



October is National Breast Cancer Awareness Month.
Show your support; Wear Pink on Thursday, October 3

CCHS Hours of Operation

Administrative Offices

Monday - Friday
7:30 AM - 4:30 PM

Computer Lab Hours

Normal Lab Hours

Monday - Thursday
8 AM - 7:30 PM

Friday
8 AM - 4:30 PM

Saturday
11 AM - 4 PM

Sunday - Closed

The computer lab will be closed Oct. 14 - 15 during fall break.

Charlotte AHEC Library

(Med Ed Bldg., 1st Floor)

Monday - Friday
8 AM - 5 PM

2nd floor study rooms open 24/7 via badge access.

Stop in for Halloween treats on 10/31.

Fitness Testing for New Grad RNs

Carolinan HealthCare System values the health and safety of its teammates. Statistics at CHS and across the nation show that nurses who are less physically fit are at significantly higher risk of personal injury. Thus, the System has begun physical fitness testing for new hires in the nursing family of positions. It's a two-part assessment conducted as a condition of employment once a job's been offered.

1. The new hire sits or kneels on the floor then stands up without using hands for support.
2. The new hire lifts a minimum of 50 pounds off a shelf comfortably, transfers it to a wheelchair, and returns it to the shelf. This is done by adding weights to a box until a comfortable limit is reached.

A few things to consider as you prepare for this assessment:

1. Consider how comfortable you are getting onto the floor and back up again without the use of your hands for support.
2. When adding weights to the box, there will be no indication of how much (or little) is being added. If you reach your comfortable limit and it is not yet 50 pounds, you may not successfully pass the assessment.
3. The test administrator follows a script and can not answer questions or provide assistance.

Have questions or concerns? Contact Dr. Hampton Hopkins, Dean of Student Services and Enrollment Management, Hampton.Hopkins@CarolinanCollege.edu or 704.355.5585.

Get Fit Now

CCHS students can get fit for free at LiveWELL, Carolinas!, the CHS wellness facility at 801 East Blvd. Classes include Zumba, hoops, strength-training, yoga, and more. See this month's schedule of classes at <http://livewell.carolinanhealthcare.org>, then click on *Your Fitness* and *Calendar*. CCHS students may also qualify for discounted income-based YMCA memberships (ask about fees) and **FREE** Workout Wednesdays at the Park Road YWCA.

Radiation Therapy Program Receives Accreditation!

The radiation therapy program at Carolinas College received official notification of accreditation from the Joint Review Committee on Education in Radiologic Technology (JRCERT) on August 30, 2013. The 18-month process began in January 2012. The review was returned with no citations, recommendations, or suggestions, indicating the highest level of quality and compliance. While the quality of education at CCHS has long been established, students entering into the radiation therapy program can now be assured that their program of choice meets all national education standards as set forth by the JRCERT and the US Department of Education.



Student of the Month

Congratulations to **Michael Voulgaris** the October Student of the Month. During recent prospective student interviews, Michael volunteered to lead a tour of the histology lab at Carolinas Medical Center. He answered questions along the way making the candidates feel welcome, while offering encouragement and sharing his personal experience with them. Michael possesses and exhibits leadership, enthusiasm, and professionalism in all he does and represents the college and the histotechnology program well. Way to go Michael!

Find us on Facebook:

Carolinan College
&
Carolinan College Alumni Association



Emergency Notification Test

The College will conduct a test of the Emergency Response Communication System on **November 7** at 3:30 p.m. A blast voicemail message will be sent to the primary and secondary phone of all students, faculty and staff. This test is conducted twice each academic year to ensure that the emergency response system is functioning properly. Once tested, this system is only activated in accordance with the college's Emergency Response Plan and at the discretion of the campus' Emergency Response Team. For more information regarding the emergency response communication system and other safety information, contact Hampton Hopkins in student services.



Carolinas College can use text messaging for emergency communication with students. To initiate this service follow these 5 easy steps: 1) Log on to Sonis-Web with your existing e-mail & PIN; 2) Click on "Update Bio" link at top of page; 3) Enter your cell phone number & provider; 4) Check the "Text Me" Flag; 5) Click "Submit" at bottom. While there, check to make sure all of your other contact information is correct. We will test the Sonis text messaging system on November 7, so please enter the information above by **November 1** to participate. (The College is not responsible for any charges related to text messages.)

Fall Festival Time is Here!



