

SUMMER 2018

Carolinas College

— OF HEALTH SCIENCES —



STORIES OF US

Telling our story through those of our teammates and alumni.

By & Large

“We are all storytellers. We all live in a network of stories. There isn’t a stronger connection between people than storytelling.”

– Jimmy Neil Smith



Who doesn’t love a good story – particularly when delivered by a great storyteller? In many ways, the story of Carolinas College is told through the successes and challenges presented in this very magazine. Like a great book that is hard to put down, our narrative continues to unfold with the stories of our students, faculty and staff, and alumni.

This edition of the magazine is all about stories. We tell the story of the College through the stories of our people. Our feature article highlights alumni storytellers who chronicle their experiences at Carolinas College. Readers are brought on a journey that brings the college to life through the powerful words of our graduates. Reading on, you will learn about many other remarkable things happening at our school through the countless accomplishments of our students, faculty, graduates and constituents.

You will meet our 2018 Distinguished Alumnus and our 2018 Outstanding Educator, both of whom have made impressive contributions in their respective areas. You will experience what it’s like to participate in an interprofessional collaborative focusing on high-risk patients. You will read about a student who

achieved two goals – completing nursing school and running the Boston Marathon – and learn which was harder. And, in a heartwarming

This edition is all about stories. Our feature article highlights alumni storytellers who chronicle their experiences at Carolinas College. Readers are brought on a journey that brings the college to life through the powerful words of our graduates.

story, you will be introduced to a mother and daughter, one continuing her education; the other beginning her journey in healthcare.

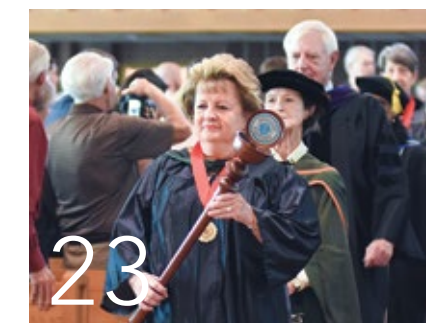
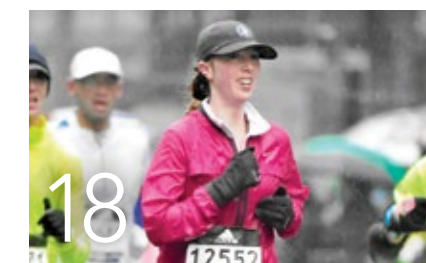
Through these accounts, I am reminded that we are all authors of the expanding story of Carolinas College. Our network of stories is the connection that binds us together and the strength that drives our future. I don’t know about you, but I am looking forward to the next chapter.

T. Hampton Hopkins, Ed.D

Carolinas College

– OF HEALTH SCIENCES –

A publication for alumni and friends of Carolinas College of Health Sciences, part of Atrium Health



COVER STORY

Stories of Us: Telling Our Story Through Those of Our Teammates and Alumni.

An early start to motherhood. A cancer diagnosis. Second chances and second careers. Every story is unique, every journey is different — but they all end with a healthcare standout finding that “sweet spot.” They all tell the story of Carolinas College.

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STUDENT SPOTLIGHT

Like Mother, Like Daughter

Louisa & Olivia Gallagher choose CCHS nursing programs.

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ABOUT THE COVER

Healthcare is personal. And on a personal level, we’re known by you: our students, alumni, faculty and staff. Together, you are the face of Carolinas College.

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A GREAT
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Bachelor of Science in Nursing

Getting your BSN just got easier with the launch of Carolinas College of Health Sciences new bachelor's degree program. With all courses accessible online, working nurses can make it work. And at Carolinas College, you'll have the full support of faculty, staff and fellow students to ensure your success. Classes began Fall 2018. Learn more by calling 704-355-5043.



PROGRAM Updates

News of note from
the CCHS programs



RADIOLOGIC TECHNOLOGY

100 Percent Pass Rate & New Learning Opportunities

► Congratulations to the 2018 graduates for achieving a 100 percent first attempt pass rate on the 2018 ARRT Registry examination! Thirteen of the fourteen graduates actively seeking employment are now working within Atrium Health.

In May 2018, the first cohort began the Computed Tomography class offered at CCHS. Alisha Borchardt, Radiologic Technology clinical coordinator and faculty member, is facilitating the CT class and overseeing the clinical experience for these students. Upon successful completion of this class, the students are eligible to take the ARRT Computed Tomography Registry examination.

The Radiologic Technology program is continually evolving and incorporating innovative teaching strategies into each course. The Radiologic Technology program “flipped” the classroom beginning in fall 2017. In fall 2018, we will have successfully “flipped” all procedure courses within the Radiologic Technology program. This new approach to teaching promotes interactive learning and increases student accountability for his or her education. Level I students are participating in critical thinking exercises related to trauma imaging and patient care. Finally, the Radiologic Technology program will participate in an interprofessional educational experience with pastoral care interns at Atrium Health in the fall.

By Jodie Huffstetler, MAEd., RT(R), Program Chair, Radiologic Technology

PROGRAM
EVENTS &

CLINICAL LABORATORY SCIENCES

NAACLS Preparation, Celebrating Faculty

NAACLS Reaccreditation

The Clinical Laboratory Sciences program is busy gathering data for its NAACLS Reaccreditation Self-Study reports due this fall for both the MLS and HTL programs. NAACLS (National Accrediting Agency for Clinical Laboratory Sciences) is the body that accredits educational programs in the laboratory field of medicine.

Faculty Updates

Kimberly Yarborough, clinical hematology faculty, was recognized for 35 years with Atrium Health. After graduating from both NC State University and CCHS (MLS '83), Kimberly worked two years in the hematology department at Carolinas Medical Center laboratory. She then accepted the hematology teaching position in the Medical Technology program (now Medical Laboratory Sciences), where she taught hematology (including special hematology and coagulation) for 32 years. Kimberly is passionate about student success, community benefit, her family, friends and coworkers, as well as her pets Beau, Luke and Hugo. She's especially proud to be "Mimi" to 2-year-old Levi and little brother Knox (due in July)!



Cyndie Hobson, clinical microbiology faculty, was recognized for 40 years with Atrium Health and as the 2018 Outstanding Educator for CCHS! Cyndie is a graduate of both UNC-Wilmington and CCHS (MLS' 78). She's been teaching in the MLS program for 38 years, and she's known for delivering rigorous content while providing her students with essential support. She is an effective communicator and an advocate for the program and the profession. Outside of work, Cyndie enjoys following Gamecock football with her husband and daughters and winning state championships in doubles tennis. (She recently won the gold medal in doubles for her age group!)



After 19 years as the phlebotomy program coordinator for CCHS, **Susan Thomasson** has accepted the role of chair for the Clinical Laboratory Sciences program. The newest faculty member to join CCHS, Ali Winter, MLS(ASCP), has accepted the position of education coordinator for the Phlebotomy program, effective June 25, 2018. A graduate of both Western Carolina University and the CCHS School of Medical Laboratory Sciences (MLS '12), Ali has been working for Mecklenburg Medical group as a medical laboratory scientist since graduation. She's been instrumental in training MLS and Phlebotomy students in the clinical setting, and we are thrilled to have Ali join the CCHS family.



New Students

CCHS also welcomed four new Histotechnology students in May: Laura Adkins, Will Garcia, Madison Helms, and Landis Summey. This group will graduate in December 2018.

By Susan B. Thomasson, MEd, MT(ASCP)SH, LMBT, Program Chair, Clinical Laboratory Sciences

NURSING

Hotspotting: Two Students
Share Their Experience

In partnership with the University of North Carolina at Chapel Hill, nursing students from Carolinas College of Health Sciences have been participating in the Interprofessional Student Hotspotting Learning Collaborative since 2015. This annual six-month program exists to train the next generation of providers to deliver integrated, patient-centered care for those with complex needs. Dr. Susan Patterson is the faculty mentor for the CCHS nursing students; in 2018, four nursing students participated. Students Alex Hill and Jordan Horton share their experience.

Why did you apply to be a HotSpotter?

AH: I wanted a different view of healthcare. I wanted to learn a different way to approach my patient population and insight into what other factors are affecting their health. In my very first nursing class, NUR 101, Professor Hammond told us that we 'have to meet patients where they are.' That simple yet profound statement is something I remind myself every time I walk into a patient's room. When you remember to meet your patient where they are, you remember there are other factors that can potentially impede a speedy recovery.

