

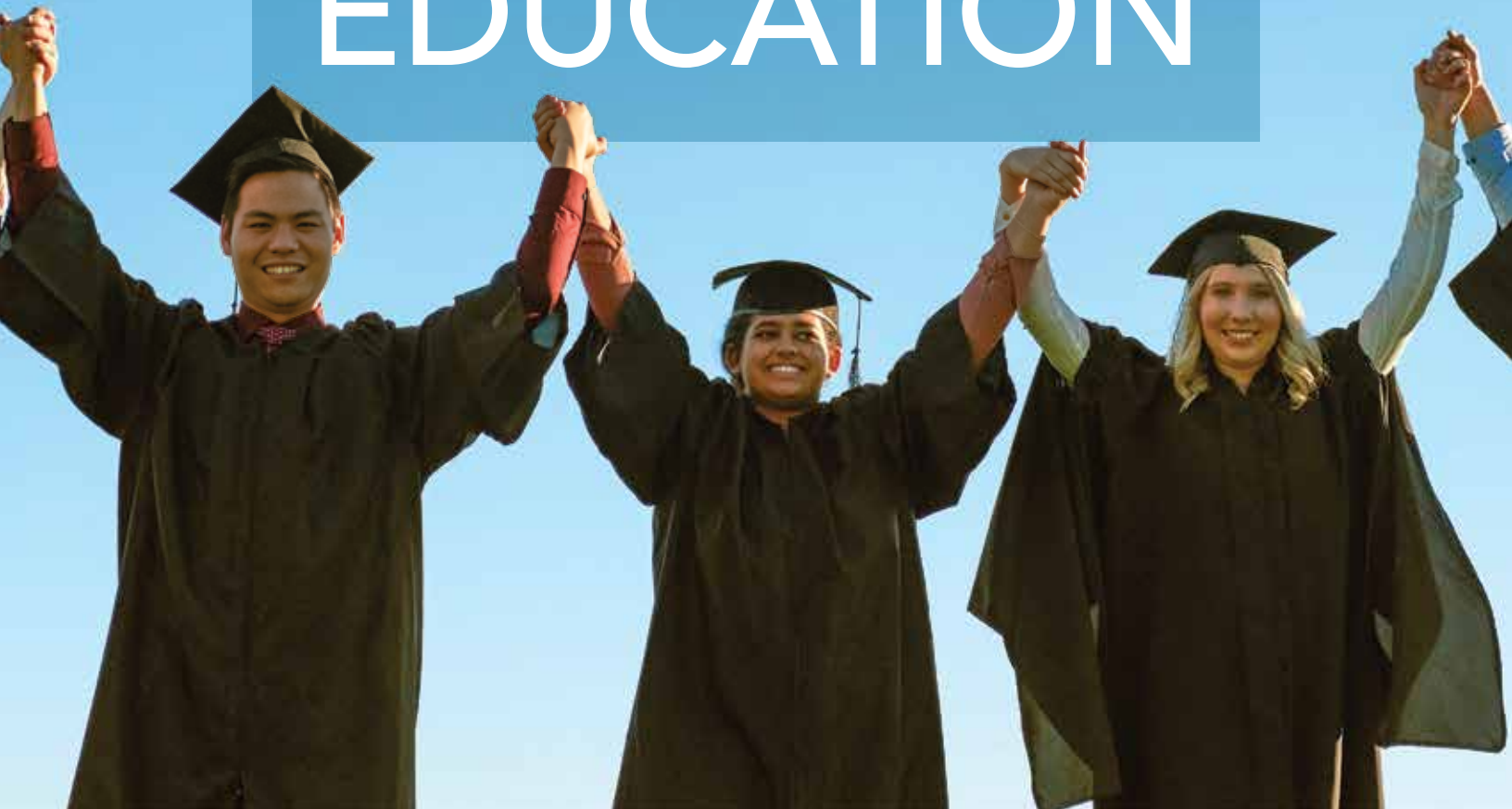
# Carolinas College

— OF HEALTH SCIENCES —

WINTER 2018

THE CHANGING LANDSCAPE OF

# HIGHER EDUCATION



# By & Large

*“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”*

– Malcolm X



There is excitement in thinking about the future. Try it. Take a moment to close your eyes and envision the world 25 and 50 years from now. Where did your imagination take you? What new technologies will we have to help us do our jobs better, help people heal better, or simply make life function more smoothly? Our future is largely unknown, but that should not stop us from planning for it.

In this edition of the magazine, we look at the changing landscape of higher education. Having previously explored *The Evolving Healthcare Environment* (Spring 2018 edition), we now think about what higher education, and specifically Carolinas College of Health Sciences, needs to do to make the future a reality. Two of our program chairs share industry hot topics that examine the future of healthcare education.

Consistent in each magazine, you learn about many other remarkable things happening here through the stories of our students, faculty, graduates and constituents. You will experience one woman’s solo journey hiking the Appalachian Trail. You will meet a student who is becoming a phlebotomist to help her achieve her goal of reducing cardiovascular disease. And, in a wonderful story

about change, you will read about how a student rediscovered her passion for nursing by working with female inmates at the Gaston County Jail.

**In this edition, we look at the changing landscape of higher education. Additionally, you will experience one woman’s solo journey hiking the Appalachian Trail and how a student rediscovered her passion for nursing by working with female inmates at the Gaston County Jail.**

Through all of these stories, I see students and alumni who are prepared to shape their future precisely because of their experiences at Carolinas College. I invite others to share their stories with me.

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

### The Changing Landscape of Higher Ed

What’s the value of a degree? And is it worth the rising costs? Learn about Carolinas College’s concerted efforts to ensure return on investment for our students.

Page 8

## STUDENT SPOTLIGHT

### Finding Passion in Correctional Nursing

RN to BSN student Laura Glass was looking for a change – and found it at Gaston County Jail. Hear why she considers correctional nursing the best kept secret in the field.

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#### ABOUT THE COVER

While change is a constant for higher education, the students of Carolinas College are positioned for success.

Carolinas College of Health Sciences Magazine is a publication of the College, part of Atrium Health.

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# NURSING.SCHOOL.

