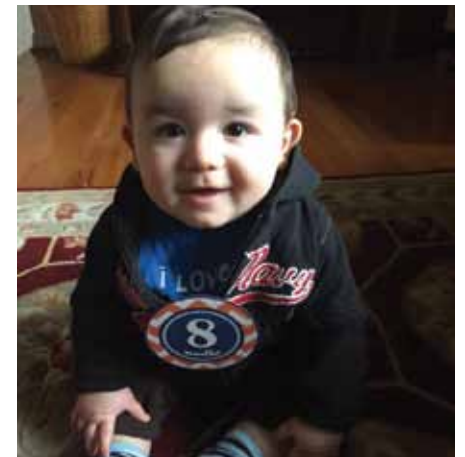
Katherine Jacobs Lingen (MLS) is a CLN team leader in the CMC Core Lab.

CLASS OF 1994

Jennifer Mabry (MLS) is a research analyst at Carolinas Medical Center in the department of neurology.

CLASS OF 1996

Erica Cirillo Brinkley (NUR) and husband Sean welcomed Maxwell Patrick Brinkley in August 2015.



Maxwell Patrick Brinkley, 8 mo.

CLASS OF 1997

Kara McLeod (NUR) started classes for her BSN at the University of Texas at Arlington.

CLASS OF 1998

Celia Adams (NUR) worked in the ED for almost 6 years and is now a case manager for a cardiology office in Columbus, OH. The physician she works with specializes in cardiac MRI imaging.

Carrie Knight (RT) married Phillip King in May 2015. She is working at CMC Waxhaw doing both CT and X-ray.

CLASS OF 1999

Rodney Currin (NUR) married his partner of 30 years, Patrick Duke, in November 2014 at the Carolinas Renaissance Festival. Said Rodney, "It was the best day ever...complete with trumpet fanfares and speeches by the king and queen." He is now teaching full time at Cabarrus College of Health Sciences in Concord, NC.



Rodney Currin

Lauren Gibbs (NUR) worked with newborns at Carolinas Medical Center for a year; then for 11 years at Maplewood. Within that time she worked one year in triage and became a coordinator for population health. For the past two years she's worked as a health coach care coordinator for Novant, primarily with Medicare patients and promotes wellness.

Phillipa Addison (NUR) had twins in 2014.

CLASS OF 2000

Jacqueline Brown (NUR) received her BSN from Salem University in December 2015. Jacqueline is a two time survivor of breast cancer.

Erica Hartnagle DeMoss (NUR) moved to Kissimmee, FL. She is the manager of emergency services at Osceola Regional Medical Center.

Susan Shaw Humphries (MLS) works in compliance at Levine Cancer Institute.

Shelly Haithcock Scavo (MLS) is married and has two stepsons, ages 8 and 12. She has worked for Premier Inc. for seven years and is now a NE regional manager covering member hospitals in supply chain technology.

Heather Wilson Simmons (NUR), husband Corbitt, and big sister Emerson welcomed daughter Presley in October 2014.

Kristy Haynes Williams (NUR) had an article published in the November/December 2015 issue of the *Journal of Surgical Education*.

CLASS OF 2001

Kendall Paxton Haigh (NUR) welcomed Carolyne "Brooks" Haigh in July 2015.

Brooke McGill Whitaker (MLS) is a technical consultant for Novant Health Medical



Carolyne "Brooks" Haigh

Group. She received her MSHS in CLS in May 2013 from Rutgers School of Health-Related Professions and will be returning to school in spring 2016 to earn a DCLS.

Kelly Spencer Williams (NUR) completed an RN-to-BSN program in 12 months through Chamberlain College of Nursing and expects to graduate in spring 2017 with her master's in family nurse practice.

CLASS OF 2002

Renee Fortenberry (ST) is the director of the surgical technology and central sterile processing at Davidson County Community College.

Michelle Hicks (NUR) loves being a Med-Center Air flight nurse. She received her CEN (Certified Emergency Nurse) certification in October 2014.

Mari Templeman (NUR) is working in Saudi Arabia for Johns Hopkins Aramco Healthcare (JHAH), which is a joint venture between Saudi Aramco (the largest oil exporter) and Johns Hopkins International. Said Mari, "I was an emergency nurse until last September when I transferred to home healthcare. I now go out into the local community and provide healthcare services for our patients in their homes. The patients and their families are lovely and thankful for our services - it is very rewarding. Saudi Aramco and JHAH are staffed by people from all over the world - the Philippines, South Africa, India, Asia, Europe, Russia, Canada, South America, as well as the U.S. While it is hard being away from family and friends, modern technology has helped bridge the distance. This job has

definitely been a blessing for me!"

Angela Haire Whitlow (NUR) received her MSN from Duke University in May 2013. She passed the family nurse practitioner boards in summer of 2013 and has been working at Sanger Heart Failure Clinic for the past 2 years.