JH: I wanted to make a difference in a patient's life that would change the way they think about the healthcare system. I knew going into this experience that there is always more to a patient's story than what we see in a short hospital visit, but I had no idea what an impact this program would have on me. Through this program, we met our patient where she was, and we saw what it was like to live a day in her life. We saw her environment and several of the barriers that keep her from accessing the healthcare she really needs. Coming to her home and spending time in her environment helped her to open up to us; then, we had a better understanding of how to make the biggest impact on her.

What insight did you gain?

AH: This experience has taught me not to judge or label my patients and, instead, to listen. They aren't always simply 'non-compliant.' Some miss doctor's appointments because they have no transportation. Some

fill their prescriptions but haven't been taught to properly administer them. Some simply have to make a choice: whether to feed their hungry family or get their own medications.

JH: This experience taught me the importance of a high-functioning, collaborative healthcare team. Ours consisted of a social worker, two (third-year) medical students, a nursing student and a pharmacy student. It was so rewarding to see how each member of our team brought something unique and equally important that improved the patient's care. Each of us had different strengths, all of which were utilized to create a healthcare powerhouse.

How has the experience impacted you?

AH: This experience further confirmed why I chose to go into nursing: to help people who don't always know how to ask for it. We all need help at some point, as no one can navigate through this life alone. I am here to help and, as a nurse, it is and always will be my responsibility to listen and be an advocate for my patients.

JH: This experience will forever impact my nursing career. The program has ended, but it continues to impact my life and shape me as a nurse. I gained great friendships, but I also gained a perspective that will allow me to better empathize with patients and be more knowledgeable about the programs that are in place.

By Cathy Borysewicz, MSN, RN-BC, CNE, Program Chair, Nursing

INDUSTRY HOT TOPIC



STORIES *of* US

Telling our story through those *of* our teammates and alumni.



Carolinas College has built a reputation on excellence in healthcare education. We're known for consistently developing top-tier healthcare professionals. It's a track record we're committed to and one we're proud of. But healthcare is personal. (Just ask any patient to find out how personal.) And on a personal level, we're known by you: our students, alumni, faculty and staff. Together, you are the face of Carolinas College.

Carolinas College of Health Sciences is becoming a leader in healthcare education. Our school has received national recognition as a top two-year college. Our students are finishing with exceptional licensure and certification pass rates, as well as job placement rates within their field of study. They're entering the workforce prepared for a healthcare industry that's in a constant state of change. And their employers indicate a goal of hiring additional CCHS graduates in the future. Through our students, we're making our mark on the world. But we're equally proud of the mark this school makes on you. Every day we work to transform the lives of hundreds of students each year – educating, engaging and empowering the next generation of healthcare professionals. And we're led by the guidance of four core values: Caring, Commitment, Integrity and Teamwork.



| CARING: LEADING BY SERVING |

“At this school, you definitely get the feeling that you aren’t a number. You’re a person, and they truly care about their students.”

– Alena Battle, RT(R)

Radiologic Technologist, Atrium Health, CCHS Radiologic Technology Alumna



Radiologic Technology Program Chair, Jodie Huffstetler (RT '05) with Alena Battle (RT '18) and son Tamaj.

In hindsight, Alena Battle had no idea what was in store for her when she began the Radiologic Technology program in August 2016. “I was already a bit nervous, because I knew how much commitment the RT program requires in and of itself. Then, halfway through the program when I found out I was pregnant, I got really nervous.”

Alena’s journey began about a year after moving to Charlotte from Michigan. She enrolled in UNC Charlotte with plans to earn her bachelor’s degree in Radiologic Technology. But when she heard about the program at Carolinas College, she decided to apply. “The 21-month program at CCHS was very appealing,” says Alena. “I knew Radiologic Technology was the field for me, and I wanted to put myself on the quickest

path to getting my career started.” She applied and landed on the waitlist, so she continued with her plans to attend UNCC – until two weeks before classes started, when she found out she was in. “I was really excited! It was all such a blur. I literally rearranged everything in those two weeks. But it was worth it.”

Alena approached the program at CCHS with commitment, determination and drive, eager to learn and eager to gain experience in the field. “The teachers are wonderful at CCHS,” says Alena. “The small class size and the hands-on experience made me feel like I was starting out ahead of the curve.”

But then came the curveballs: First, the pregnancy. She worried that she’d be left behind, unable to finish the program; instead, the support she received from Carolinas College multiplied. “They really worked with me to make sure I got everything done. I had to go longer days for clinicals, and I had to go in on days that I would normally have had off, just to make sure I stayed on track for graduation,” says Alena. Then, curveball number two: her son, Tamaj, arrived February 20 – a full five weeks before his due date. “My instructors came to the hospital the day I had my baby, and they brought me so many things I needed. They extended deadlines so that I’d have a chance to complete the work even though he came early. Then my father died unexpectedly, and they were there for me through that too. I’m very grateful for them.”

Alena not only completed the program on time, but also passed her ARRT Registry exam and was the first in her class to receive a full-time job within Atrium Health. She graduated May 4 and began her position at Carolinas Medical Center-Mercy 10 days later – all with a newborn at home. “Last semester was definitely a tough one, but I made it!” says Alena, with a tired laugh. “Honestly I got more support at Carolinas College than I’ve ever received from teachers or instructors before. They worked with me and fought for me, doing everything they could to position me for success. And they did it because they cared.”

| INTEGRITY: PAYING KINDNESS FORWARD |

“I felt for the first time like I was going with the current instead of against it. I know now that I should’ve been in nursing all along.”

– Trisha Garcia, RN

Hematology Oncology Nurse, Atrium Health, CCHS Nursing Alumna

After a whirlwind start to her second career as a nurse, Trisha began a job in Hematologic Oncology—just before receiving her own diagnosis. “Thyroid cancer,” says Trisha. “My head was still spinning from all of the changes that happened so quickly in my life, and then cancer! It was more than ironic, to be offered a job in oncology and receive a cancer diagnosis before orientation is complete. But I knew without a doubt that I was finally where I was supposed to be.”

For 13 years, Trisha worked as a material master planner for GE. After being downsized in 2009, she kept looking for jobs in business – but nursing kept popping into her mind. “It really just wouldn’t go away,” she says, laughing in quiet dismay. A couple of years prior, Trisha spent a lot of time in the hospital with both her husband and her father. “I was really struck by the impact the nurses had on our family,” she says. “I remember thinking what an amazing job it must be, to provide that kind of care and support. I’ve always loved serving people, so when I wasn’t landing any jobs with my business degree, I finally listened to that little voice and started looking into nursing schools. And within a week everything just kind of fell into place.”

Trisha later enrolled in Carolinas College in 2009 and found that the academics fell into place as well. “I was nervous that I wouldn’t be able to do it,” she says. “Science and blood and guts were never my thing! I won’t say it was easy – it’s a tough program – but the teachers were there for us. They were invested in the students and wanted to see us succeed. They cared and they served, and I felt that.”

She graduated with an associate’s degree in nursing in 2012 and was thrilled to be offered a position in her favorite unit at Carolinas Medical Center, Hematologic Oncology. “I really loved working there during nursing school. And when my cancer diagnosis came, I wasn’t sure if I’d be able to keep that job. But they held

it for me throughout my treatments. They stood by me and supported me, just as my teachers had at CCHS.”

Today Trisha is in good health, and the Hematologic Oncology unit is still her home base. “I’m really grateful for my role here, and I’m grateful for my team,” she says. “And I’m grateful to be able to pay that kind of support forward. When I’m with a patient, something as simple as eye contact or the touch of a shoulder or hand – you can literally watch a person soften. Even in the worst of situations, I remind

myself over and over that I am serving this person. And that’s pretty amazing. I’m serving a person instead of just doing a job.”

“[Nursing] is a tough program – but the teachers were there for us. They were invested in the students and wanted to see us succeed. They cared and they served, and I felt that.”



| COMMITMENT: GOING ALL IN |

“I love being in the lab, and I love learning. CCHS is where I first began the work I’m now so committed to. It’s where I first discovered the ‘detective’ in me.”

– Lamiaa Tolba, PA-C

Physician Assistant, Novant Health, CCHS Medical Laboratory Science Alumna

When Lamiaa Tolba speaks about her work, she does so in a way that you can feel her quiet enthusiasm, and even hear her smile. She’s the definition of a lifelong learner, beginning with her time in the Medical Laboratory Science program at Carolinas College. She graduated in 2006 and began working in Carolinas Medical Center’s hematology laboratory. “I loved it so much that I became a resource for all of the other techs, whether troubleshooting a machine, or deciphering a patient’s negative test result to determine the right diagnosis,” says Lamiaa. “Any time one of my teammates discovered an abnormal cell or any kind of red flag, I would take a look and learn as much as I could. It came naturally – I love detective work!” she laughs. “I pay attention to every detail and interrogate my peers trying to learn more!”