Work toward your BSN, while you work.

## Bachelor of Science in Nursing

Carolinas College of Health Sciences is launching a new Bachelor of Science in Nursing. Our program is designed to help current nurses maintain a work/life/education balance. In fact, all courses are accessible online. And at CCHS, 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

## NURSING

### ADN Program Celebrates Reaccreditation, Prepares to Evolve Curriculum

► The Associate Degree Nursing (ADN) Program is proud to report that the Board of Commissioners for the Accreditation Commission for Education in Nursing (ACEN) has granted continuing accreditation to the ADN program at Carolinas College of Health Sciences. The next evaluation visit has been scheduled for spring 2026. The Board of Commissioners also identified the following strength: "The program benefits from community partnerships, a strong connection with Carolinas HealthCare System (now Atrium Health), and collaboration with Carolinas Simulation Center." This official recognition is an outstanding achievement that differentiates our program from other nursing programs.

Excellent outcomes are one of the hallmarks of nationally accredited programs. Our graduates continue to have high graduation rates, first-time NCLEX pass rates and job placement rates. In 2017, we had an 86 percent graduation rate, 98 percent first-time pass rate on NCLEX, and a 96 percent job placement rate.

In the spring, we said a bittersweet goodbye to Lois Cook, who retired after 15 years of service as a faculty member at CCHS. Lois will be missed by faculty, staff and students alike. We welcomed Karen Flaherty as clinical faculty for NUR 155 and Annette Fraley (NUR '06) as clinical faculty for NUR 101. This fall, NUR 101 began with 66 new students and five returning students.

In addition to onboarding this new group of students, we are also working hard to revise our ADN curriculum to meet the evolving needs of the healthcare environment and higher education. We are taking a close look at what we teach and how we teach, with some planned revisions focusing on improving our graduates' competency in dosage calculations, their knowledge of concepts related to population health and

diversity and inclusion, and developing opportunities for increased interprofessional collaboration. To improve retention of students, some of the revisions will include restructuring each of our two-semester courses into two seven-week courses. This will allow us to offer the intermediate courses in sequence, and all students will progress through the curriculum together.

For the fourth year in a row, HotSpotting will continue for CCHS nursing students under the mentorship of Dr. Susan Patterson. This year eight students will be able to participate in this national program.

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

## RADIATION THERAPY

### Celebrating 100 Percent Pass Rate

► The Radiation Therapy faculty would like to congratulate the Class of 2018 for their performance on the ARRT national certification exam. All graduates passed on their first attempt, with an average score of 85 percent.

The Radiation Therapy program hosted its annual career discovery event on Friday, November 9. Students and graduates of radiography programs were provided an opportunity to learn more about radiation therapy as a career and to hear experts discuss advances in technology and cancer care.

Dr. Lori Bequette, CCHS college provost, announced that Armstrong Atlantic State University's Alumni recently identified our program chair, Lee Braswell, MPH, as one of the most inspiring and supportive faculty members during the 80-year history of AASU. The Armstrong era recently came to a close as part of a consolidation plan with Georgia Southern University. Lee served as Armstrong's radiation therapy program chair from 2002 – 2011. His name is one of approximately 200 now inscribed on a Wall of Honor to commemorate the history of AASU.

*By Lee Braswell, MPH, RT(R)(T), CMD, Program Chair, Radiation Therapy*



CLINICAL LABORATORY SCIENCES

# CLINICAL LABORATORY SCIENCES PREPARES FOR VALUE-BASED FUTURE

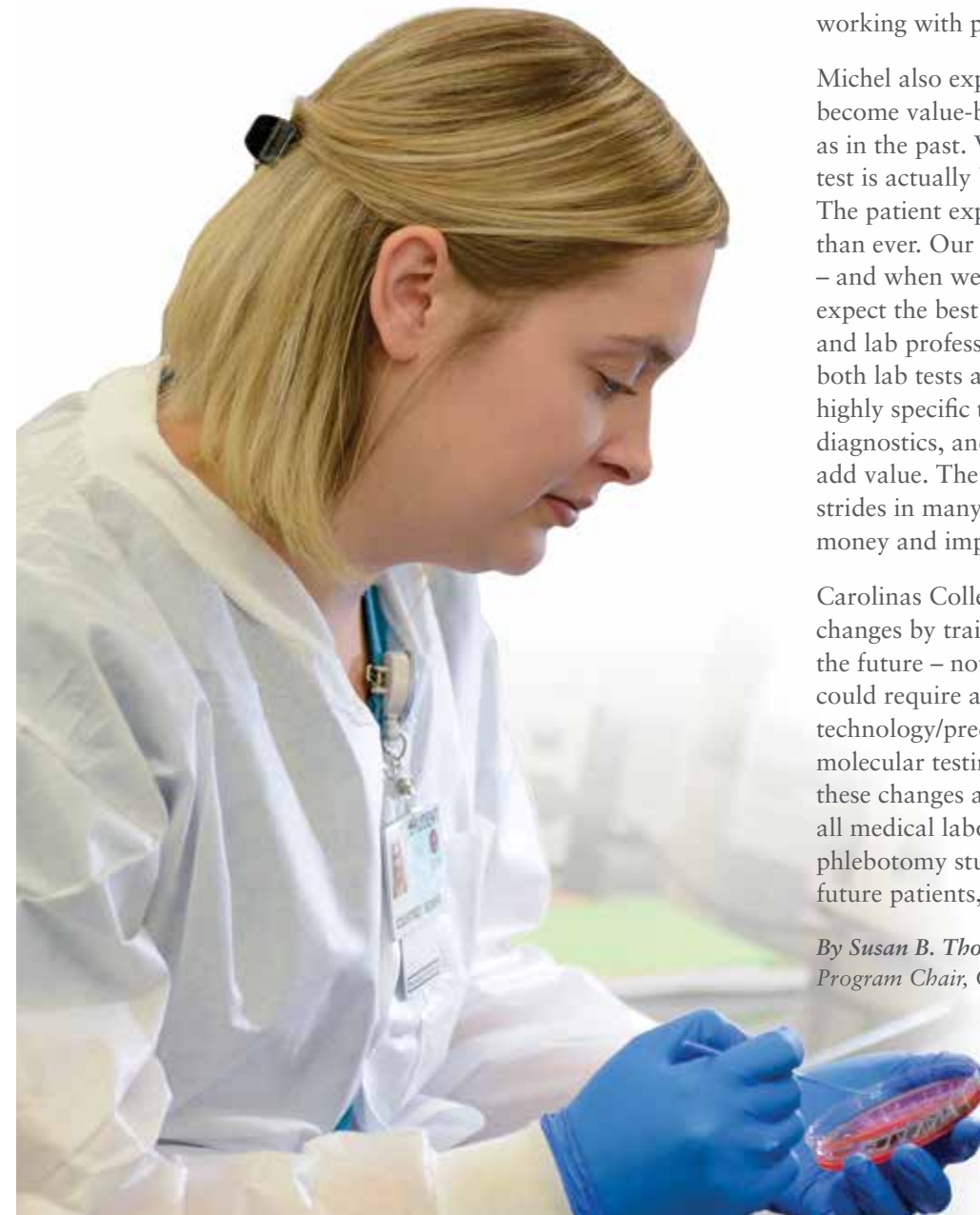
As healthcare moves to a more integrated approach to patient care, the laboratory will see movement in this direction as well. We can expect more consolidation of processes and personnel to offset the rising costs of healthcare. Robert Michel, editor-in-chief of *The Dark Report*, gave a presentation (October 4, 2018) outlining some of the changes the clinical laboratory can expect.