CLASS OF 2003

James Hermann (NUR) works as an anesthesiologist in Wilmington, NC where he lives with his wife and 4 children. His oldest, Jacob, was diagnosed with Acute Lymphoblastic Anemia in 2012 but recently received a clean bill of health. James represented CCHS at the inauguration of UNCW's new president in March.

Jessica Calder (NUR) received her BSN from UNCC in 2013 and is currently in the UNCC acute care nurse practitioner program, due to graduate in August.

Class of 2004

Cindy Austin (ST) is a 2013 cancer survivor and received her RN degree from Cleveland Community College in 2009.

Carrie Martin Berry (NUR) got married a year ago and spent her honeymoon at the beautiful Sierenis Cocotal Beach Resort in Punta Cana. They're expecting a "little boy Berry" this summer.



Carrie Martin Berry

Kelly Cunningham Carlisle (NUR) and husband Scott welcomed Lane into their lives in October.



Kelly Carlisle

Dede Frayley Jefferson (NUR) and Brian recently welcomed baby Noah who joins big sis Adelyne.

Heather Winecoff Todd (MLS) is a CLN group leader in the CMC Core Lab.

CLASS OF 2005

Kelly Bradshaw (NUR) is attending the UNCC/CMC Acute Care Nurse Practitioner program.

Kara Catoe (NUR) has been a PICU nurse for the last 10 years. She is starting her BSN courses and received her third degree black belt in Taekwondo in March 2015.

Michelle Fritz (MLS) works at the CMC Core Lab in immunology.

Sarah Harris (NUR) is a charge nurse at a Matthews ER.

Sara Munday (NUR) works in the maternity center at CMC-University.

Miranda Osmolski (MLS) works in the CMC Core Lab in molecular pathology.

Cameron Palmes (NUR) married Major Justin Smith and they welcomed daughter Vivian Rose in August 2014.

Shilpa Patel (MLS) works in the lab at Carolinas HealthCare System Pineville.

Mili Shrestha (MLS) works at the CMC Core Lab in microbiology.

Class of 2006

Elizabeth "Leigh" Barnhill (NUR) received her BSN from Western Carolina University in 2008 and started graduate school at the University of Maryland. She's on track to graduate with an MSN in nursing informatics in spring 2017.

Will Borders (MLS) and wife welcomed daughter Harper Elisabeth in August 2015. Harper joins big sister Willow.



Will Border's baby, Harper Elisabeth

Lara Cassidy (NUR) was selected for and completed the highly competitive CHS Women Executives Mentoring program, MP-WRS. Said Lara, "It was an incredible year. My mentor, Kara Richardson, taught and showed me so much!"

Cassandra (CJ) Duren (NUR) is a nurse practitioner at Kings Family Practice and Urgent Care Clinic! She says: "It is a wonderful place and a teaching institution."

Caroline da Silveira (NUR) welcomed a new member to the family August 2015.

D'Anna Helms (NUR) welcomed a son in July 2015.

Wendy Jackson Heritage (MLS) and husband welcomed daughter Holland Isabelle in February 2015.

Rachael Picone (ST) see Class of 2012.

Neema Shah Sheth (MLS) moved to Wilmington, Delaware, for a job at Dupont Children's Hospital Laboratory. She welcomed a son, Jaishil, in March 2015.

Class of 2007

Leslie Bilbro Barto (MLS) moved to Virginia. She and husband Paul are the proud parents of a new baby boy.

Karissa Cail Jordan (NUR) and husband Andrew welcomed daughter Ruth Elizabeth in 2014.

Danielle Massey (NUR) is now a nurse supervisor at Levine Cancer in Monroe.

John Morris (NUR), who manages all simulation training for Bayada home care, is completing his master's degree at Western Governors University. He's working with the Carolinas HealthCare System's Simulation Center at CCHS to complete some of his research.

Joey Pham (MLS) is a CLN group leader at CMC Core Lab.

Jennifer Simpson (NUR) received her BSN in August 2014. She is a certified rehabilitation registered nurse (CRRN). She is a wound team associate and will begin school for her wound, ostomy & continence certification May 2015.

Caroline Nguyen Trinh (MLS) is the document control coordinator for all Novant

Laboratories.

Sweiemy Tseng (NUR) is attending the UNCC/CMC Acute Care Nurse Practitioner program.

CLASS OF 2008

Sherene Banawan (MLS) has been accepted into a physician's assistant program.

Alisha Jones Borchardt (RT) joined the faculty of the radiologic technology program at CCHS.



Alisha Jones Borchardt

Stephanie Koutroulakis Cevallos (MLS) welcomed daughter Paulina in July 2015.

Nakisha Christian (NUR) is attending the UNCC/CMC Acute Care Nurse Practitioner program.