CCHS' Student Life Committee is hosting the annual Fall Festival on Monday, **October 21**, from 10:30 a.m. - 1:30 p.m. There will be free food (hot dogs, beans, chips, cookies, and hot apple cider) and lots of fun games to play! In other Student Life news, mark your calendars for Monday, **November 25**, the college's annual Thanksgiving luncheon; **FREE** to all students and served by CCHS faculty and staff. Check out next month's newsletter for more details.



Go Pink! Mammogram Coach On Site — for YOUR Convenience!

According to the American College of Radiology and the American Cancer Society, 1 in 8 women are affected by breast cancer in their lifetime. Receiving regular mammography screenings is extremely important for women over 40. More than 90 percent of those diagnosed early survive. Please join your fellow students and CCHS staff & faculty in celebrating the 2013 CHS **Breast Health Month - GO PINK!** The month-long initiative runs throughout October and Oct. 4 is Wear Pink Day!

On October 25 and November 18, a mobile mammography van will be outside CCHS. What could be more convenient? Stop by with your insurance card. This is covered with no deductible by MedCost and most other insurance companies. Ask your carrier about coverage and then call 704.403.1729 for time lot on 10/25 or 22/18. Bring your insurance card. The coach is visible in the fall festival picture above.



The college's safety committee reminds you that October 6 - 12 is National Fire Prevention Week. This year's theme is "Preventing Kitchen Fires." For helpful tips, take time to review the pointers at www.nfpa.org/safety-information/fire-prevention-week.

Seriously...I Could Win Free Parking for Month?

Has the walk to student parking got you down? Several student organizations are raffling off a free parking space in the "V Lot" (next to the college) as an October fundraiser. Support a good cause and keep your fingers crossed!

Hopebuilder's 5K Run

It's not too late to join the hardy Carolinas College Team for the Hopebuilders 5K, on **October 19**. Look for an e-mail with more details about team activities (group picture, breakfast afterwards) after you register at http://events.carolinashealthcarefoundation.org/site/TR?fr_id=1390&pg=entry. Entry fee is \$30 so have your credit/debit card handy! Hopebuilders is an annual fundraiser for Levine Children's Hospital.

Faculty/Staff Updates

Congratulations to Kim Bradshaw, who's been promoted to Dean of Administrative and Financial Services. In this new position she will oversee administrative and financial matters at three CHS-owned schools: CCHS, Cabarrus College of Health Sciences, and Mercy School of Nursing. This new "cross-college position" is testimony to the schools' intentions to find economies of scale in order to keep operating costs as low as possible while still delivering exemplary education and services to students. To provide Dean Bradshaw the workload relief to take on these responsibilities, a new cross-college accountant is being hired, and CCHS technology matters will now be overseen by Dr. Janice Terrell, Provost.

CCHS Officials Travel to DC



L-R: Dr. Ellen Sheppard & Dean Kim Bradshaw

In September President Sheppard and Deans Hopkins and Bradshaw traveled to Washington, DC by invitation of the US Department of Education to learn more about President Obama's Challenge to more deeply incorporate community and interfaith activities on college campuses. Dr. Sheppard was one of 30 college presidents who attended a reception at the White House. There, she heard from Martha Kantor, Undersecretary of Education, about the President's Challenge. The Obama administration believes that college students can lead the way in building bridges of respect and understanding across cultural and faith divides, using community service as a vehicle. The result could be a stronger, less divided nation. After the White House reception, the conference continued on the campus of Georgetown University where Arne Duncan, Secretary of Education, was among the speakers. A representative from CHS's Pastoral/Spiritual Care team joined the CCHS group and discussion followed about taking CCHS's community involvement to this next level. Follow-up meetings are planned. If you'd like to be part of this new interfaith initiative, contact President Sheppard at Ellen.Sheppard@CarolinasCollege.edu.



George Battle, III

CCHS Board Member George Battle Runs For Congress

CCHS is proud to announce that a member of the College's Board of Directors, George Battle III, has declared his candidacy for Congress. Mr. Battle, a graduate of UNC Chapel Hill Law School, serves as general counsel for Charlotte Mecklenburg Schools. Prior to that he was a member of the Carolinas HealthCare System Office of General Counsel. A Charlotte native, Mr. Battle attended West Charlotte High School and UNC Chapel Hill, where he was Student body president. He is a member of the NC Bar and has served on the County Bar and Bar Foundation. Besides being on the CCHS Board, he has been on UNC Chapel Hill board of trustees and was named a 2009 NC Rising Star by North Carolina Super Lawyer magazine.