After five and a half years in the hematology laboratory, Lamiaa wanted to learn more. She wanted to learn through patient care, so she enrolled in Wingate University’s physician assistant program, graduating with her master’s degree in 2013. She then began a pediatrics fellowship back at Atrium Health. “I love children and wanted to work with them, and I became heavily involved with sickle cell patients,” she says. After her fellowship, Lamiaa returned to the hematology department, but this time as a PA. She worked solely with sickle cell patients in a very targeted, subspecialized approach. “Sickle cell is a childhood disease, but today a lot of these children are reaching adulthood. Most doctors don’t know what to do with them,” she explains. “I worked to standardize care for all sickle cell patients, providing an easy-to-follow care plan for hematologists and primary care physicians. It’s formatted as a PDF with a drop-down menu, making it very simple to individualize a patient’s care.” Patients with sickle cell disease suffer a great deal of pain, and adult patients who seek help often are labeled as drug seekers. “This plan provides physicians with the information they need to feel comfortable prescribing narcotics for pain management.” Lamiaa’s sickle cell expertise also led her to teach in different capacities,



including presentations and lectures throughout Atrium Health, regional conferences at Duke University, and even the national Sickle Cell Disease Association of America (SCDAA) conference. “It was very gratifying to educate others on everything I learned in two and a half years of focus on sickle cell disease. I learned that I not only love learning; I love educating.”

Lamiaa recently took a position with Novant Health to develop a new department for non-malignant hematology. “I’m working with a few others to develop policy and build this department from the ground up. Our focus is on non-cancerous hematological disorders outside of sickle cell disease, like anemia and other clotting and bleeding disorders. The position is still very new to me, but it’s very exciting. I really love it and am learning so much already.”

| TEAMWORK: DEVELOPING SOLID PLAYERS |

“I found my home at CCHS. The day I walked in, I knew this is where I had to be, and I haven’t looked back. I am probably their biggest cheerleader.”

– Rodney P. Duke, MSN, CPN, RN

CCHS Pediatric Nursing Faculty, CCHS Nursing Alumnus

“In my first life, I was a music teacher,” says Rodney P. Duke, MSN, CPN, RN, speaking of the 12 years he spent at Northwest Middle School and Providence Day School, teaching everything from chorus, hand bells and piano to orchestra, advanced band and general music. He also sang 12 seasons with Opera Carolina as a classically trained tenor and performed a few shows with Theatre Charlotte. “I do love music, but I knew it wasn’t the right career for me. It wasn’t my calling. Nursing is my calling.”



Rodney researched every nursing school in the area, but only Carolinas College gave him the “warm fuzzies” he was looking for. He applied, was accepted early admission and even awarded a scholarship for the first year. “Everything just fell into place. This is where I was meant to be.” Nursing school was

second nature to him, with every rotation even better than the last. He knew pretty quickly that pediatrics would become his home, and upon graduating in 1999, he became an Atrium Health teammate at Levine Children’s Hospital. Starting as a nursing assistant in the pediatrics unit and moving up the ranks to registered nurse, clinical supervisor and finally nurse manager, he spent his days and nights providing care for children and their families. “Everyone is all about the children there. It’s wonderful. We understood the importance of family-centered care long before it became an industry focal point. We saw the benefits of 24-hour visiting and allowing family to stay in patient rooms,” says Rodney. “I really love bedside nursing. Providing that level of care is a gift.”

During his role as nurse manager, Rodney hired as many Carolinas College graduates as possible. “I would choose CCHS grads over any other applicants because the program gives them hands-on experience. Saying

they’re prepared is an understatement.” He decided to earn his master’s degree in nursing education; since then, he’s been teaching – first at Cabarrus College of Health Sciences, and now back at his alma mater. “It excites me to take students up to pediatrics and watch their faces. They get up there and realize it’s not a sad place; it’s a happy place. There are sad moments, but we get the opportunity to infuse happiness into those moments.”

Today Rodney is part of a three-person team teaching Child and Adolescent Health to nursing students at Carolinas College. “Our students have a love/hate relationship with the course,” says Rodney, laughing. “They love the experience, but they hate the tests because they’re hard! We make them think like nurses, and they’re not nurses yet, so that’s tough. They have to move out of the student-taking-a-test mode and into the I’m-a-nurse-what-should-I-do mode. We make sure these students will be excellent teammates, wherever they land. The curriculum is tough, but when they start their first job, they’ll be ready for anything.”

Rodney speaks with the warmth and contentedness of a person whose found his sweet spot. “It’s my dream job. CCHS is an amazing team. Really, it’s more of a family.”

Our Story Continues

With every student, the narrative deepens. The story of Carolinas College becomes richer and more colorful. We know that we’ll achieve our vision of being the first and best choice for healthcare education, because our alumni are the living, breathing proof that our school produces healthcare standouts. You’re serving your communities every day, in every shift, across the country and beyond, giving your all to your patients. We thank you for the unwavering commitment you show, and the unparalleled care you provide. And we thank you for loving this school enough to be our greatest advocates.

By Brooke Neal. Brooke is a freelance writer with extensive healthcare industry experience. She works closely with Atrium Health on a regular basis.

LIKE MOTHER, LIKE DAUGHTER

LOUISA & OLIVIA GALLAGHER CHOOSE CCHS NURSING PROGRAMS

“Caring has always been a part of who I am,” says Louisa Gallagher, RN, A-EC. “Nursing is the perfect profession for me.” Louisa has been a nurse for 14 years now, spending the last five as a nurse liaison with Carolinas Rehabilitation. “It’s a wonderful place,” she says. “It offers so much hope. And I get to provide care for some very vulnerable patients.” Louisa speaks with the contentment and self-awareness of a person who knows she’s where she’s supposed to be. This August, Louisa will be part of the inaugural BSN program at Carolinas College of Health Sciences, working to earn a bachelor’s degree in the field she loves. She’s the first person in her family to choose a career in healthcare, yet two of her children are already following in her footsteps: Her daughter, Emma, will be a senior in nursing school at the University of South Carolina, and her younger daughter, Olivia, will join her here at Carolinas College.

“The fact that I get to go to the same school as my mom after all this time is just amazing,” says Olivia, who will start the ADN program in August. “I’m excited to have her as a mentor as I take on the next couple years of school. She is the perfect person to have by my side – both now and later, when I go back for my BSN. I look forward to the bonding we will be doing as we navigate our nursing paths together.”

Olivia chose CCHS after finishing a year in UNC Wilmington’s pre-nursing program – and rethinking that program altogether. “I knew going in that their nursing program was competitive, but with 300+ people applying and only 50 getting in, I became discouraged very quickly,” says Olivia. Her grades were excellent and she’d earned a spot on the dean’s list, but she still wasn’t confident she’d be in the top 50 – and didn’t want to spend four or more years earning a degree that could be earned in two. “I found CCHS and knew it would be the perfect fit for me, with the smaller class

size, hands-on experience, and the opportunity to learn in a trauma hospital – plus my credits will transfer from UNCW, which is huge,” says Olivia. “This school is very competitive, and I am thrilled to find a home here. They’re giving me the chance to make my dream happen.”

Similarly, Louisa has long dreamed of earning her BSN. She began searching for the perfect program, but she is quick to tell you that Carolinas College chose her. “I learned of the new BSN program through an email from my leadership – after I’d already settled on another program,” says Louisa. “But it was clear CCHS was the one for me. I really believe that Atrium Health provides the best care, and I knew that the best place for me to earn my bachelor’s degree was right here at home.”

Louisa’s course load will take place completely online, while Olivia will learn in more traditional classroom and clinical settings. But they will enjoy the unique mother/daughter experience of going through nursing school together. Chasing their dreams together. Elevating care together.

“I think it will be especially meaningful to share this with my daughter,” says Louisa. “Nursing school is a really unique experience that’s really only understood by other nurses. I hope to be able to help her, because I’ll know what she’s going through. And hopefully my experience with the BSN program will help her down the road, too, when she decides to continue her studies.”

“Some of my first memories are of my mom providing care to patients and family members,” says Olivia. “She always said that nurses are there to help improve the quality of life for someone in need, and that has stuck with me for so long. I am thrilled to follow in her footsteps.”

By Brooke Neal, Freelance writer

“My mom has always had this drive to elevate quality of life wherever she could. I remember that as a child, and it’s stuck with me.”

Now she’s earning her bachelor’s degree, and I’m going to nursing school. And we’re doing it together! It’s coming full circle, and I love that.