Michel spoke to the potential for lab results and data to help improve patient outcomes. The laboratory has massive amounts of data that can benefit physicians, not only with diagnosis and treatment, but now with patient care management. By collaborating with physicians, nurses and other healthcare professionals, the lab can offer predictive data analysis to potentially decrease the occurrence of chronic conditions through early diagnosis and intervention. (Think tracking A1C results and working with patients before they have diabetes.)

Michel also expects insurance payment for lab testing to become value-based rather than simply a fee for service, as in the past. We will have to demonstrate that a lab test is actually beneficial to the patient's overall care. The patient experience will also be more important than ever. Our patients want excellent service and care – and when we are patients, we want the same. We expect the best! What does that mean for lab operations and lab professionals? Shorter turn-around times for both lab tests and results, more testing bundles, more highly specific tests related to genetics and molecular diagnostics, and eliminating all processes that do not add value. The Lean process is already making great strides in many of our laboratories, saving time and money and improving patient outcomes.

Carolinas College will play a role in these projected changes by training our CLS students for the jobs of the future – not just for jobs as they are now. This could require additional curriculum on information technology/predictive data analysis, genetics and molecular testing and population health. In all, these changes are positive, and they're changes that all medical laboratory science, histotechnology and phlebotomy students will benefit from. And as their future patients, we will benefit as well!

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



BSN NURSING

## RN to BSN Program Officially Kicks Off

Twenty-four students comprise the inaugural cohort of the RN-BSN program at Carolinas College of Health Sciences. Over half of the students are alumni of Carolinas College or Mercy School of Nursing, and the majority are Atrium Health teammates. Their nursing experience ranges from two to 30 years. This flexible online program enables students to meet their educational goals while working full-time. To establish a collaborative online learning community, students will use video introductions to facilitate relationships and interactive modules for content delivery. In addition to weekly multimedia videos and lectures, students are encouraged to regularly post to the Student Café and activity forums to advance competencies in professionalism, critical thinking and career growth.

As faculty for the first course, Transitions to Baccalaureate Nursing, I lead the students as they explore nursing theories and the roles of the baccalaureate-prepared nurse. The second course, focusing on cultural aspects of health and illness, began in October. Led by Dr. Lindsay Munn, students are examining the health practices and beliefs of diverse populations, as well as disparities in their healthcare.

The second cohort of RN-BSN students has begun accepting admissions offers. Dr. Munn and I look forward to leading them through the program as well, beginning January 2019.

*Carolyn S. Harmon, DNP, RN-BC, Program Chair, BSN Nursing*



PROGRAM EVENTS &



# THE CHANGING LANDSCAPE OF HIGHER EDUCATION

*What's the value of a degree?*

*“Most [higher education] commentators exaggerate the pending doom awaiting higher education. But they are not wrong to anticipate enormous change ahead for an industry that, in some segments, still looks fundamentally as it did 100 or more years ago.”*

– Doug Lederman, editor and co-founder, *Inside Higher Ed*

For the United States, higher education is a cornerstone of who we are. It represents opportunity and enterprise. A crucial stepping-stone in pursuit of the “American Dream.” Higher education has long been a jewel in the American crown, with our colleges and universities widely accepted to be the best in the world. Yet these institutions are facing unprecedented challenges and scrutiny – many of which mirror the current plight of healthcare: financial instability, questions of quality and value, and an evolving role played by technology.

Higher education is an industry known to be resistant to change, if not stagnant. According to Doug Lederman, editor and co-founder of *Inside Higher Ed*, most colleges have felt little pressure to change because the status quo has been “working.” After all, there’s still demand from paying students. But, for the last several years, enrollments have been on a decline. State funding is also declining, yet costs are increasing – leading to tuitions that are rising faster than inflation. And the gap between the cost of tuition and what students and their families can actually afford continues to widen. What is the value of a degree? And is it worth the cost?

## Financial Instability

The majority of students – an estimated 45 percent – attend public colleges and universities, typically the more affordable options in higher education. “The average annual price of a public college in the United States is still around \$20,000, including in-state tuition and room and board, and nearly half of Americans start out at a community college, where the price is about half that,” says Lederman. “But, college prices continue to rise unsustainably.”

Higher education is a labor-intensive industry. As much as 75 percent of operating expenditures are in employee costs – specifically instructors and administrators. Couple that with pricey investments in technology and research, and a shortfall is inevitable. Meanwhile, state governments have concluded that subsidizing universities – at least as generously as in the past – is no longer viable. Higher education continues to be one of the biggest parts of most governments’ discretionary budgets, but dollars remain malleable year to year – never “locked up” or guaranteed in any way, leaving students and their families responsible for a growing portion of an ever-rising tuition bill.