Lamar Jones

Kudos to Histotechnology Program Coordinator Lamar Jones!

At the 39th Annual Symposium/Convention of Histotechnologists held in Providence, Rhode Island, last week, Lamar Jones was announced as the winner of an award which will fund his travel to Cologne, Germany, next spring to observe histotechnology procedures there.

WOW! These Folks Are Amazing!



Part of a culture of excellence is recognizing others. The following CCHS students or teammates were recognized recently:

Students:

Nursing: Asia Holmon, Shawn Lydon, Morgan Parra & Kimberly Vasquez

Faculty/Staff...

Administration: Pat Lewis

Business, Finance & Technology: Bo Clarke

Nursing: Susan Patterson, Claudette Kaveler

Radiologic Technology: Doug Frankenburg

Student Services: Joy Godwin, Laura Holland & Sue Roux

TST Clinics

Due to a national shortage, routine tuberculin skin testing (TST) remains suspended. Watch this space in upcoming newsletters to find out when clinics here at the college will resume. In the meantime, if you encounter an exposure to tuberculosis, contact Teammate Health to determine how and when to be tested.

Student Health Insurance and the Affordable Care Act

With all of the recent news coverage, there may be some confusion surrounding the availability of student insurance as the Health Insurance Marketplace opens on **October 1, 2013**. Helpful guidance is provided below about the college's existing student health insurance plan and the options available via "The Marketplace" a listing of all providers approved under the Affordable Care Act.

Carolinas College makes available to all students a basic health insurance plan. This plan is not a comprehensive major medical plan and is not intended to replace such coverage. However, the basic plan is compliant with the provisions of the Affordable Care Act. This injury and illness policy is open to all students who are enrolled in six semester credit hours or more and is made available through a partnership with Collegiate Risk Management. You can find out more about this coverage by visiting <http://www.collegiate-risk.com/schools/carolinacollege.aspx>.

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

- ☞ Ambulatory patient services (outpatient care you get without being admitted to a hospital)
- ☞ Emergency services
- ☞ Hospitalization (such as surgery)
- ☞ Maternity and newborn care (care before and after your baby is born)
- ☞ Mental health and substance use disorder services, including behavioral health treatment (this includes counseling and psychotherapy)
- ☞ Prescription drugs

- ☞ Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills)
- ☞ Laboratory services
- ☞ Preventive and wellness services and chronic disease management
- ☞ Pediatric services

Starting **October 1, 2013**, students living in both North and South Carolina who are in need of health coverage may get insurance by visiting the Health Insurance Marketplace at <https://www.healthcare.gov>. The marketplace offers four easy steps to sign up for health insurance coverage that will take effect on **January 1, 2014**. In addition, anyone under the age of 26 whose parents have an insurance plan that covers children can be added to their parents' policy. Eligible participants who do not purchase coverage may be fined.

No one plans to get sick or hurt, but almost everyone needs medical care at some point. Health insurance covers these costs and protects you from very high expenses. If you do not have existing coverage it is important to consider one of these new options available to you. Sunday's Charlotte Observer ran a helpful article on the new plan, listing penalties to qualified parties who do not purchase coverage. <http://www.charlotteobserver.com/2013/09/28/4349851/in-charlotte-and-elsewhere-enrollment.html#UklzldLkuSo>

Source: <https://www.healthcare.gov/what-does-marketplace-health-insurance-cover/>



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. The single best way to protect against the flu is by getting a flu vaccination each fall. This year the H1N1 vaccine has been combined with the seasonal flu vaccine, thereby eliminating the need to get two vaccinations. The majority of adults have antibody protection against influenza virus infection within two weeks after vaccination. Carolinas College, in conjunction with Carolinas HealthCare System, will continue with a voluntary flu vaccination program this year. Students in histotechnology, medical laboratory science, nursing, radiation therapy, radiologic technology, and surgical technology who choose not to get a flu vaccination will be required to complete a mandatory declination form and to wear a mask in clinical should flu season be implemented. ("Flu Season" at CHS refers not to a time of year, but to a point at which a certain number of cases have been reported.) Everyone is encouraged to get vaccinated for the safety of our patients, students, and employees.

FREE flu vaccinations will be offered to all students and employees at the college on the following dates:

Tuesday, **October 8**, 10:00 a.m. to 12:00 p.m.