Jessica Purser Baucom (NUR) will graduate from the family nurse practitioner program at UNCC in 2016.

Nicole Ganzala Knost (MLS) welcomed a son, Finn Walker, in April 2015.

Michelle Meredith (NUR) lives in McDonough, GA, and married Chuck Kimbell in April 2015.

Meredith Proctor (NUR) received her BSN from Cabarrus College in May 2014.

Class of 2009

Tatyana Chechun (NUR) received her BSN in 2012 and has a baby on the way.

Terri Drum (NUR) was recognized as a Daisy Award Winner for the compassion she shared with parents of a brain injured child. As the parent of a brain injured child

continued on pg. 38

herself, Terri offered advice on caring for their son and calmed their fears. Said Terri, "My son passed away in 2013 so this award will always be meaningful to me."

Bethany Holder (MLS) moved back to NC from Oklahoma. She welcomed son Charles Levi in October 2015.

Cassie Begay Hunnicutt (MLS) moved to Ruston, LA.

Kristen Humphries (MLS) is a CLN team leader at CMC Core Lab.

Melissa Jackson (MSL) is the new director for the Med Lab Tech Program at Stanley Community College.

LaDonna Belcher Johnson (MLS) works in the lab at Levine Cancer Institute-Ballantyne.

Julie Osmanovic (NUR) returned to Charlotte from New Bern, has a 2-year-old, and is starting graduate school.

CLASS OF 2010

Emily Alexander (NUR) married Matthew Clontz in November 2015.

Catherine Burris (NUR) married Field Miller in November 2015 and is working in infusion at Levine Cancer Institute. In August 2016, she will begin coursework for her BSN at UNCW.

Kelly Freeman (NUR) graduated from UNCC's acute care nurse practitioner program in August 2015.

Erika Hoover (MLS) welcomed a son, Ethan Charles, in November 2015.

Jonathan Jackson (RT & RTT) is engaged to be married.



Jonathan Jackson with fiancé Lauren Freer.

Hannah Yi Ku (MLS) welcomed a son, Ethan, in August 2015.

Timothy Lehman (MLS) welcomed daughter Isabelle Sara in March 2015. He works as a CLN team leader in the CMC Core Lab (HV/LV)

Otis Morgan (NUR) is working in dialysis at Novant Health Care in Charlotte. He recently completed his 6th fundraising bike ride for HIV research and has also started a nurse practitioner program.

Leah Ostroff (MLS) is a CLN team leader at CMC Core Lab.

CLASS OF 2011

Katherine Callahan (RT) received her MSPH in Health Policy and Management from the Gillings School of Global Public Health, UNC-Chapel Hill in August 2014. She is currently working as a healthcare administrative fellow (Health Systems Specialist) at the V.A. Mid-Atlantic Health Care Network, VISN 6 in Durham, N.C.

Karey Digh (NUR) and Steph welcomed Cohen Denver 10 months ago.



Cohen Denver Digh

Bhavita Ghodasari (MLS) welcomed a daughter, Shreeva, in December 2015.

Christina Gutierrez (MLS) works at Waxhaw Health Plex Laboratory.

Kristen Moore (ST) married Logan Watson in January 2015 and they are expecting.

Hannah Nagarji and **Dawn Knight** (Connor) (NUR), here with Dr. Bequette, were recognized as Tier I leaders by the Central Division, CHS.



Knight, Bequette, Nagarji

Lisa Reeves (NUR) works at CMC Union and serves in the Air National Guard. In Nov., Lisa was promoted to Lt. Col.



Lisa Reeves with dad and mom.

Hine Vang (MLS) welcomed a son, Hunter Kong, in June 2015. He was promoted to CLN lead technologist at the CMC Core Lab.

CLASS OF 2012

Melissa Austin (NUR) was recognized as a "Notable Nurse" for August 2015. Notable nurses are nominated for their consistent teamwork and collaboration in providing exceptional patient care.

Katie Baron-Duncan (NUR) and husband Jamie welcomed son Wylder in May 2015.

Erin Beller (MLS) works in the lab at CMC NE.

Detra Cureton (NUR) received her hospice and palliative nurse certification (CHPN) in September 2013.

Dina Forero (NUR) works at Carolinas Medical Center on 9A (Stroke Neuro Telemetry) and loves it. Said Dina, "I am finishing up my last class for my BSN and graduating in May from WSSU! Also, I got engaged last Christmas and will be planning a wedding soon!"

Lillian Huggins (NUR) has been accepted to CRNA school in Pittsburgh, PA.

Ellen McKeenan (NUR) received her BSN from Appalachian State in December 2014.

Kristin Moore (ST) married Logan Watson in Jan 2015 and they are expecting a little one soon.

Barry Nance (NUR) and Jason Hishon (NUR '15) were recently singled out for system-wide recognition for their outstanding patient-centered care. (See pg. 15).