Thus, student loan debt is rising. According to *Forbes*, it’s become a “\$1.5 trillion crisis,” now the number-two consumer debt category. It has surpassed both credit cards and car loans, second only to mortgages. In 2015, nearly seven in 10 seniors (68 percent) from public and non-profit colleges graduated with student loan debt. But the option to choose a more affordable path through higher education exists. Institutions like Carolinas College offer an affordable option with a high return on the investment – getting a job following graduation. It’s important that students be aware of these options and consider all factors when making decisions about college.

**Student loan debt has surpassed both credit cards and car loans, second only to mortgages. In 2015, nearly seven in 10 seniors (68 percent) from public and non-profit colleges graduated with student loan debt.**

## Questions of Quality & Value

With the shift of funding from public taxpayers to students and their families, many are now asking the hard questions: What’s the value of a degree? And is it worth the high costs and the burden of student loans?

According to Lederman, this line of questioning is relatively new for higher education. These institutions aren’t used to being held accountable in this way, and they’ve been slow to respond to demands for evidence of quality and performance. “The public often equates quality with prestige, so leaders in higher education – elite and wealthy private and public colleges – haven’t had much incentive to develop metric systems,” says Lederman.

Plus, students’ actual learning is simply difficult to measure. An article in *The Atlantic* cited Joshua Wagner, vice president and executive director of the College Excellence Program at the Aspen Institute, who shared that about 50 percent of college students never graduate, electing to drop out instead. “And studies suggest that even those who earn a degree often lack the critical reading, math, and analytical skills needed to participate thoughtfully in our democracy and fully meet the demands of a rapidly changing workplace,” says Wagner.

There’s a looming debate in higher education about purpose. Is college a place of learning or a means to an end of getting a job? Hampton Hopkins, EdD, president of Carolinas College, suggests the answer is both. “Students need the skills to learn in an evolving workplace environment and a place to practice these skills,” says Hopkins. “Within this context, a hallmark for success will be how well we can align the curriculum at Carolinas College with the evolving needs of Atrium Health and the broader healthcare industry.”

## Evolving Role of Technology & Innovation

The historical higher-education model of “lecture, study, test, repeat” hasn’t changed much over the last few centuries. But the spread of digital technology is disrupting the status quo and transforming the industry, offering enormous potential for improving efficiency, effectiveness and, of course, reach.

*The Atlantic* gained insight from Frederick M. Hess, resident scholar and director of education policy studies at the American Enterprise Institute, who spoke of how innovation and technology are cause for hope. “We have at our disposal powerful tools that we could hardly have imagined a generation ago, including simulators, communications tools, data systems, and software that make it possible to reimagine what teaching and learning should look like.” Today, many tools enable students to learn at a pace that suits them – and even at the time of their choosing. Others make it easier for educators to deliver great lessons and cultivate engaging and supportive learning environments. Plus, technology offers agility that traditional tools simply cannot, with the ability to quickly adjust content and delivery mechanisms to keep lessons current and relevant.



There's no arguing that online degrees, competency-based education, and personalized learning have the potential to serve more students while lowering per-student costs; however, many fear that such efficiency gains will come at the price of quality (at a time when colleges can hardly afford further questioning of quality). Instead, institutions must more fully embrace the digital age to realize success. Lederman says the upside is significant, particularly in the realm of producing better data about how students learn – and arming educators and advisors with this information so that they can more effectively help students reach their goals.

### The Future Remains Bright

With all of the challenges facing higher education, there are still many reasons to celebrate. The “American Dream” is available to anyone willing to work for it. And the next generation of professionals is at the ready. Bernadette Gray-Little, chancellor of the University of Kansas, spoke to *The Atlantic* with hope and excitement. “I am inspired by the enthusiasm and intellectual capacity of our next generation of leaders. [They] are intellectually curious, and they pursue interesting goals. The problems of our society will not be getting any easier during the next 50 years, but I’m glad we will have [these] young people to help try to solve them.”

Though higher education may be rigid and unyielding in many ways, it has also been agile enough to become

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Though higher education may be rigid and unyielding in many ways, it has also been agile enough to become everything to everybody. No matter your hope or dream, there's a postsecondary institution that can help you accomplish it.

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everything to everybody. No matter your hope or dream, there's a postsecondary institution that can help you accomplish it. But just as healthcare has begun the sustainable shift to value-based care, higher education appears to be on a similar track. Government officials, public taxpayers and students alike are asking, “What's the return on investment?”

It's a question that Carolinas College considers everyday. “We're addressing the increasing costs in higher education by ensuring students receive a high-quality education that will lead to employment after graduation,” says Lori Bequette, PhD, provost of Carolinas College. Technology is both embraced and relied upon at Carolinas College, with students practicing clinical skills in state-of-the-art laboratory settings, a modern simulation center, as well as virtual environments. Courses are offered in flexible formats (both within the classroom and online) in order to increase accessibility for working professionals. Current trends in healthcare, such as informatics, diversity and inclusion, community and population health, interprofessional education, and lean tactics and strategies are regularly integrated into program curricula.

Carolinas College's track record speaks for itself. Over 95 percent of students pass their licensure/certification exams on their first attempt – a strong predictor they are well prepared to transition into the workforce. Over 90 percent of graduates are employed within their profession within six months of graduating, and almost 100 percent of recent employers state that they would hire another Carolinas College graduate if provided the opportunity.

“The most expensive education is one that does not end in graduation,” says Bequette. “We hold our students to high academic standards, but we are committed to providing them with the tools and resources to succeed.”

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



# 20 THINGS *you may not know about* Hampton Hopkins

### Family:

Wife, Olivia; son, Sam (22); daughter, Meg (17)

### Favorite place in the world:

The mountains of NC.

### Guilty pleasure:

Ice cream, particularly Ben & Jerry's Chunky Monkey.

### How long can you go without looking at your phone?

About an hour (unless I'm sleeping). I blame it on being a college president.

### Biggest splurge:

Family vacation to Dominican Republic in 2013.

### Favorite meal:

Spaghetti or almost anything Italian.

### Hometown:

Columbia, SC

### Exercise of choice:

Walking and playing basketball.