Monday, **October 21**, 12:00 p.m. to 1:30 p.m.

Thursday, **October 10**, 9:30 a.m. to 11:30 a.m.

Friday, **October 25**, 11:00 a.m. to 1:00 p.m.

For flu information and schedules with additional dates and locations, please check the bulletin board in the lobby or click on the Stop the Flu icon on the Carolinas College Information Portal. Protect yourself and those around you: choose to get your flu vaccination!

What's Up With These New Classroom Phones?

As part of the Rankin renovation, new phone lines were added to the building and phones installed in most classrooms. This measure was taken for the safety of students and staff based on what's been learned from the tragedies at Virginia Tech, Columbine, and Sandy Hook. The College safety committee is drafting guidelines for when and how they'll be used.



Medical Explorers Needs You!

The Medical Explorers Program is comprised of 30-40 high school students, from participating Charlotte Mecklenburg Schools, and is sponsored by the Boys Scouts of America. Carolinas College of Health Sciences is one of the hosting sites for the program and the meetings are coordinated by several nursing instructors, in conjunction with students from several programs at the college. The group's responsibility and goal is to set up learning and exploration opportunities via the college and local CMC facilities. These meetings expose the youth to as many different healthcare careers and specialties as possible. The group meets every second Tuesday of the month from 6:00 - 7:30 p.m. We are in need of new members for 2014 and have a few officer positions to fill. As a member, your primary responsibility is to chaperone the kids to and from the events that are all either within CCHS, or walking distance from the college. We also need some fresh creative minds to brainstorm and coordinate exploration opportunities! If you want to be more involved within the college and think the Medical Explorers Program may be right for you, come to our next meeting, Tuesday, **October 8** 6:00 - 7:30 p.m., room 190. For more information contact program advisors Janie McCloskey (Jmccloskey@Carolinas.org) or Lynn Jordan (lynn.jordan@Carolinascollege.edu).



Who Moved the AED?

The AED has moved to a new spot just outside the college auditorium near the lobby phones. It's now handicapped accessible and more visible to visitors in the lobby.



December Nursing Graduates

Some see the nursing cap as old fashioned, but for many, it represents the rich heritage of the nursing profession. CCHS' ceremony is less about the cap and more about a rite of passage. Graduating females are capped by an RN of their choice with the CCHS cap. Male students receive a souvenir RN pin. If you're graduating from the nursing program in December and this traditional ceremony appeals to you, watch for information in your CCHS mail and in the November student newsletter. The ceremony is planned for the evening of **December 12**.

Reception for All December Graduates

On Thursday, **October 17**, CMH/CCHS Alumni will be in the lobby from 2:00 - 4:00 p.m. to offer congratulations and celebrate a job well done. Stop by for cake, punch, and cookies.

CCHS Has a Lactation Room

Room 127, located near several faculty offices, is a small, but functionally designed space allowing it to be easily changed back to a restroom as needed. In the room there is a small bench for the mother, a shelf for the pump, and electricity. The lactation room is available on a first come, first served basis.

Student Nurses Association (SNA)

SNA would like to thank the two incredible guest speakers from our last meeting, Kris Earle (CCHS SON 1996) and a CRNA at Carolinas Medical Center and SGA President Bryan McLaughlin's mom, Susan McLaughlin, a clinical research nurse, for an amazing presentation filled with great information. Our next general member meeting will be Thursday, **October 24** at 8 a.m. when our speaker will be Lisa Reeves, OR/flight nurse and CCHS alumna, Class of 2011.

It's time to nominate your favorite NUR202 student for the SNA's \$250 Cynthia Favorite Scholarship! Nominees must be a student who has been a role model for other students, demonstrated leadership skills, and been actively involved in community services or in supporting school activities. Forms can be found on the SNA page of the college's information portal and dropped off to Brenda Vasquez in room 103, or emailed to our president, Heather Alcock at heather.Alcock@cchsmail.org. Deadline for nominations is **October 4**.

Pre-ordered T-shirts will be available for pick up in early October. Watch for emails about these and the V-lot parking raffle.

