



Carolinan College of Health Sciences | May 2019



GRADUATION IS HERE!

The Commitment to Caring & Awards ceremony is Thursday, **May 2** at the Crowne Plaza Executive Park, 5700 Westpark Dr., Charlotte, NC. The schedule is as follows:

- 5:00 to 6:00 p.m. Graduates' Reception
- 6:00 to 8:30 p.m. Commitment to Caring & Awards Ceremony

The Commencement ceremony is Friday, **May 3** at the Halton Theater at Overcash Auditorium, 1206 Elizabeth Avenue, Charlotte, NC.

The schedule is as follows:

- 8:45 a.m. Rehearsal (Graduates, program chairs and program participants)
- 9:30 a.m. Faculty arrive
- 9:45 a.m. Doors open for guests
- 10:30 a.m. Commencement Exercise



NATIONAL NURSES WEEK!

Nurses are
Angels in Scrubs



Happy National Nurses Week to all our nursing faculty and students! National Nurses Week runs annually from **May 6 to May 12**, which happens to be Florence Nightingale's birthday. **May 6** is recognized as "National RN Recognition Day" and **May 8** has been designated as "National Student Nurses Day." To celebrate Nurses Week this year, log into https://pages.nursingworld.org/ana-2035_nnw19_phase2 to participate in a free National Nurses Week webinar on *Nurses4Us: Elevating the Profession*, sponsored by the American Nurses Association and to learn about the history of National Nurses Week. The webinar will be held on **May 8** at 1 PM. Follow National Nurses Week using #NursesWeek.

CCHS Hours of Operation
Monday to Friday
7:30 AM to 4:30 PM
Badge access: 24/7

**The College is Closed May 27
Memorial Day Observance**

CCHS Computer Lab
Monday to Thursday
7:30 AM to 7:30 PM

Friday
7:30 AM to 4:30 PM
(No after-hours staff on Fridays)

Saturday, 11 AM to 4 PM
Sunday - Not staffed
Badge access: 24/7

CCHS Nursing Skills Lab
Monday to Friday
7:30 AM to 4 PM

AHEC Library
Monday to Friday
8 AM to 5 PM
Badge access: 24/7

Connect
with CCHS



STUDENT OF THE MONTH

Congratulations to Crystal Winfield, our Student of the Month for May 2019. Crystal is a student in the associate's degree nursing program. She was nominated for her "wonderful work ethic, teamwork, and compassion" by Tracy Hayes, Rodney Duke, and Megan Brazelton who stated, "She, simply put, was a fabulous student to teach. Quick to learn, quick to teach others and quick to lift someone else's spirits. She is thoughtful, willing to put herself in someone else's shoes and cares about their beliefs, values and support system. She is a wonderful asset to this school and the nursing profession." In addition to modelling and supporting Carolinas College's mission and vision, she is engaged in the community. She mentors teenagers at her gym and volunteers for the Unitarian Universalist Church. At the college, she is respected by her peers, demonstrates leadership, and assists other students when asked. Thank you Crystal for exhibiting Carolinas College's core values of caring, commitment, teamwork and integrity. Crystal will receive a certificate, two movie tickets, and \$5.00 in Avenue C bucks.



L to R: Dean Karen Lewis and Crystal Winfield with her Student of the Month certificate.

STUDENT OF THE MONTH AWARD

Do you know a fellow student who is making an outstanding contribution to the community, including the College and the health care system? If so, consider nominating him or her to be the Student of the Month. This award recognizes a student each month who exhibits a dedication to the core values of the College – Caring, Commitment, Integrity and Teamwork. The Student Affairs department considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The monthly recipient will receive a certificate worthy of framing, two movie tickets, \$5.00 in Avenue C bucks, and a profile in the student newsletter. Please submit nominations by the 15th of each month via e-mail to me at Karen.Lewis@CarolinasCollege.edu.

CONGRATULATIONS!

On Tuesday, April 30, Will Bremen was awarded the Dr. Richard Earley Award from the North Carolina American Association of Clinical Chemistry. In addition to the award, he will also receive one year of AACC membership paid for by the local section. Will was selected from CCHS based upon: grades including cognitive, psychomotor, and affective domains, and for exhibiting the core values of CCHS. The Dr. Richard Earley Award recognizes the best Clinical Laboratory Science students training in North Carolina. The award's namesake is recognized for his numerous contributions to the American Association of Clinical Chemistry North Carolina local section over his career, with a particular focus on supporting the careers of young laboratorians.

PHI THETA KAPPA (OTK) UPDATE by Cara Maret, PTK Secretary

Our new teal and gray PTK t-shirts, with Carolinas College of Health Sciences on the back, have arrived; long sleeve is \$14, short sleeve is \$8. The former blue/gold and green/navy short sleeve shirts are also available at \$5 each. Please contact Cathey Miller if interested in purchasing (we will also have these available again at the next PTK meeting!)