– Olivia Gallagher, ADN Student

New BSN Program Welcomes Inaugural Cohort

As Carolinas College of Health Sciences prepares to roll out its Bachelor of Science in Nursing (BSN) program this fall, students excitedly await the opportunity to advance their nursing careers. The highly anticipated program will begin with 26 students, all of which are either CCHS alumni or Atrium Health teammates—a clear indicator of confidence in the institution and strong support of the program.

Designed for working professionals, the BSN program will take place entirely online to maximize flexibility and allow students to learn at their own pace; however, students will have full access to the resources and support that Carolinas College is known for. The program's curriculum was designed by a team of CCHS nursing faculty, who thoughtfully evaluated what is required of a practicing nurse today, as well as both industry trends and shortcomings. As a health sciences college, CCHS also will offer the unique benefit of interprofessional learning experiences with students from other programs, providing an opportunity for BSN students to hone professionalism, teamwork and communication skills and, ultimately, enhance patient care.

In recent years, studies have found BSN-prepared nurses have improved quality outcomes in patient care; thus, Atrium Health, along with many other large hospitals, has moved to increase its percentage of baccalaureate-trained nurses. "Offering the BSN degree positions Carolinas College to more fully address the priorities of Atrium Health and the larger healthcare industry," says Carolyn Harmon, DNP, RN-BC, inaugural program chair. "In healthcare education, the end goal is always to improve patient care and optimize the patient experience."

Carolinas College has long been known for training quality nurses. Most of our students successfully complete the nursing program, most pass the licensure exam on the first attempt, most become

teammates within the system, and most of their employers indicate that they would hire another CCHS graduate. Offering the BSN program will continue this Carolinas College tradition of excellence in nursing education. "Quite simply, providing quality healthcare and, more specifically, nursing education, is what we do at Carolinas College," says Lori Bequette, PhD, provost of Carolinas College. "We pride ourselves in

"This program is so accessible," says Carolyn Harmon, DNP, RN-BC, inaugural program chair. "There is no out-of-state tuition, so it's very affordable. The online format makes it convenient, and the fact that students can receive transfer credit for courses and licensure simplifies the transition—particularly for CCHS alumni."

our ability to offer rigorous academic programs that adequately prepare health professionals in a learning environment that is focused on ensuring students can be successful. The BSN program will be no different."

"This program is so accessible," says Dr. Harmon. "There is no out-of-state tuition, so it's very affordable. The online format makes it convenient, and the fact that students can receive transfer credit for courses and licensure simplifies the transition—particularly for CCHS alumni. It's really exciting to be part of the inaugural bachelor's degree program at CCHS, helping Atrium Health meet changing needs and continue to elevate quality care of patients, but also helping nursing students achieve their career goals."

By Brooke Neal, Freelance writer

"I'm pretty good at what I do. But without a bachelor's degree, I can only advance so far. So to open doors, I decided to go back to school at 52. It's a little scary! But I'm excited. I would love to perhaps teach down the road, whether in a clinical or classroom setting. I could possibly even go for my master's if this goes well, in order to open up some teaching options for me. I'm not ready for retirement, but I am ready for something different."

— Dawn Sundblade, RN, Chemotherapy Infusion Nurse, 27 years nursing experience, 16 within the Atrium Health umbrella

The **LEARNING SYMPOSIUM**

Delivering Patient-Centered Care in an Evolving Healthcare Environment

Monday, October 15, 2018
Carolinas College of Health Sciences

Join Carolinas College and our community partners for this inaugural event offering the greater Charlotte healthcare community access to thought leaders and best practices on delivering excellent healthcare. Designed to bring together healthcare practitioners, educators and consumers, The Learning Symposium features a keynote address by Dr. Susan B. Frampton, president of Planetree International and breakout sessions hosted by a select group of local healthcare professionals. Through dialogue and discovery, this solution-based event will explore innovative strategies that can be employed to improve healthcare and the patient experience.

HISTORY: The Learning Symposium is the conception of Elinor Caddell, a 1944 graduate of Charlotte Memorial Hospital School of Nursing (precursor to Carolinas College). Ms. Caddell's career in nursing touched all levels of nursing education in North Carolina, shaped the careers of thousands of nurses and, through them, touched the lives of an untold number of patients. She earned her bachelor's and master's degrees from Duke University and was a faculty member at the Charlotte Memorial Hospital School of Nursing, Duke University and UNC Charlotte, where she helped start the nursing program. The Learning Symposium is inspired by Ms. Caddell's passion for education, her philosophy of caring, compassion and character, and the belief that evidenced-based patient care is the noblest pursuit of the practitioner.

PLANNING COMMITTEE: The Learning Symposium is sponsored by Carolinas College of Health Sciences and coordinated by a planning committee representing the healthcare community and clinical healthcare education.

PLANNING COMMITTEE MEMBERS:

- Elinor Caddell (Honorary Chair)
- Hampton Hopkins, Carolinas College (Chair)
- Eric Anderson, Atrium Health, Graduate Medical Education
- Lori Bequette, Carolinas College
- Dena Evans, UNC Charlotte, School of Nursing
- Peggy Harris, Atrium Health, Diversity and Inclusion
- Ruth Hedgpeth, Central Piedmont Community College, Health and Human Services
- Laura Leach, Atrium Health, AHEC Library
- Ruthie Mihal, Carolinas College
- Tama Morris, Queens University of Charlotte, Blair College of Health
- Rebecca Schmale, Atrium Health, Learning and Organizational Development
- Joann Spaleta, Atrium Health, Charlotte AHEC
- Rhonda Weaver, Cabarrus College of Health Sciences, Medical Imaging

MORE INFORMATION TO COME VIA MAIL OR EMAIL.





Wearing bib number 12552, McCauley was one of nearly 27,000 competitors who started the race.

JAY M. ROBINSON GRAD RUNS BOSTON MARATHON, RETURNS HOME TO FINISH DIFFERENT KIND OF RACE

| BY JOE HABINA Special to the Independent Tribune |

Article reprinted (originally published on May 2, 2018) with permission from the Concord Independent Tribune's editor, Mark Plemmons 704-789-9105. Note this article was written prior to Meaghan's graduation from Carolinas College of Health Sciences on May 4, 2018. Copy has been edited due to space constraints.

CONCORD – Up until two weeks ago, Meaghan McCauley had never endured the type of physical and emotional challenges that running the 122nd Boston Marathon exerted upon her 25-year-old body.

But in a few days, McCauley, a Concord-resident, will complete a different type of endurance test that she feels practically equals the rigors of completing the world's most famous 26.2-mile road race.

On Friday, McCauley is scheduled to graduate from Charlotte's Carolinas College of Health Sciences, wrapping up a two-and-a-half-year marathon-like nursing program that sometimes tested her resolve just as much as running in the Boston Marathon's brutally cold weather conditions did on April 16.

With a degree in exercise science from four years ago already in her hip pocket, McCauley's life-defining accomplishments this spring are just more examples of her perseverance and also testaments to her living a meaningfully healthy lifestyle.

"It was the toughest running conditions I've ever faced in my 13-plus years of running," said McCauley. "And it's definitely made me stronger

physically, mentally, and emotionally, too. There's definitely not going to be any other races that compare to what I did in Boston, weather-wise and distance-wise. But also with life, too, it's nice to persevere.

"Even training for Boston and the time-management I put forth to make it happen," she added, "I ran two marathons (including one in Charlotte) in the course of two years of nursing school. Not very many people can say that."

Hard road to glory

Having graduated from Jay M. Robinson High in 2010, McCauley was a standout long-distance runner who twice qualified for the state cross country championships. She walked on to the cross country team at UNC Wilmington but sustained a serious injury during her freshman year that soured her interest in remaining at the school.

McCauley transferred to Appalachian State prior to her sophomore year, again walking on to the school's cross country and track and field programs. By the time she graduated in 2014, McCauley registered a time in the 10,000 meters that ranks in the school's all-time top 10, placed fifth in the same event at the 2013 Southern Conference Championships, and earned herself scholarship status as a senior.

After graduation, McCauley took a couple years settling into a recreational running routine and finding her way through her career path. Committed to the notion of healthy living and to helping others, McCauley worked a summer at Victory Junction, a camp for special needs youth, and later in the home healthcare field.

Returning to Concord, McCauley became a member of the Charlotte Running Club and landed a job at Carolinas Medical Center as a certified nursing assistant.

Through the Charlotte Running Club, McCauley quickly found a group of like-minded friends that provided support and networking opportunities. She participated in club-led casual runs and competitive events. As she built up her running distance, other members encouraged her to try her first marathon.