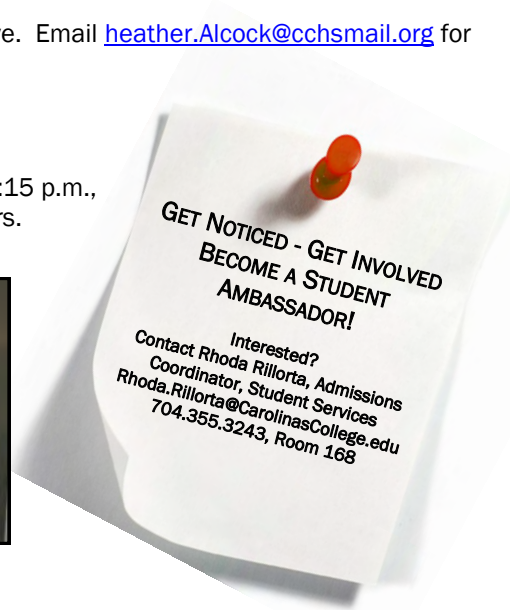
Welcome to our newest SNA members: Kyleen Gilliland, Amanda Bowen, Heather Gains, Emily Faris, Hannah King, Christina James and Leah Wilson! You can join, too, for life for only \$10!

Interested in being on the SNA Board? We are currently seeking a co-membership representative. Email heather.Alcock@cchsmail.org for more information!

Student Ambassadors Invite You to a Luncheon

Student Ambassadors are sponsoring a drop in luncheon/meeting on **October 3**, 11:15 a.m. - 1:15 p.m., room 151. Come hear what being a student ambassador is all about and meet current members.

**Got
Questions?**
➔



Student Success Center

Success Tip of the Month - Have you ever used a Mind Map to master a complex concept? This is a wonderful tool on which care maps in nursing are based. To learn about Mind Maps, check out this website: www.usingmindmaps.com. For more success tips, check out the Student Support page on the Information Portal. (Click on *Student Services* along the top of the home page and then on *Student Support*.)



Look Familiar? Yoga Workshops for Stress Relief in October. Relieve stress and enhance your coping strategies on **October 24** and/or **October 29** in room 190 from 8:00 – 9:00 a.m. Bring a yoga mat or thick blanket, if possible. Namaste!

Missed the Continuing Education Fair on September 24th?

Come to the Student Success Center, Room 213, to check out the materials provided by many of the institutions that attended: Cabarrus College of Health Sciences, Charlotte AHEC, Gardner-Webb University, Grand Canyon University, Lenoir-Rhyne University, NC A&T State University, Pfeiffer University, Queens University, School of Graduate and Continuing Studies, The College Network (Indiana State University, Regis University, Excelsior College, Bellevue University, & Lake Superior State University), UNC Charlotte, UNC Greensboro, University of Phoenix & Winston-Salem State University.

Student Employment Opportunities - If you're interested in part-time/PRN employment with CMC, talk to Jacquelynn Williams, our Human Resources Recruitment Specialist will be on campus **October 1** from 10:00 a.m. - 12 noon. Or she is available to you at 704.631.0314 or Jacquelynn.Williams@carolinashealthcare.org.



Open Forum with President Sheppard

Dr. Ellen Sheppard, CCHS President, holds monthly open discussion sessions. Have a great new idea? Or a suggestion? Dr. Sheppard will be available Thursday, **October 17** and Monday, **October 28**, 10:30 - 11:30, in room 137. If you are unable to fit this into your schedule, send an email: Ellen.Sheppard@CarolinasCollege.edu; or stop by her office, room 110. Recent topics have included the difficulty of getting into CHS nurse aide orientation without missing classes and suggestions for on-line instructors. Both are being studied for opportunities to make CCHS the best place to prepare for a health care career.

Student Government Association (SGA)

SGA appreciates all the questions/suggestions/feedback received via the comments board. We hear you and are working to resolve your concerns. Recent Issues raised:

- ☞ Parking: Yes, parking can be an issue at times, but it is important to remember that it is provided at no charge. Most colleges and universities charge expensive rates per semester for parking AND it's equally distant from classes.
- ☞ Upkeep of student lounge appliances: Cleaning supplies are on order. YOU can help with the upkeep of the microwaves by keeping your items covered while heating. Please be considerate of other users and clean up after yourself. The refrigerators should be emptied each Friday. If you use them, please sign up for a turn.
- ☞ Running/Walking Groups: Want to start a group? Great! Post an approved (must be signed off by Joy Godwin, SGA Advisor) sign up flyer on the board next to the SGA board.