Our last CBCC blood drive on April 4th was a success - 16 pints of blood were collected which will impact 48 patients' lives. Thank you for continuing to be part of this effort at CCHS! The next blood drive will be **May 30**.

Our next Men's Shelter volunteer opportunity will be on **June 19** from 5:30 to 7 pm. Please consider joining us! Details and signup are on the PTK Moodle page.

We are so excited for Charity Cochran (President), April Marshall (Vice President), and Kamryn Wagner (Treasurer) who are graduating from the Radiology program! Please join us in welcoming our new PTK officers, who recently officially assumed their roles: President: Ana-Paula King; Vice President: Calee Exum; Treasurer: Emilee Lawyer; Outreach Coordinator: Whitney Caldwell

Our next PTK meeting will be **May 23** at noon.

RADIOLOGIC TECHNOLOGY UPDATE by Jodie Huffstetler, Program Chair

Graduating Radiologic Technology Students Attend NCSRT Annual Conference

On April 10-12, the NC Society of Radiologic Technologists (NCSRT) Annual Conference was held in Asheville, NC. During this two-day conference, students were invited to participate in a mock ARRT Registry examination, attend presentations on patient care in radiology, as well as review sessions on radiologic technology procedures and radiation physics. The students had several opportunities to network with other students from radiologic technology programs in NC.

Pictured left to right: Back row: Huyhn Nguyen, Kamryn Wagner, Turquoise White. Second row: Cathey Miller (faculty), Rebecca Martin, Hannah Holbrook, Lourdes Grullon, Anna Smith, Amber Page, Colby Crisp. Front row: Stacy Grogg, Dima Kailani, April Marshall, Charity Cochran, Amanda Clark, Raycia Rivera.



First time participants in the NC Society of Radiologic Technologists (NCSRT) Quiz Bowl

Several 2019 Radiologic Technology graduating students made history as they participated in their first ever NCSRT Quiz Bowl. The Quiz Bowl is held annually during the NCSRT Annual Conference and provides a free spirit of competition among radiologic technology students. There were 14 teams competing this year and the students from Carolinas College placed 5th! We couldn't be more proud of this group of students who put in additional study and practice time to get ready for the competition. Your dedication and hard work made all of us proud! A special thank you to Valerie Bergin, Atrium Health radiologic technologist, for volunteering her time to help this team prepare for the Quiz Bowl.



Pictured left to right: Stacy Grogg, Anna Smith, Rebecca Martin, and Amanda Clark.

Radiologic Technology Students Volunteer at Friendship Trays: Meals on Wheels

On April 15, 2019, the Level I radiologic technology students participated in a professional development activity with Friendship Trays: Meals on Wheels. Friendship Trays is the only non-governmental Charlotte-based organization creating and delivering healthy meals to elderly and infirm community members in their homes (Friendship Trays, 2018). The students helped cook meals and prepare trays for delivery into the community. For more information on Friendship Trays and how you can volunteer, visit their website: <https://friendshiptrays.org/>

Pictured left to right: Back row: Sean Curry, Miranda Huffstetler, Jessica Dang, Erin Yarborough, Kristen McAndrew, Kaitlyn Testa, Katherine Micka. Front row: Jennifer Cope, Deja Benford, Diamond Knight, Nicole Cockerham.



STUDENT SUCCESS UPDATE by Sam Smith, MBA

Special thank you to the following peer tutors who are graduating in May: Mallory Braswell, Amanda Clark, Charity Cochran, Tiffany Cobb, Hayley Cromer, Caitlin Floyd, Lourdes Grullon, Mary Furnier, Erin Human, Grant Lane, Frances McDonald, Kayla McGuire, Jamie Lee Misencik, Trevor O'Neal, Amber Page, Jennifer Rinaldo, Raycia Rivera, Bria Sherrod.

Thank you for your spirit of giving and leadership within the peer tutoring program!



Condensed Summer Semester - If you are taking a full-semester course in the summer, you know the summer semester is shorter than the fall and spring semesters, increasing the need for strong organization and consistent weekly and daily study plans. Take advantage of any review sessions offered for your course(s) and be prepared to make changes at the first signs of difficulty. If you wish, see Sam Smith to discuss your plan for success. Visit the Student Success Center (room 254) to discuss test taking, studying strategies and peer tutoring options.

Other resources available in the Student Success Center:

1. Study and time management handouts and ideas.
2. Job placement information.
3. Student PT/PRN employment assistance.
4. A listening ear and friendly support!

Recruiting Peer Tutors for SPRING/SUMMER 2019 Courses

- ☞ Do you enjoy helping other students learn?
- ☞ Do you want to keep past course material fresh in your mind?
- ☞ Are you looking for a flexible service opportunity you can arrange around your schedule and priorities?
- ☞ Consider becoming a Carolinas College Peer Tutor!