### Favorite season:

Fall – College Football!

### Would you rather be chased by a swarm of angry bees or a hungry, sleep-deprived toddler?

Bees... because there is a chance I could get away.

### Phone call or text?

Text – I hate talking on the phone.

### Favorite emoji:

I can't tell you because it may not be appropriate.

### Best advice ever given to you:

Even if you don't know what you're doing, act like you do.

### When you were a kid, what did you want to be when you grew up?

An accountant.

### First car:

Baby blue 1979 Monte Carlo.

### First job:

Washing dishes in a nursing home.

### Worst job:

Washing dishes in a nursing home.

### Most trouble you ever got in:

I would tell you, but my witness protection agent has advised against it.

### Your best quality:

Loyalty

### Your worst quality:

Impatience, but I'm recovering.

### BONUS! Favorite thing about CCHS:

The way our faculty and staff care for and support each other and our students. I have seen it happen on so many occasions and for a variety of different reasons. It is what separates us from other higher education institutions.





*“There are a lot of impediments to research. Funding, paperwork and approvals, recruiting participants...and the list goes on. But if we can train people and get them better equipped to run the research, we can go deeper into the work and get it done quicker.”*

– Vanna Sombatsaphay, UNC-Charlotte PhD Candidate



## Phlebotomy Becomes Important Catalyst for PhD Candidate’s Research

For Vanna Sombatsaphay, becoming a certified phlebotomist wasn’t part of the plan. The UNC-Charlotte graduate, who is back at her alma mater to continue her studies in biology, is in the planning stages of her doctoral research. Passionate about improving health of populations, she plans to study exercise and how it can reduce cardiovascular disease risk. But she quickly learned that retrieving blood from her research participants could be a critical roadblock.

“In my department, only one professor is certified to draw blood from humans,” says Vanna. “It’s hard to conduct any type of experiment, especially in the community like I want to do, if only one person can draw blood. So I decided I should get certified myself.”

She chose Carolinas College for several reasons. “CCHS offers an established, accredited phlebotomy

program, which was huge for me,” says Vanna. “It works well with my schedule, the program received great reviews online, and I really liked that they offer clinicals within the hospital system. I’ll get so much more hands-on experience than many other programs offer.”

The 15-week phlebotomy program kicked off in August. At this point, Vanna has completed all coursework. Five to six weeks of clinicals lie ahead, and she’s anxious to get as much experience as possible before the program’s end in November. Once she’s certified, she’ll submit her research application to the Institutional Review Board in order to get approval to work with human subjects. “After that, I can finally head out into the community,” she says. Vanna plans to visit community centers in Spanish-speaking areas to recruit participants. Some may have cardiovascular disease or risk factors; others may not. She’ll introduce a four-month exercise

regimen, following each participant closely. “I think what is most novel about my research is that no one is doing this type of work for underserved populations.”

Vanna’s excited about what she may learn in her research. “Does something change in their blood before or after exercise? Is there some type of value in a person’s blood that makes them a good candidate for exercise to actually reduce cardiovascular risk? It’s exciting. I can’t wait to see what we learn.” She’ll continue to follow each participant for several weeks following the formal regimen, noting whether any change was maintained.

Vanna’s PhD program is slated for completion May 2020. “Becoming a certified phlebotomist is critical to getting my research completed in a timely manner. I’m thrilled.”

By Brooke Neal, Freelance writer

### RADIOLOGIC TECHNOLOGY

## ADOPTING NEW MEASUREMENT STANDARD

Since Wilhelm Conrad Roentgen’s discovery of X-rays in 1895, the use of ionizing radiation has been used to help diagnose and treat medical conditions. Although technology continues to advance, the physics behind ionizing radiation (X-rays) remains the same. Today, our students continue to learn the basics of image formation using X-rays and apply their knowledge through experiments in our energized lab. This hands-on experience is essential to their true understanding of radiation production and image formation.

One area of change within radiologic technology education is in the measurement units of radiation dose. Although the International System of Units (SI) was established in 1960, the United States has continued to use traditional units to measure radiation dose. Radiation exposure is traditionally measured in Roentgen (R), absorbed dose is measured in rad, effective dose is measured in rem, and radioactivity is measured in curie (Ci). But in January 2017, the American Registry of Radiologic Technologists (ARRT) updated the national certification examination to reflect the SI units of measurement for radiation dose. This change prompted our program to transition students from the traditional units to the SI units of radiation dose measurement. The dose limits for traditional units versus SI units is different and requires conversion from one system to the other. Today our students learn to measure exposure in coulombs per kilogram, absorbed dose in gray (Gy), effective dose in Sievert (Sv), and radioactivity in becquerel (Bq).

As a program, we work diligently to ensure our students are receiving the most current information in their education. We anticipate future innovations and continued technology advancements within medical imaging, and we are committed to addressing these changes while maintaining our high-quality education process as we prepare our students for a professional career in healthcare.

By Jodie Huffstetler, M.A.Ed., R.T.(R), Program Chair, Radiologic Technology

Conversions from the SI units to traditional units:

1 Gy	100 rad
1 mGy	100 mrad
1 Sv	100 rem
1 mSv	100 mrem

Updated annual total effective dose equivalent (TEDE) limits (whole body):

Rad Workers	Gen Public
5 rem	0.1 rem
50 mSv	1 mSv



**“It’s easy to burn out and lose sight of the reason you became a nurse in the first place. You have to find that passion again.”**

I’d never even heard of Correctional Nursing. Now I think it’s the best kept secret in the field.

– Laura Glass, RN; RN to BSN Student

## FINDING PASSION IN CORRECTIONAL NURSING

*Laura has become very interested in mental health after dealing with drug addiction and chronic mental illnesses, like schizophrenia and bipolar disorder. Now, she is once again a Carolinas College student, enrolled in the first RN to BSN program. “Advanced-degree nurses are in really high demand in Correctional Nursing. Earning my BSN will position me to potentially earn my nurse practitioner’s degree down the road. I would love to be able to provide a more specialized level of care in this setting.”*

In hopes of reigniting her passion for nursing, Laura traded her everyday hospital setting for the Gaston County Jail in May.