Rachael Picone (NUR) is a center medical specialist for Telacris Plasma Donation Center here in Charlotte. Said Rachael, "Last sum-

mer my husband Eric (ST '13) and I went on an Alaskan cruise out of California for 10 days. It was warmer in Alaska than it was in California!

Matthew Smith (NUR) received his PCCN certification and works in progressive care at Carolinas Medical Center.

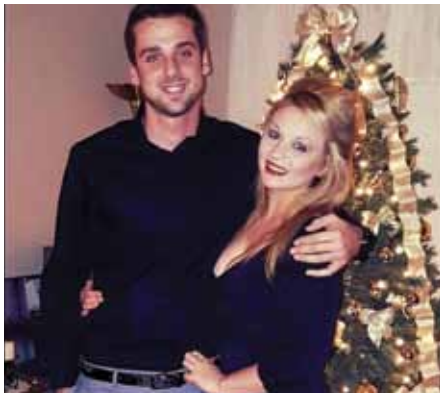
Sarah Stonger (MLS) received her ASCP SBB (Specialist in Blood Banking) certification.

Kim Varvel (MLS) moved to Helena, Montana to take a job with the Montana Public Health Laboratory.

Class of 2013

Erika Hallman (NUR) is taking classes through UNC Wilmington for her bachelor's. She works in the NICU at Carolinas Medical Center.

Sophie Johnson (NUR) became engaged to Justin Jordan in December 2015.



Sophie Johnson

Courtney Moller (RT) has joyfully agreed to be a "contact" for alumni news etc., for the Class of 2013. Courtney graduated from the radiologic technology program in May 2013, went to radiation therapy school at UNC-Chapel Hill in the fall of 2013 and now works as a radiation therapist at Duke University Hospitals. A paper she wrote on radiation therapy was published last fall in the *ASRT Radiation Therapy Journal*.

Megan Ocheltree (NUR) married Taylor Kirkland in June 2014 and is working as a pediatric home health nurse in Cincinnati, OH.

Rachel Perry (MLS) moved to the United Kingdom to study for her master's in epidemiology and biostatistics at the University of Leeds.

Katie Swisher Reaves (MLS) works in the lab at CMC-NE.

Wesley Shover (MLS) was promoted to CLN Team Leader at CMC Core Lab.

Catie Stallings (NUR), after two contracts with UVA Hospital as a travel nurse, accepted a permanent position in their acute care float pool and now lives full time in Charlottesville, VA.

Michael Tuzeo (NUR) is the assistant operational manager at Grifols Pharmaceuticals.

Elizabeth Webb (NUR) bought her first house.

Nina Wiersema (MLS) moved to Steamboat Springs, Colorado and works in the lab at Yampa Valley Medical Center.

Julianne Williams (NUR) received her BSN from UNC Wilmington in May 2015.

Class of 2014

Jennifer Actis (ST) moved to Florida and is working at Palm Bay Hospital.

Brian Childers (MLS) got married in May 2015.

Lexi Ivey Jorgensen (NUR) is now Ms. Caleb Jorgensen.



Lexi Ivey Jorgensen

Bryan Lackey (MLS) got married in October 2015, moved to Raleigh and works for IBM as a cloud engineer.

Melissa Maloney (NUR) married Tom Smith in May 2014.

Christi Milledge (NUR) works as an LDRP

(labor/delivery/recovery/postpartum) nurse at Novant Presbyterian in Matthews, NC. Said Christi, "Growing up I wanted to be an OB/GYN/women's health doctor but somewhere along the way I got sidetracked. As I enter my 50th year of life, it's time to recognize the dream and go after it."

Mary Sawyer (NUR) is an OR nurse at Carolinas Medical Center.

Josie Stump (NUR) works at Carolinas Rehab in Mt. Holly. She's looking forward to a backpacking trip with a group of friends this June across Greece, the Greek Isles and parts of Italy (Florence and Naples, in particular).

Class of 2015

Jason Hishon (NUR '15) and Barry Nance (NUR) and were recently singled out for system-wide recognition for their outstanding patient-centered care (See pg. 15).

Caroline Roberts (NUR) got married; and is now Caroline Governale.

Upcoming Alumni Events

April 18 to 30

Alumni Trip to Alpine Europe

Friday, May 6

Graduation

7:00 p.m. at Pritchard Memorial Baptist Church

Friday, May 6 and Saturday, May 7

50th, 60th and 70th Reunion Celebrations for the Classes of 1946, 1956 and 1966

Tuesday, May 24

Alumni Association Meeting

6:30 p.m. at CCHS

If you'd like, bring along new unwrapped toys to donate to the Levine Children's Hospital Toy Chest.

Friday, June 10

Join us for a Retirement Celebration

Drop-In for Ellen Sheppard

1 to 4 p.m.

CCHS Auditorium – All alumni welcome!



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