As always if you have any comments or concerns please feel free to speak with either myself or one of the many members of SGA

Bryan McLaughlin, SGA President

Phi Theta Kappa (PTK)



Fall induction for new members is fast approaching; current members are encouraged to attend and welcome these outstanding students. Keep an eye out for the PTK-sponsored bake sale and clothing drive this month to benefit the Men's Shelter of Charlotte.

PTK t-shirts are available for purchase - \$9.90. All sizes currently in stock; see Cathey Miller in room 252.

Upcoming Events:

October 3: PTK Fall Induction 5:30 PM Room 190

October 16: Volunteering at the Men's Shelter of Charlotte, 5:30-7:15pm. Please print the confidentiality form found on PTK's page on the information Portal if planning to attend.

October 24: Blood drive at CCHS

Scholarship Opportunities: Applications are currently being accepted for the Jack Kent Cooke Undergraduate Transfer Scholarship. Information available online at <http://www.jkcf.org/scholarships/undergraduate-transfer-scholarships>.

Next PTK Meeting: To be announced on the PTK portal page.

Compliance Corner - Patient Participation

Carolinas Medical Center is now using "Get Well" keyboards in an effort to enhance each patient's working knowledge of their illness, engage them in wellness, and measure quality of care and satisfaction. For the duration of their stay, each patient is given a keyboard which is connected to the hospital portal and the internet. After an initial orientation and falls module, patients are able to surf the internet, check and send email, and even set up an interactive webpage while they are hospitalized. In addition, TV selection is available as well as a wide range of movie choices. The degree of usage will depend on the patient's ability and interest but detailed instructions are available to everyone.

Patient education is the driving component of this initiative, with information regarding diagnosis, procedures, and medications. Each module contains questions to evaluate the patient's understanding. As patients complete appropriate modules selected by their nursing staff, usage is tracked for outcomes data. Patients deemed to be a high fall risk will receive ongoing prompts throughout the day regarding safety measures to prevent falls.

It's a win-win for all as patients are engaged in their healthcare and the system gets immediate feedback from patients who are asked several times a day about satisfaction with their nursing care and housekeeping/maintenance issues.

Continuing Education Opportunities

BCLS for the Healthcare Provider

October 9 & 23. 8:00 a.m. - 10:00 p.m. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.dull@carolinashealthcare.org.

BCLS Online - Part 1

Cost \$22.00 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address (<https://www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect>); choose BLS Online - Part 1. The course takes approximately 1 hour. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Skills Check Part 2 (see below).

BCLS Online Skills Check - Part 2

October 9 & 23. 1:00 - 3:00 p.m. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

Preparing for the Holidays

October 29, Noon - 1:00 p.m. (Webinar) Discuss strategies for building a holiday budget, techniques for managing holiday stress, and tips for keeping the holidays fun. Sponsored by CHS Employee Assistance Program (EAP), 720 East Blvd. **Free** for CCHS students! Space is limited so please call 704.355.5021 to register. CHS' EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help, call CHS' EAP, 704.355.5021, for a private appointment or to register for a class.

CCHS Admissions Information Sessions

October 8 & 22, 4:00 - 5:00 p.m. Have friends who want to know more about CCHS programs? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for the session of your choice. Check posted schedule for room locations. For more information on our Medical Laboratory Science or Histotechnology program, contact Kelly Shirley, Program Director, at 704.355.4275.

Chaplains Grand Rounds - Inspiration at Times of Surgery

October 17, 12 to 1 PM. This 9-part series is held in the Suzanne Freeman Auditorium at Carolinas Medical Center, is free, and open to students. Each session is independent of the others. All are free with no registration required. There is a marvelous interface between inspiration and healing at the deepest level. When patients tap their vast resources for strength and endurance outcomes are often better. This series will explore the relationship of healing and inspiration. Feel free to bring your lunch and enjoy!

October is Diversity Awareness Month

The CHS Central Division Diversity and Inclusion Committee has prepared a variety of drop-in Lunch-n-Learn events for the month. Students are welcome to attend any of these great **FREE** events. Bring your lunch!