After three years working in various nursing roles and hospital locations, Laura Glass, RN, was nearing burnout. “I was having trouble remembering why I became a nurse in the first place,” says Laura, a 2014 graduate of the Carolinas College nursing program. “I was considering leaving the profession altogether.” Instead, she decided to try a change of scenery. In May, Laura traded her everyday hospital setting for the Gaston County Jail.

Laura works 6 a.m. to 6 p.m. three days a week, as well as every other weekend, providing care for female inmates. The majority of her days are spent dealing with drug addicts – many of whom begin their sentences in the depths of withdrawal. “I was really intimidated at first. It’s unsettling having to interact with and touch convicts. Many are coming off of heroine... They’ll hallucinate and get suicidal. With some patients it’s the opioid crisis, which has gotten so bad. But this is a population that needs care. Drug abuse and addiction is debilitating.”


For many of the inmates, once they’ve sobered up and reached the other side of the withdrawal period, they realize that they don’t want to be part of that lifestyle anymore. “A lot of them show a renewed commitment to their health and wellbeing,” says Laura. “They start keeping up with medications that they’ve previously ignored, and they swear they’ll never touch drugs again. It’s really uplifting. But – it’s easy to stay away from drugs when you’re in jail.” Many of Laura’s patients are released after serving 30-day sentences, only to find their way right back to jail. “I see a lot of the same faces. It feels like a revolving door sometimes – the same patients are in and out and back in again. But that just shows the power of addiction,” says Laura. “I like to think there are some success stories, too. Some girls who get out and I never see them back here again.”

Today, nursing is a career Laura loves again. “I’d never even heard of Correctional Nursing,” says Laura. “Now I think it’s the best kept secret in the field.” She’s able to make many decisions on her own, communicating with a doctor who works remotely. But best of all, she’s providing hands-on care for people in need. “It’s an opportunity to really be a nurse, and to not focus so much on numbers and meeting goals and all the extra stuff that tends to eat up so much of a nurse’s day,” says Laura. “And this is really an underserved population. For me it was a chance to do something different and meaningful.”

Laura has become very interested in mental health after dealing with drug addiction and chronic mental illnesses, like schizophrenia and bipolar disorder. “I see the correlation between drug use and mental illnesses, and in those cases you can’t fix one without fixing the other.” Now, she is once again a Carolinas College student, enrolled in the first RN to BSN program. “Advanced-degree nurses are in really high demand in Correctional Nursing. Earning my BSN will position me to potentially earn my nurse practitioner’s degree down the road. I would love to be able to provide a more specialized level of care in this setting.”

By Brooke Neal, Freelance writer





# Finding Renewal on the Appalachian Trail

**K**elly Kershner, a 2015 graduate of the MLS program at Carolinas College, was working for Mecklenburg Medical Group in their laboratory—until the group decided to close the lab. “I love hands-on lab work. MLS is such a great fit for me,” says Kelly. “But I never took a ‘gap year’ or had any meaningful time off between completing school and starting work. So I decided this would be a great time for a break.”

An avid hiker, Kelly set her sights on the Appalachian Trail (AT): a 2,200-mile hiking trail extending from Springer Mountain in Georgia all the way to Mount Katahdin in Maine. “I just needed a little time off to think,” she says. “So I decided to give it a shot.” Some of Kelly’s friends had hiked the AT before and were able to help her in the planning stages. So on March 19, at the trail’s base in Georgia, Kelly set off alone. And just shy of four months later, on July 16, she finished at the trail’s end in Maine.

The hiking and the solitude did her a world of good. “It was definitely

a positive experience to remove myself from being ‘in the know’ all the time. I didn’t see the news—I was just very removed from the rest of the world, and it was refreshing,” says Kelly. “You don’t always need to know things—you just don’t. And getting rid of that negativity for a while was great.”

The AT runs through and around small towns for much of the way, so she relied on these “pit stops” for food, supplies, and even showers and laundry. When she neared these little oases, she often hitchhiked in from the trailhead. “The hitchhiking was probably my parents’ least favorite part,” she laughs. During these stops she would shower or do laundry at small hostels and community centers, then purchase food to bring back for cooking on her small camp stove (fires aren’t allowed in many places). She generally camped in small shelters that are peppered along the trail every 10 miles or so. Sometimes she would simply hang her hammock for the night. “I was never scared,” says Kelly. “But you’re almost constantly in a state of being slightly uncomfortable,

whether it’s a bug that won’t leave you alone, or just not knowing what’s outside where you’re sleeping. It’s never really fear, but you have to get used to that.”

Kelly’s days were spent mostly in solitude, thinking and hiking. Nights were often spent with other hikers she met who had plans to camp in the same shelter. “It was nice to visit and have conversations with people. I met a lot of really nice folks who were a lot like me, regardless of their age or other life circumstances. We’re all pretty similar at the end of the day.”

After spending a few months at home in North Carolina, Kelly headed west on another adventure. In late September she hiked half of the Tahoe Rim Trail, a 165-mile loop through California and Nevada surrounding Lake Tahoe. Today, she’s focusing on her job search, and she’s zeroing in on opportunities closer to the west coast. “I’m really hoping a travel assignment will work out soon. I love it out there.”

*By Brooke Neal, Freelance writer*



“I was never scared. But you’re almost constantly in a state of being slightly uncomfortable, whether it’s a bug that won’t leave you alone, or just not knowing what’s outside where you’re sleeping. It’s never really fear, but you have to get used to that.”



## Faculty Accomplishments



Lee Braswell



Jodie Huffstetler



Dr. Lindsay Munn



Kelly Shirley



Shannon Sloan

**Lee Braswell**, Radiation Therapy program chair, was identified as one of the most inspiring and supportive faculty members in the 80-year history of Armstrong Atlantic State University. Lee served as Armstrong's Radiation Therapy Program chair from 2002 – 2011. His name, along with those of approximately 200 other faculty and staff, are celebrated on a Wall of Honor plaque to commemorate the history of AASU.

**Jodie Huffstetler**, Radiologic Technology program chair, was invited to join the National Society of Leadership and Success through Walden University, where Jodie is completing her doctoral studies.