“I thought I might as well do my hometown marathon,” said McCauley. “I just wanted to complete it and go from there.”

In November 2016, McCauley was one of 847 runners competing in the Novant Health Charlotte Marathon. She placed 56th overall and was the seventh-fastest female. She realized her time of 3 hours, 22 minutes and 21 seconds was within the Boston Marathon qualifying time of 3:35.

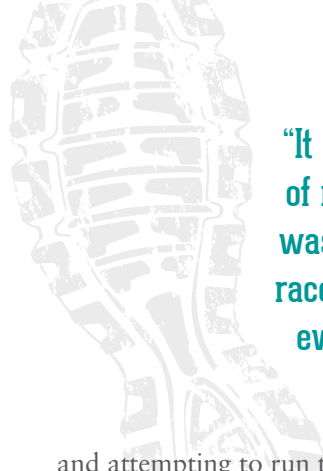
A commitment to excellence

Because of where the event fell into the calendar, McCauley was eligible to apply for entry in to the 2018 Boston Marathon. She submitted her registration shortly after the 2017 event, giving her an entire year to prepare.

By that time, McCauley had already invested a year in the nursing program at Atrium Health’s Carolinas College of Health Sciences. A nursing student’s school schedule can be rigorous and McCauley was still working part time as a CNA. The amount of time she had available to run was continuously shrinking.

Around Thanksgiving last year, McCauley committed to increasing her training for Boston. She ran at least a mile every day through New Year’s Day and beefed up her number of long-distance competitive events.

“I never in a million years would have contemplated training for



“It was exhausting, but I had a huge sense of relief,” said McCauley. “I was surprised I was able to push through. I had never run a race in those conditions. It was incredible to even have the feat of finishing.”

and attempting to run the Boston Marathon had it not been for my friends (in the Charlotte Running Club) that have run with me and helped me get to the point, or my family either,” said McCauley.

Boston Strong

Accompanying her to Boston were her parents, Jim and Christine McCauley, her boyfriend, Brace Bade, of Charlotte, and her cousin, Emma Quinn, of Connecticut. During the race, they spotted her at different points of the course and eventually landed in viewing places close to the finish line.

Wearing bib number 12552, McCauley was one of nearly 27,000 competitors who started the race.

The temperature and precipitation of that Monday morning were not unlike the weather conditions that have dampened the northeast United States all spring. It was cold and wet; rainy with a chilly start time temperature of 44 degrees – the event’s worst conditions in decades.

The McCauleys were able to track Meaghan’s progress throughout the race on a phone app. They were mildly concerned when her 10-mile update did not appear, wondering if she had packed it in.

McCauley was struggling, but she didn’t quit. Near the halfway point, she spotted Brace and Emma in the crowd and suggested to them that she might not make it.

But around the 20-mile mark, McCauley says she was getting

emotionally recharged. Despite her pace slowing, she drew encouragement from the spectators and turned the rest of the race into a series of 1-mile goals.

McCauley crossed the finish line with a time of 3:45:53, placing her in the top half of all finishers. She was the 4,111th female runner to finish. Putting it into perspective, the fastest women’s runner completed the course in 2:39:54.

“It was exhausting, but I had a huge sense of relief,” said McCauley. “I was surprised I was able to push through. I had never run a race in those conditions. It was incredible to even have the feat of finishing.”

Reflecting on her accomplishment less than two weeks later and focused on achieving her next life goal of graduating from nursing school, McCauley easily drew comparisons between the challenges of completing the two marathons. When pressed to select which one was more rigorous, McCauley struggled to compose an answer, being careful not to betray the importance or the impact each has had on her life.

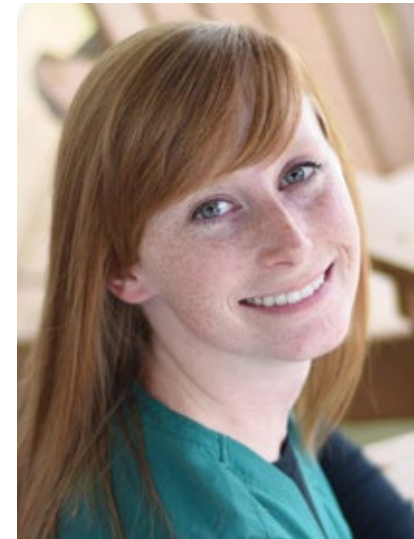
“They are so similar,” she said. “But I would probably have to say that nursing school was harder, just because it was so long. Two years, just intense. A lot of anxiety and a lot of stress.

“But so was the Marathon.”

GRADS *on the go!*

CCHS Alumna Comes Full Circle

Emily Hartleben | Radiation Therapy, Class of 2013



“I researched many programs and liked that CCHS provided training at a variety of facilities. I wanted an opportunity to train in different environments, and this program allowed me to do that.”

Emily Hartleben, a 2013 graduate of the Radiation Therapy program, is the picture of how commitment, determination and a strong work ethic can help shape a healthcare career.

After completing radiography training at the Mayo Clinic in Minnesota, Emily made plans to continue her studies and become a radiation therapist. With 71 JRCERT-accredited programs nationwide, Emily had many options. It was the diversity of Carolinas College’s clinical partners, like Levine Cancer Institute (LCI), that swayed her to choose CCHS. “I researched many programs and liked that CCHS provided training at a variety of facilities. I wanted an opportunity to train in different environments, and this program allowed me to do that,” says Emily.

During her time in the program, Emily proved to be a strong performer both in the classroom and in the clinic. She attributes her success to the support she received during her training. “Everyone was always willing to help me,” she says. “The faculty, the clinical supervisors and the clinical instructors want to see students learn and succeed. That created a positive learning environment for me.”

Emily’s experience and training helped her to secure a full-time therapist position at LCI. True to form, she has continued to excel both academically and professionally. She accepted the additional responsibility of learning updated technologies and providing training for her peers; she has earned a bachelor’s degree from the University of Minnesota, while working full-time; and she’s been named a CCHS facility clinical supervisor by the RTT program faculty. Emily’s path has brought her full circle: She now provides the same learning support for our students that she received while enrolled at CCHS. The Radiation Therapy program is thrilled to have her as a leader and appreciates her willingness to give back. As with all of our graduates, we’re proud to call Emily one of our own and look forward to celebrating her many accomplishments in the future.

2018 DISTINGUISHED ALUMNUS:

Margaret E. "Ginger" Walker



This year's Distinguished Alumnus, Ginger Walker, has been a trailblazer in the fields of radiologic technology and healthcare sales and marketing, leading a diverse and accomplished healthcare career. Graduating from the Charlotte Memorial Hospital and Medical Center School of Radiologic Technology in 1976 (the precursor to Carolinas College of Health Sciences), her career has taken her from coast to coast and back again, serving in a variety of positions across the healthcare spectrum.

Ms. Walker began as a computed technology (CT) technologist at Century City Medical Plaza in Los Angeles, where she quickly climbed the ranks to CT department manager. She returned to North Carolina to continue her career in CT management at Presbyterian Hospital (now Novant Health Presbyterian Medical Center). From there she transitioned away from the clinical side of healthcare, holding various regional and national sales management and marketing positions in diagnostic imaging. She served a list of powerhouse companies over the years, including Picker

International, Alcatel, Philips Healthcare, GE Healthcare and Siemens Healthcare.

Today Ms. Walker is CEO and president of Avanti Medical Technologies, LLC, a company she founded to provide "innovative, proven and quality products and solutions" serving the clinical, operational and economic needs specific to the healthcare industry. She's earned a reputation as a respected leader and expert in her field, valued for her integrity, innovative thinking, clinical and business insights and industry knowledge. Her passion for technology, innovation, teamwork

and accountability reflect the very values we embrace at CCHS.

Throughout her career, she has remained committed to CCHS – where her professional journey began more than 40 years ago. She was elected as the alumni representative to the Carolinas College Board of Directors in 2007 and remains in this role today, committed to supporting quality healthcare education and giving back to her alma mater. We honor Ms. Walker for her accomplishments and thank her for all of the ways she continues to serve Carolinas College!



2018 Distinguished Alumnus Ginger Walker (RT '76) leads the graduation processional at the May 2018 commencement.

2018 OUTSTANDING EDUCATOR:

Cyndie Hobson, BSMT, MLS [ASCP]CM



"She's an outstanding educator, and an even better person. She puts her students first and is here because she loves teaching and creating future professionals."