If you've earned an "A" or a "B" in a course and feel you could help another student with some academic coaching, please contact: Sam Smith. Student Success Center, room 254, 704.355.4025, samuel.smith@carolinashhealthcare.org

Student Employment Opportunities: We have a new HR Representative; his name is Joe Sullivan. If you're interested in part-time/PRN employment with CMC, sign up for a 15-minute appointment with Joe in the lobby between 10 AM and noon on **May 6**.

To make an appointment:

- ☞ Log onto the information portal and click on *Student Success Center* under *CCHS Quick Links* on the home page.
- ☞ Select the *Employment Resources* tab. When you open that section, the interview sign-up sheet will be under *Current Part-time and PRN Job Opportunities*. You may sign up for any open 15 minute timeslot.

You can talk with Joe Sullivan on a drop-by basis as long as he is not busy with another student. A human resources representative usually visits the college on the first Monday of each month. E-mail Joe.Sullivan@AtriumHealth.org, or call 704.631.0347, with any questions or contact me, Sam Smith, at CCHS to support your job search efforts. For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Support page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)



Could you use a cool "swag bag"? How about a discounted meal at Chick-Fil-A (CHS-Main hospital location ONLY)? Or, maybe a few dollars in Canteen Bucks? Stop by the Student Success Center for more information.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session. May 7, 3:30 to 5 PM. Have friends who want to know about CCHS? Contact the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Susan Thomasson, 704.355.3921.

BLS Online Program. Cost \$28.50 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address: www.onlineaha.org. Choose HeartCode BLS. The course takes approximately two hours and must be taken before attending the Heartcode BLS Online Skills Check. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Heartcode BCLS Online Skills Check Part 2.

BCLS for the Healthcare Provider. May 1, 8 AM to noon. Cost \$50. Textbook not 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.

BLS Online Skills Check. May 1, 8, 15, 22, & 29 . 1 to 3 PM; 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).

2019 Chaplain's Grand Rounds - Ethical Decisions in Complex Times - May 16. This **FREE**, nine-part lecture series will be conducted in the Suzanne Hill Freeman Auditorium on the campus of Carolinas Medical Center every 3rd Thursday of the month from noon to 1 PM. Feel free to bring your lunch. The theme of the series acknowledges that medical decision making is getting ever more complicated. Best medical practice too often collides with the wishes of patients and family members. Nuances of care can challenge existing policies and procedures in the gray arena of seeking to do what is right. Join us in person, through teleconference, Skype, or let us send you a recording. Please direct any questions to Renee Howard (Renee.howard@atriumhealth.org). This month's session is entitled **Ethical Concerns in Altering DNA** and will be presented by Allen Lloyd, MD.

EAP Webinar - Coping with the New Normal: Anxiety in a World of Negative News - May 7 (9 to 10 a.m.); **May 15** (noon to 1 p.m.); **May 23** (1 to 2 p.m.). Goals of the webinar: 1) Recognizing the effects of distress on the mind and body; 2) Learning strategies to cope with stress in the new media age; 3) Discovering ways to build your resilience. Sponsored by Atrium Health's Employee Assistance Program (EAP), 720 East Blvd. **FREE** for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register.





2019 FALL BOOK ORDER SCHEDULE

- May 13** Deadline for faculty to provide respective chairs with booklists.
- May 16** Deadline for chairs to enter booklists into bookstore system, MBS Direct.
- May 22** Finalize order, submit to bookstore.
- May 27** GO LIVE Date – Free Shipping is valid 1 month from launch date.
- Sept 3** Fall Classes Begin!

Activities & Deadlines For May

Complete information, with times, is elsewhere in the newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BCLS for the Healthcare Provider BLS Online Skills Check	2 Commitment to Caring & Awards Ceremony	3 May Commencement
6 National RN Day HR Rep On Campus	7 Admission's Information Session EAP Webinar - Coping with the New Normal: Anxiety in a World of Negative News	8 National Student Nurses Day BLS Online Skills Check	9	10
				
13 New Student Orientation (Clinical & Non-Clinical)	14	15 BLS Online Skills Check EAP Webinar - Coping with the New Normal: Anxiety in a World of Negative News	16 Chaplain's Grand Rounds - Ethical Concerns in Altering DNA	17
20 Full Summer & 7-Week Classes Begin	21	22 BLS Online Skills Check	23 PTK General Meeting EAP Webinar - Coping with the New Normal: Anxiety in a World of Negative News	24 Registration Drop/Add Ends
27 Fall Online Book Orders Go Live - Free Shipping HOLIDAY COLLEGE CLOSED 	28	29 BLS Online Skills Check	30 PTK Blood Drive	31