**Dr. Lindsay Munn**, nursing faculty member, had an abstract based on her dissertation research accepted

to the Sigma Theta Tau: Creating Health Work Environments 2019 Conference. The title of the presentation will be "Work Environment and Error Reporting by Nurses."

**Kelly Shirley**, medical laboratory science faculty and specialist in blood bank technology education coordinator, has been elected president of the North Carolina Association of Blood Bankers (NCABB) for 2018-19.

**Shannon Sloan**, Radiologic Technology faculty member, graduated with her MBA from Gardner-Webb University on August 4, 2018.

## Atrium Health Pinnacle Award Honorees

Carolinas College is proud to have two Pinnacle nominees, Cyndie Hobson (medical laboratory science faculty member) and Shannon Sloan (radiologic technology faculty member – *pictured above*), and one Pinnacle finalist, Dr. Lori Bequette (provost).

The Atrium Health Pinnacle Award recognizes, rewards and honors the accomplishments of teammates who demonstrate extraordinary attention to our Core Values of Caring, Commitment, Integrity and Teamwork. This award is the highest individual award a teammate may receive.



Cyndie Hobson



Lori Bequette

## 2019 CCHS ALUMNI TRIP



## EXPLORE THE LAND OF FIRE & ICE

*Iceland – 6 Days / October 19-24, 2019*

**M**ark 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](http://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](mailto:Ruthie.Mihal@CarolinasCollege.edu)

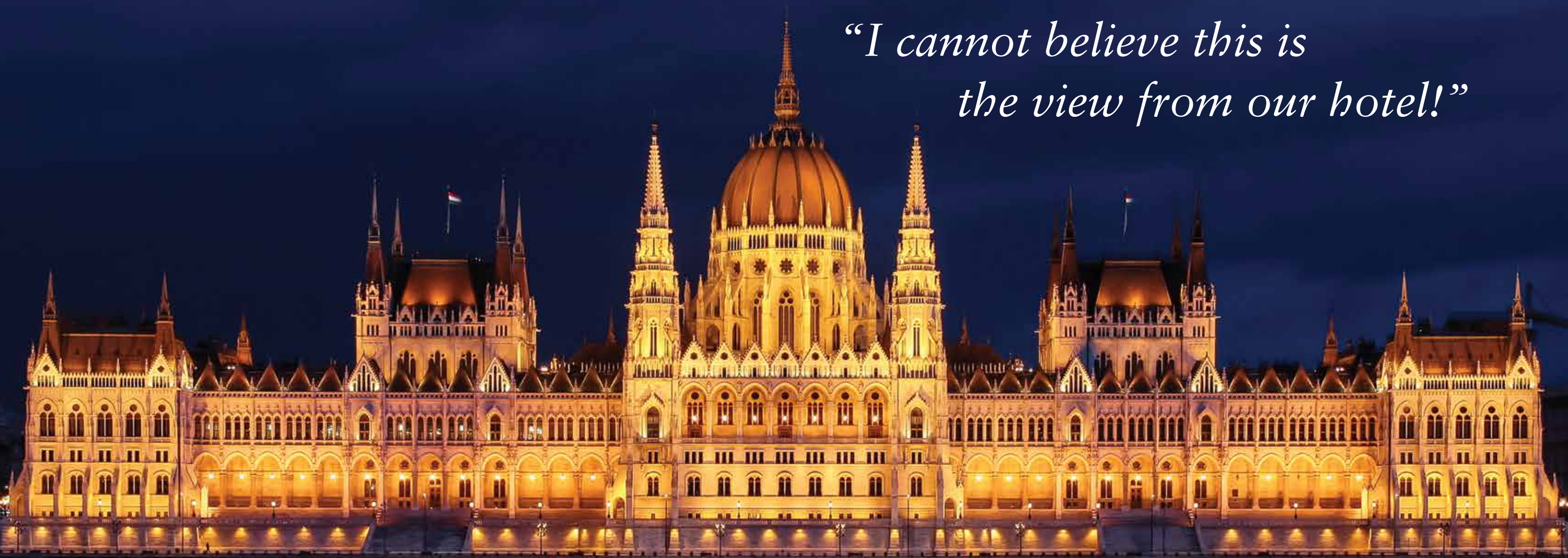
**JUST ANNOUNCED:** Join us for the 2020 trip to Portugal & Spain: Lisbon, Seville & Madrid in April 2020.

**Go Ahead**

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



*“I cannot believe this is  
the view from our hotel!”*



It was the group’s collective thought as we arrived in Budapest, the first stop on the 2018 CCHS Alumni & Friends trip. The hotel was situated across the river from the historic and majestic Budapest Parliament building, the city’s trademark. We spent three nights there, followed by three nights in Vienna and three nights in Prague, making the most of our time in each city. We visited palaces and cathedrals and strolled along cobblestone streets, learning about each city’s culture and history. We floated along the Danube River by day and by night, enjoying local cuisine and trying to imagine life in these cities back in the early 1940s, when World War II was raging. When it was time to head home, we’d made friendships and memories to last a lifetime.



# SEEN & HEARD

Summer and fall are a busy time of year around CCHS. August brings summer graduation for the radiation therapy, clinical laboratory sciences and histotechnology programs. In October, alumni enjoyed a unique opportunity for fellowship and wine tasting at Divine Llama Vineyards. The annual CCHS Scholarship Dinner brings the College's donors and scholarship recipients together for a night of celebration.

1. Elinor Caddell (NUR '44), 2006 Distinguished Alumnus and recipient of the 2018 Beneficentia Award with the 2018 Elinor Caddell Scholarship winner Johnita Gamble.
2. Clinical laboratory sciences faculty and August graduates.
3. Radiation therapy program chair Lee Braswell and August graduates.
4. August graduates of the histotechnology program.



5. Inaugural Learning Symposium, with keynote speaker Dr. Susan Frampton, president of Planetree International.
6. Alumni and friends enjoying the Divine Llama Wine Tasting Tour.
7. Annual Scholarship Dinner.
8. GenHERation Discovery Day event hosted by Atrium Health at Carolinas College and Carolinas Simulation Center.