Cyndie Hobson, BSMT, MLS (ASCP)CM has been recognized numerous times within her profession, and here at Carolinas College she's well known and well liked, earning respect and admiration as a high-impact teacher. This year we celebrate her for two very significant reasons: Her 40th anniversary with Atrium Health, and her receipt of the 2018 Outstanding Educator accolade.

In the classroom, Cyndie strikes the balance of delivering both rigorous content and essential student support – both imperative to her students' success in microbiology. Consistently described as "interactive and engaging," she continuously evaluates the best ways to keep students interested and focused. She's always willing to try something new, working diligently to keep her course content current and integrate new technologies into her teaching. In recent years, she has devoted time and effort to "flipping" her classrooms – an effective strategy to boosting student preparation and active learning.

She has a clear passion for her course, her students and her

profession, which translates to a strong positive influence on learners. She regularly receives high praise from her students; one calls her an "asset to this program and college," and another credits Cyndie and her course with his/her growing long-term interest in the microbiology department. She's an advocate for the program, the profession and the school. "Cyndie has been one of the most influential educators I've encountered at CCHS," says one student. "In no uncertain terms, she teaches what will be expected of us in the profession and in the laboratory. She's an outstanding educator, and an even better person. She puts her students first and is here because she loves teaching and creating the professionals of the future."

Cyndie's microbiology roots go back to UNC-Wilmington, where she earned a bachelor's degree in Medical Technology (currently known as Medical Laboratory Science). Her affiliation with Carolinas College began during her junior year, when she earned a seat in the School of Medical Technology at Charlotte Memorial Hospital, an internship for college-affiliated students to supplement

their degree with 45 credit hours in laboratory science training. Two years after graduating, she was asked to teach in the Medical Technology program of what is now Carolinas College of Health Sciences. She is a champion of our school, known to captain Phone-a-thon events, co-chair homecoming functions and provide leadership for the 75th anniversary for the School of Clinical Laboratory Sciences. To say we are lucky to have her is an understatement!

Outside of the classroom, Cyndie is active in her church, working with youth and holding leadership roles directly serving the Salvation Army Center of Hope for Women. She married her husband in 1994, just four months after meeting him at the NCAA Final Four Basketball championship here in Charlotte. The couple have two daughters, Chandler and Cameron. And as a two-time cancer survivor, Cyndie brings life and energy to everything she does.

Carolinas College is proud to honor Cyndie as the 2018 Outstanding Educator – a distinction she's earned doing what she loves: teaching microbiology to future Medical Laboratory Scientists.

We tried this before and didn't get enough interest – but due to an overwhelming request from alumni to reschedule for the fall, we're trying again!

LET'S TRY THIS AGAIN...

Alumni Day Trip Divine Llama Vineyards

SATURDAY, OCTOBER 27, 2018



Llamas and wine tasting? Why not? Join us for a day trip to the beautiful and unique Divine Llama Vineyards in East Bend, NC! We've arranged for a day that offers a little something for everyone: wine tasting, lunch and choose-your-own-adventure: relaxing and exploring the vineyard and views on your own, or participating in a one-hour guided llama trek.



TRIP INCLUDES:

- » Transportation to and from Divine Llama Vineyards (Shuttle will leave from Carolinas College at 10 a.m.)
- » Lunch and Wine Tasting
- » Optional Llama Trek (additional fee)

MUST REGISTER BY SEPTEMBER 21

Cost: \$50 per person. \$75 per person with Llama Trek.*

To register, contact Ruthie Mihal at 704-609-1542 or Ruthie.Mihal@CarolinasCollege.edu.

Discounted rates made possible by a generous gift from the CCHS and MSON Alumni Associations.

CCHS Happenings

Carolinas College Provider of the Tree Award



David Carl, Executive Director of Spiritual Care and Education at Atrium Health, and President Hampton Hopkins present Toni Rose Mendoza and Susan Thomasson with the Provider of the Tree award.

In partnership with Atrium Health and the Department of Spiritual Care and Education, Carolinas College has created the Provider of the Tree Award to honor a CCHS teammate and CCHS student who have integrated spirituality and compassion into their daily practice. These qualities are inherent to Atrium Health and the Tree of Life, symbolizing our commitment to working holistically with patients, families and teammates. Award recipients will demonstrate self-compassion, compassion towards others and promote a compassionate culture.

The inaugural teammate recipient is Susan Thomasson (MT '76), chair of the Clinical Laboratory Sciences programs. In several peer nominations, Susan was said to “embody the principles of the Tree of Life, consistently demonstrating a gentle, humble, kind spirit.” As a teammate within the system for over 40 years, Susan’s impact has been significant in enhancing integrative and spiritual care throughout the system while inspiring others to pay this forward. One nominee noted that Susan’s work “has helped educate students who, in turn, work to improve health, elevate hope, and advance healing for all.”

The student recipient is Toni Rose Mendoza, an intermediate nursing student. A peer nomination described Toni as “extremely friendly, kind, and just a wonderful person to be around.” In patient interactions, Toni is mindful of her patients’ cultural, spiritual and generational backgrounds – “the kind of classmate, teammate and (future) nurse [anyone] would be fortunate to have and to know.”

Congratulations to both Toni and Susan, the inaugural and well-deserving recipients of the Carolinas College Provider of the Tree Award! Many thanks to those students and teammates who took the time to nominate a peer for this award.

Faculty Accomplishments

Delta Mu Delta Honor Society Induction

Shannon Sloan, radiologic technology faculty member, was initiated into the Delta Mu Delta Honor Society at Gardner-Webb University. Only the top five percent of MBA students were invited to join this prestigious group.

AHEC Scholars Program Curriculum Development

Dr. Theresa Hall, general studies faculty member, will assist in the development of innovative curriculum for the statewide AHEC Scholars program, which serves first-time and underrepresented college students admitted to health science programs in North Carolina. Dr. Hall is one of two faculty members selected from the Charlotte AHEC region.



Shannon Sloan



Dr. Theresa Hall



Betty and Don Andersons' small side porch offers relief from the summer heat. But it's off limits to humans. Baby birds occupy a nest built over the ceiling fan. Betty walks her visitor to the sunroom and points out the four fledglings, fully feathered and mouths wide open.

Don makes a quick remark, and Betty's deep, ringing laughter fills the room. Their easy, comfortable banter reveals Betty's lengthy career at Carolinas College of Health Sciences. The exchange also underscores the lasting, generous contributions they've made to the school's Medical Laboratory Science program.

She began work in the hospital labs in 1968 at Atrium Health. No one had an inkling of the big changes ahead. Carolinas College of Health Sciences was established, and Betty became director of its School of Clinical Laboratory Sciences. She guided the MLS program through its relocation from the labs to its own onsite classrooms at CCHS.

A STORIED CAREER, A LASTING GIFT

"We ended up in a great space! We were in a whole new area to grow," says Betty. And grow they did! Under Betty's guidance they received approval for the addition of the program from SACSCOC (Southern Association of Colleges

and Schools Commission on Colleges), grew the student body, expanded programs, and celebrated year after year as 100 percent of MLS students consistently graduated the program and passed the national exams. When Betty retired in 2010, the Andersons established the Betty Anderson Scholarship. Betty gives Don the credit for coming up with the scholarship idea. "He's the one that did it," she says. Don replies, "It's a way to keep Betty's legacy alive. She crystallized leadership. She brought people together and solved problems." Independently and together, Betty and Don still bring people together and solve problems. This time it's the students' financial hardships that they strive to solve. This is who they are. "The cost of education has become incredibly expensive, so anything you can do to help solve some of that problem, you're better off," says Don.

The scholarship brings financial relief to deserving MLS students. "There are so many students from so many different backgrounds at our school. Money is a big deciding factor and holding us back from what we love and want to do. The scholarships make a difference," says Martha Elder, one of three 2017 Betty Anderson Scholarship recipients. "I thank the Andersons for the opportunities the scholarship gives me. And I'm grateful to Betty for paving the way for our program to flourish."

The Betty Anderson Scholarship goes beyond awarding individual scholarships. "I have very strong feelings that you should join your professional society and keep up with what's happening," says Betty. Each spring, every CCHS MLS student receives scholarship assistance to attend the professional education conference, Carolinas Clinical Connection.

Betty's side porch fledglings will soon fly into the world, and just like her students, they'll thrive. Whenever Betty goes anywhere for medical treatment, she is always on the lookout for CCHS graduates. "Yes, I love to see our students blossom and grow," says Betty.

By Anita Dorrob-Thomas, Freelance Writer and Editor

"I thank the Andersons for the opportunities the scholarship gives me. And I'm grateful to Betty for paving the way for our program to flourish."