- ☞ *Celebrating Diversity and Inclusion, October 4,* 10 a.m. - 4 p.m., Tower Dining Room, Carolinas Medical Center
- ☞ *Pain Assessment and Management: Considering Diversity and Health Literacy, October 4,* 1:30 - 2:30 p.m., CMC Dining room 2, Presented by Karen Birkhead, BSN, RN-BC and Jan Scotton, RN, BS (Approved for 1 CE)
- ☞ *Obesity: Stereotypes and their Implications on Care Delivery, October 11,* 1:30 - 2:30 p.m., CMC dining room 2, presented by Stephanie Britt, RN, BSN, MSL, CEN, NEA-BC
- ☞ *Patient Rights – Does Diversity Matter? October 18,* 1:30 - 2:30 p.m., CMC Dining Room 2, Presented by Maureen Fogle, EdD, RN, NE-BC, (Approved for 1 CE)
- ☞ *Diversity Considerations in End of Life Care, October 25,* 1:30 - 2:30 p.m., CMC Dining Room 2, Presented by Malu F. Fairley, MDiv, BCC, (Approved for 1 CE)

Carolinas Medical Center- Department of Nursing is an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Compete in the CMC Diversity Scavenger Hunt!

In October, CMC rolls out a new and powerful tool to help all teammates expand their sensitivity, awareness, and knowledge of diverse faiths, cultures, and ethnicities. CultureVision software, available throughout CMC, will answer questions about 30 different faiths/cultures. Questions like - religious beliefs, nutritional preferences, beliefs about death and dying, medicine, and healing. On **October 1 & 15** new questions will be circulated. Use CultureVision to find the answers and compete for prizes. Watch your email for more information about how to find and use a CultureVision station at CMC.

Important Dates to Remember (all items described in detail elsewhere in this newsletter)...

Oct. 1	Health Insurance Marketplace Opens HR Rep on Campus	Oct. 19	Hopebuilders 5K Run
Oct. 3	Student Ambassador's Lunch-n-Learn PTK Induction Ceremony	Oct. 21	Fall Festival Free Flu Shots on Campus
Oct. 4	Deadline for Cynthia Favorite Scholarship Nominations Celebrating Diversity and Inclusion Lunch-n-Learn - <i>Pain Assessment and Management: Considering Diversity and Health Literacy</i>	Oct. 22	Admissions Department Information Session
Oct. 6 - 12	National Fire Prevention Week	Oct. 23	BCLS for the Healthcare Provider BCLS Online Skills Check
Oct. 8	Free Flu Shots on Campus Admissions Department Information Session Medical Explorers Meeting	Oct. 24	SNA General Meeting PTK Sponsored Blood Drive Stress Relief Yoga Workshop
Oct. 9	BCLS for the Healthcare Provider BCLS Online Skills Check	Oct. 25	Free Flu Shots on Campus Lunch-n-Learn - <i>Diversity Considerations in End of Life Care</i>
Oct. 10	Free Flu Shots on Campus	Oct. 28	Open Forum with President Sheppard
Oct. 11	Lunch-n-Learn - <i>Obesity: Stereotypes and their Implications on Care Delivery</i>	Oct. 29	EAP Sponsored Webinar - <i>Preparing for the Holidays</i> Stress Relief Yoga Workshop
Oct. 14-15	FALL BREAK - NO CLASSES Computer Lab Closed		
Oct. 16	PTK Volunteers at the Charlotte Men's Shelter	Nov. 1	Deadline to Enter Correct Contact Information in Sonis
Oct. 17	Alumni Reception for December Graduates Open Forum with President Sheppard Chaplain's Grand Rounds - <i>Inspiration at Times of Surgery</i> Scholarship Reception	Nov. 7	Emergency Notification Testing
Oct. 18	Lunch-n-Learn - <i>Patient Rights - Does Diversity Matter?</i>	Nov. 18	Mobile Mammography Coach on Site
		Nov. 25	Annual FREE Thanksgiving Luncheon
		Dec. 12	School of Nursing's Capping Ceremony

Save the Date

Pardon Our Jeans!

CCHS staff and faculty are incredibly generous! A proof point is the amount they donate each year to the combined campaign for United Way, Arts & Culture, and the Children's Miracle Network. As a special incentive, faculty/staff who donate during the campaign earned the privilege of breaking dress code by wearing jeans and sandals to work. So when you see a staff member in jeans and sporting an "I Pledged" button, be sure to thank them for sharing generously with our community!

2013 Scholarship Reception

The annual scholarship reception for students who received scholarships from CCHS is scheduled for Thursday, October 17 will be held at Byron's South End, Design Center of the Carolinas, 101 W Worthington Ave. Heavy hors d'oeuvres are served at 5:30 with the program beginning at 6:00 p.m.

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