— MARTHA ELDER

2017 BETTY ANDERSON
SCHOLARSHIP RECIPIENT

To give a gift to support the CCHS MLS program's Betty Anderson Scholarship, or to learn more about all CCHS scholarships, contact Ruthie Mihal at 704-609-1542 or Ruthie.Mihal@CarolinasCollege.edu.

2019 CCHS ALUMNI TRIP



EXPLORE THE LAND OF FIRE & ICE


Iceland – 6 Days / October 19-24, 2019

Mark your calendars and prepare for the trip of a lifetime! The 2019 Alumni Trip to Iceland will take place October 19 – 24. Discover the sites of Reykjavik's city center before setting off to admire glaciers, geothermal marvels and the ethereal beauty of the aurora borealis.

Iceland develops a completely different appeal during the winter months. Occasional snowfalls make the landscape even more otherworldly, roaring waterfalls freeze into icicles, and the night sky often lights up with one of nature's most staggering phenomena: the northern lights. Participants will enjoy a personalized flight, handpicked hotels, private transportation, an expert tour director, local cuisine with beer or wine, and tremendous sightseeing with local guides.

- To view complete itinerary or reserve your space, visit cchs.grouptoursite.com.
- Or call **Go Ahead Tours at 800-438-7672** using reference group #64860531. For more information, contact Ruthie at 704-609-1542 or Ruthie.Mihal@CarolinasCollege.edu

Go Ahead

 Check out photos from past trips, traveler comments, trip announcements and more on Facebook.

SEEN & HEARD

Springtime at CCHS brings not only warmer temps and flowers, but... graduation, reunions, alumni get-togethers and more!

1. The aptly named and self-proclaimed "Sterile Dozen" – the final graduating class for the CCHS Surgical Technology program
2. Susan Stricker (RT '60) with the 2017/18 Susan Stricker Scholarship recipient, Anna Littlejohn
3. Brenda Stone Estep (NUR '67) with Stone Scholarship recipients (L-R): Solim Tchadre, Gloria Chapman, Brenda Stone Estep and Miranda Mills
4. Alumni Brunch at Brio's Italian Grill
5. Alumni night at BB&T Ballpark



6. CCHS celebrates the retirement of beloved nursing instructor, Lois Cook.
7. Spring Commitment to Caring Ceremony
8. Members of the Class of 1958 celebrating their 60th year reunion. (L-R) Margaret Joyce Harmon, Louise Long Cashion, Jeanette Blount Williams, Alva Goodman Sells, Naomi File Carrick and Jo Ann Fulk Cash
9. This year's "Because of you" donor appreciation breakfast was held at the Duke Mansion on May 23. Keynote speaker Martha Whitecotton, MSN, FACHE, Senior Vice President, Behavioral Health Services, Atrium Health.
10. President Hampton Hopkins volunteers to help MLS students with their blood typing skills (and has some fun while doing so).

ALUMNI PATHWAYS



WE LOVE HEARING FROM OUR ALUMNI!
SHARE NEWS BY CALLING OR EMAILING
Pat.Lewis@CarolinasCollege.edu (704-355-2029)
or Ruthie.Mihal@CarolinasCollege.edu (704-609-1542)
or by sending a message to CarolinasHealthCare.org/
CCHS-Alumni-Contact-Form.

Class of 1967

Rosemary Ferguson (NUR) sold her herb farm in October 2017, retired from UVA in April 2018, and is moving to Sonoma County California.

Class of 1978

Cyndie James Hobson (MLS) and husband Clark celebrated with daughter Chandler as she received her master's in accountancy from the University of South Carolina in May 2018. Chandler is employed with Elliott Davis PLLC in Charlotte. *(Pictured top left)*



Class of 1981

Cynthia Allen Bean (MLS) and husband Steve with grandchildren Asher Bean, Kendall and Molly Kate Tilley. *(Pictured bottom left)*



Class of 1983

Priscilla Albrecht Koernert (MT) is the accreditation coordinator at the Atrium Health MG PE lab.

Kimberly Griffin Yarborough's (MLS) son Hunter, wife Hali and big brother Levi welcomed Knox, born July 10. In addition, Hunter received his master's in higher education from Western Carolina University in May 2018. *(Pictured far right)*



Class of 1990

Melissa Barton Monteith (MLS) welcomed her first granddaughter, Evelyn "Evie," in January 2018.

Class of 2001

Laurie Crookenden (NUR) is working on an MSN in community health at UNC Charlotte.

Class of 2004

Mandy Mead (MLS) is an implementation manager at EBSCO Information Services, as well as access consultant and southeastern regional client trainer at Up to Date in Charlotte, NC.

Class of 2004 (continued)

Heather Winecoff Todd (MLS), manager of laboratory accreditation at the Atrium Health Core Lab, celebrates her daughter, Haidyn's, recognition as an Atrium Health birthday card design winner.

Class of 2005

Will Borders (MLS) is now the head tennis professional at Gaston County Country Club.

Meredith Woody Large (NUR) and husband welcomed their third child, Luke, in March 2018. He joins siblings Emerson (5) and Anna (3). Meredith works as a PRN at Mission Hospital in Asheville in Preop/PACU.

Emmie Patterson (MLS) welcomed son Yorke Fitzgerald in January 2018.

Class of 2007

Tiffany Lawrence (MLS) married Scott Vanerstrom in March 2017.

Joey Pham (MLS) married Ashley Whitt in March 2017, obtained a master's in healthcare administration, and is working in the quality division for Atrium Health as a quality specialist (since April 2016).

Class of 2008

Nicole Ganzala Knost (MLS) and husband Daniel welcomed daughter, Georgia Kathryn, in April 2018.

Jennifer Wainwright Lang (MLS) and husband Patrick welcomed son, Logan Manfred, in March 2016.

Class of 2009

Melissa Dunlap Jackson (MLS) and husband Nick welcomed son, Logan Paul, in September 2017.

Rachel Teeter has moved to Durham, NC and is an MLS at Duke University Hospital Stem Cell Laboratory since June 2017.

Class of 2010

Aimee Thompson Culler (MLS) and husband Michael welcomed daughter, Fallon, in December 2016.

Ellissa Hunt (MLS) is working at Dasher Memorial Urgent Care as a generalist in Southport, NC and is moving to a position with Diagnostica Stago as a technical service specialist in the pacific southwest region.

Lindsey Hrichak Lima (MLS) was promoted to lab manager, 2nd shift, at the CMC Laboratory.

Leah Ostroff (MLS) is now working to start up a laboratory at a new Novant facility in Mint Hill, NC.

Class of 2011

Christina Gutierrez (MLS) and husband Bulermo welcomed daughter, Evelyn Inez, in November 2016.

Brittany Hollingsworth (MLS) works at Guilford County Public Health, received her master's in health services administration from Strayer University in December 2017, and is engaged to be married in August 2018 to Wilten Houston.

Jamie Bernhardt Moore (MLS) was promoted to transfusion services manager at CMC Laboratory.

Tiffany Sterrett Sinodis (MLS) and husband Thomas welcomed twins, Elias Jude and Eloise Mae, in July 2017.

Katie Schreiber Stanton (MLS) moved to Cumberland, MD, in May with husband Alex, who accepted a position as a senior scientist in the rocket propulsion R&D group of Orbital ATK.

Sarah Stonger (MLS) was promoted to supervisor of transfusion services at CMC Laboratory.

Class of 2012

Ashley Jewell (MLS) is an MLS III at Levine Cancer Institute's cell processing lab.

Dadrienne Hinson Johnson (MLS) received a master's in health administration from Pfeiffer University in 2016.

Jennifer Autry McCormick (MLS) and husband Mark welcomed daughter, Molly Alice, in June 2018.

Ali Winter (MLS) is the new phlebotomy coordinator at CCHS as of June 2018.

Class of 2014

Marie Barkley (ST) graduated from PA school in May 2018 and has accepted a space in the CAP PA Fellowship program (Center for Advanced Practice, Physician Assistant fellowship) working in the area of Urology.

Camilo Gracia (MLS) and Jocelyn Alvarado welcomed daughter, Sofia Catalina, in September 2016.

Greyson Hardin (MLS) married Stewart Hege in November 2016. Now employed at Novant Health Forsythe Medical Center in Winston-Salem, NC. She was promoted to laboratory supervisor in June 2018.

Class of 2014 (continued)

Pender Ibach (MLS) is working with Levine Cancer Institute in a new laboratory in Gastonia as of May 2018.

Class of 2015

Funmi Adelwale (MLS) is a flow cytometry operator at Regeneron in Tarrytown, NY.

Bethany Folk-Middlebrook (MLS) moved to Milwaukee, WI for an employment opportunity.

Ashley Harwood (MLS) is engaged to Jay Ponton and works with the VA in Asheville.

Kelly Kershner (MLS) is hiking the Appalachian Trail and is halfway finished as of June 2018.

Georgia Kontos (MLS) is working in transfusion services at Novant Health Forsyth Medical Center. She's also in the master's program at George Washington University for immunohematology and biotechnology.

Laura Larion (MLS) works at Atlanta Children's Hospital laboratory. She backpacked around Asia in January 2018 and took a mission trip to Kenya, Africa in May 2018.

Hillary Page (MLS) works at the Atrium Health Core Laboratory in immunology.

Class of 2016

Elizabeth Wagner Bradford (MLS) is in the master's of health administration program at Queens University. She works at Mecklenburg Medical Group-Museum Laboratory, where she has been promoted to lead technologist.

Griffin Lester (MLS) moved to Milwaukee, WI, for an employment opportunity with Ascension Health.

Class of 2017

Courtney Gover (MLS) married Landon Locklear in May 2017.

Sheila Wallace (RT) is working as an MRI tech at Piedmont Medical Center.

Class of 2018

Brian Dunn (MLS) was selected for the Dr. Richard Earley Award from the AACC. Brian was selected based on his 4.0 GPA in the MLS program, his background in biotechnology and molecular biology, and his "passion for excellence to ensure lab tests are done correctly and on time so patients receive the best care possible." Brian hopes to bridge multidisciplinary gaps between clinical labs, physicians and businesses involved with assay development.

Ivy Gregg (HTL) was awarded the Lyle Baker Memorial Scholarship at North Carolina Society of Histology. This award was presented to Ivy who, in the opinion of the awards committee, embodied the qualities of dedication and devotion to the profession of Histotechnology, and wished to further her histology knowledge through educational offerings.

Sherece Dove (ST) was a recipient of the ARC/STSA 2018 Scholarship and was recently featured on their site.



IN MEMORIAM

Anne Cox, NUR '67
Lorraine Smith Pelletier, NUR '51
Betty Seawell Pinkston, NUR '54
Ramona Morton Purser, NUR '60
Nancy Haas Rhodes, NUR '65
Rayma Lou Kirby Robbins, NUR '51

MARK YOUR CALENDAR

UPCOMING ALUMNI EVENTS



MONDAY, SEPT. 17 – WEDNESDAY, SEPT. 19
2019 Phone-a-thon

See back cover for details

MONDAY, OCTOBER 15

The Learning Symposium

Carolinas College of Health Sciences
1100 Blythe Boulevard

See page 17 for details.

SATURDAY, OCTOBER 27

Alumni Day Trip: Divine Lama Vineyard

See page 24 for details.

SUNDAY, DECEMBER 2

**Alumni Holiday Brunch –
Luciano's Ristorante Italiano**

1910 South Boulevard
Charlotte, NC 28203

Join us for a CCHS & MSON alumni holiday brunch. A private room will be reserved for an informal self-pay brunch. Feel free to bring a guest. RSVP by November 5 to Ruthie Mihal at 704-609-1542 or Ruthie.Mihal@AtriumHealth.org.

FRIDAY, DECEMBER 14

Fall Graduation

3:00 p.m. at Pritchard at South End
117 South Boulevard
Charlotte, NC 28203

All alumni are invited to attend. Please RSVP to Pat Lewis at 704-355-7030 or Pat.Lewis@CarolinasCollege.edu.

SHARE YOUR THOUGHTS

With each issue of our alumni magazine, we aim to include content that's both engaging and relevant to our readers. We welcome your feedback on the magazine as a whole or particular articles – and it could be included in the following edition!

Email Alumni@AtriumHealth.org

Feedback from the Spring 2018 Alumni Magazine



"Just received the spring magazine and read the article about my care for Rev. Billy Graham. I was so pleased at how well the article was written and the honor that it gave to Mr. Graham. Made me very proud once again to be a part of Atrium Health. Thank you."

– Barbara Howie Blankenship (NUR '67)

"Kudos on the spring edition of the Carolinas College of Health Sciences [magazine]. It is beautiful! I've read some of the short articles and [found them] VERY informative. Trust me... I will read it all. It looks wonderful and makes me proud to say I'm part of CCHS!"

– Cheryl Pulliam, institutional research coordinator
Carolinas College of Health Sciences

"Speaking of [the spring college magazine], it is a really gorgeous issue. The level of the publication's professional appearance is very impressive! Great job."

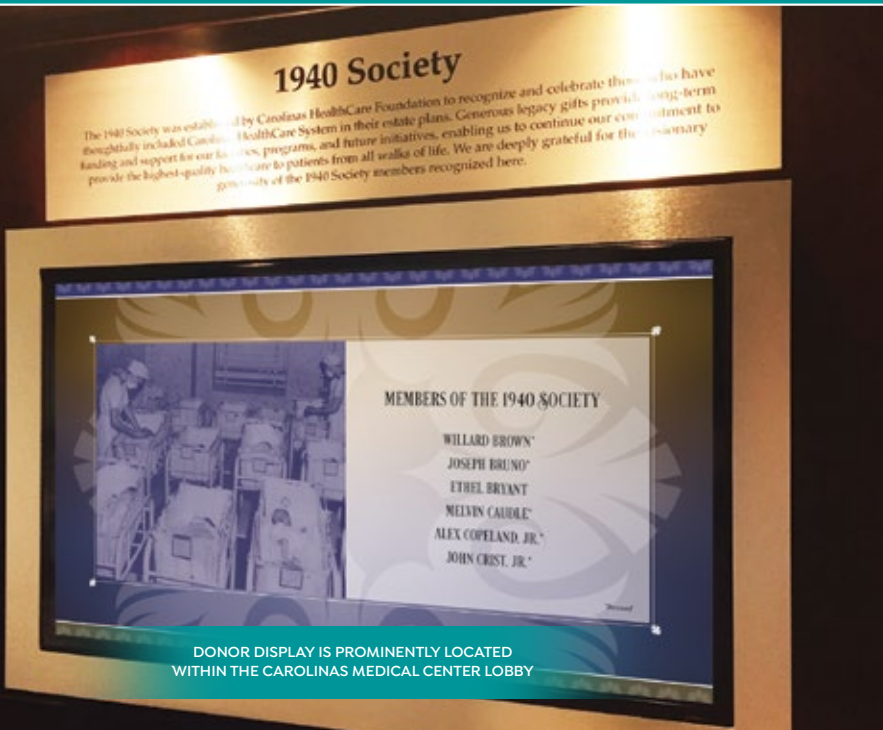
– Ellen Sheppard, EdD, president emeritus
Carolinas College of Health Sciences

SEE YOUR NAME IN LIGHTS...

Join our legacy giving circle – the 1940 Society – founded in 2015 by Atrium Health Foundation.

The Society was established to recognize and celebrate those who have generously and thoughtfully included Atrium Health in their estate plan.

For more information visit:
atriumhealthfoundation.org/
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Lifetime Giving Levels have been established to recognize the generous, cumulative contributions of CCHS donors. These levels are earned through cumulative gifts made to Carolinas College of Health Sciences.

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Ann P. Miller Charitable Trust
Irene Millroy*
Lou and Jackie Pfeiffer

*Deceased

CCHS recognizes, appreciates and honors the generosity of these individuals. If your name is not listed or listed incorrectly, please contact Pat Lewis at 704-355-2029 or Pat.Lewis@CarolinasCollege.edu.

PHOTOFLASHBACK

Stroll down memory lane through photos from CCHS's history dating back to the 1940's.



Med Tech students in the '80s



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Give Back – And Pay it Forward!

Whether it's been months, years, or decades since you attended Carolinas College or Charlotte Memorial Hospital – there's no doubt your training was exceptional! The Annual Fund and Phone-a-thon Campaign supports that tradition of excellence in education. Your tax-deductible gift ensures that CCHS students continue to benefit from scholarships, small classes, superior faculty and a state-of-the-art simulation lab — all things that tuition alone cannot cover.

Please consider investing in our students and in the future of healthcare. The 2018 Phone-a-thon will take place September 17, 18 and 19. Our students are looking forward to calling you; but if you prefer to make a gift now, we will remove your name from the calling list. Gifts can be made online at AtriumHealthFoundation.org/CCHS or by mail:

Mailing address

Carolinus College Advancement Fund, c/o Atrium Health Foundation
PO Box 32861, Charlotte, NC 28232-2861

Alumni gifts DO make a difference at Carolinas College of Health Sciences!