# 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 AtriumHealth.org/  
CCHS-Alumni-Contact-Form.

## Class of 1949

**E. Kathryn Woodie Fox (NUR)** recently celebrated her 90th birthday this past May. Said husband Larry, "We've been living on Cape Cod for the last 30 years – two adult sons, no grandchildren. We will have been married 67 years come Veterans Day. We met while I was working on the Charlotte News." A very happy belated birthday Mrs. Fox!



time. Elizabeth Parks Fowler will finally retire at the end of July and Alice Cheek Riddle has gone part time. Way to go ladies! (Pictured from left to right are: Cyndie James Hobson, Alice Cheek Riddle, Terry Thompson Bailey and Elizabeth Parks Fowler).

## Class of 2004

**Kelly Cunningham Carlisle (NUR)** and husband Scott welcomed baby number two in October.

**Ingrid Kemp (NUR)** received her MSN from Gonzaga University in May 2018 and passed her psychiatric nurse practitioner certification exam in July. She is working at an outpatient mental health clinic in Phoenix. Said Ingrid, "I think that CCHS was a fabulous college! I was provided an excellent foundation and felt very prepared when I finished!"

## Class of 2007

**Kate Knauff (MLS)** is working as an MT in the lab for Northfield Hospital & Clinics, at their four different clinic locations, in Minnesota since December 2017.

## Class of 2010

**Laura Kosloske Howard (NUR)** was just promoted to a clinical supervisor position at Levine Children's on the pediatric progressive floor where she's worked as a RN since graduating in 2010.

## Class of 2011

**Joe Payne (NUR)** received his MSN from UNC Charlotte (second degree from UNCC!) in August 2018.

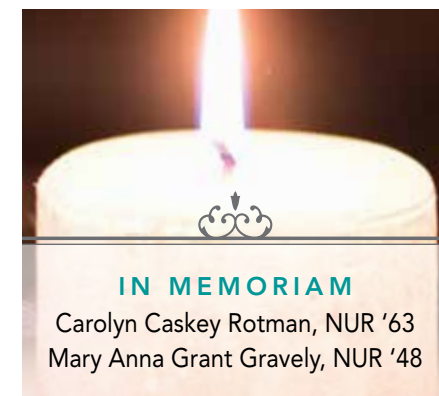
## Class of 2014

**Christi Milledge (NUR)** was recognized as an Atrium Health Notable Nurse for her assistance, along with several other nurses, in saving a man's life while they were both participating in a Charlotte area 8K road race.



## Class of 2015

**Tiffany Beasley (RTT)** married Greg Igbokidi Jr. in August 2018 and moved to Texarkana, TX this September to begin a new job as a radiation therapist with Christus St. Michael Health.



# MARK YOUR CALENDAR

## UPCOMING ALUMNI EVENTS

### FRIDAY, MAY 3

#### Spring Commencement

10:30 a.m. at Central Piedmont Community College  
Halton Theater at Overcash Auditorium  
1206 Elizabeth Avenue  
Charlotte, NC 28204

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

### FRIDAY, MAY 3 - SATURDAY, MAY 4

#### Milestone Decade Reunion Celebrations

Alumni from the classes of 2009, 1999, 1989, 1979, 1969, 1959 and 1944 will be honored during the spring commencement ceremony, as well as with other activities throughout the weekend. More information will be mailed to alumni from those classes.



## 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/  
legacygiving

**1940  
SOCIETY**  
BENEFITING

**Atrium Health  
Foundation**

**1940 Society**  
The 1940 Society was established by Carolinas HealthCare Foundation to recognize and celebrate those who have thoughtfully included Carolinas HealthCare System in their estate plans. Generous legacy gifts provide long-term funding and support for our education programs, and future initiatives, enabling us to continue our commitment to provide the highest-quality healthcare to patients from all walks of life. We are deeply grateful for the generosity of the 1940 Society members recognized here.

### MEMBERS OF THE 1940 SOCIETY

WILLARD BROWN  
JOSEPH BRUNO  
ETHEL BRYANT  
WELBY CAUBLE  
ALEX COPPELAND, JR.  
JOHN CRIST, JR.

DONOR DISPLAY IS PROMINENTLY LOCATED  
WITHIN THE CAROLINAS MEDICAL CENTER LOBBY



## LIFETIME GIVING

*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.*

### PRESIDENT'S CIRCLE – PLATINUM (\$100,000+)

Atrium Health Foundation  
The Cato Corporation  
Wayland H. Cato, Jr. Foundation  
The Duke Endowment  
The James J. and Angelia M. Harris Foundation  
Charles H. Stone Trust

### PRESIDENT'S CIRCLE – GOLD (\$50,000–\$99,999)

Atrium Health Auxiliary  
Sisters of Mercy of North Carolina Foundation, Inc.

### PRESIDENT'S CIRCLE – SILVER (\$25,000–\$49,000)

Betty and Donald Anderson  
Hollandsworth Estate  
Lou and Jackie Pfeiffer

### PRESIDENT'S CIRCLE – BRONZE (\$10,000–\$24,999)

Cornelia Edwards Anderson\*  
Mr. & Mrs. DeWitt Black  
Katherine Harrell Bruce  
Martin Cannon Family Endowment  
CCHS Alumni Association  
James W. Crawford  
Peter S. Gilchrist, Jr. Fund  
Dr. Cecil Givens

### PRESIDENT'S CIRCLE – BRONZE (\$10,000–\$24,999) CONTINUED

Estate of Laura Johnston Guffey  
James & Nancy Day Hill  
Eve B. Hoover, PhD  
Dr. T. Hampton Hopkins  
Kay A. Roderick  
The Servicemaster Company  
Dr. Ellen & Mr. Bob Sheppard  
Susan Poston Stricker  
Vanguard Charitable

### LEGACY CIRCLE (\$5,000–\$9,999)

Charlene M. Brackett\*  
Hazel Tuttle Borders  
Charlotte Area Educational Consortium  
Janet Hunt Clapp  
Alison E. Combs  
Ann A. Doolittle  
George W. Gaffney\*  
Lena Nash Johnston\*  
Craig J. McGregor  
Lorraine Smith Pelletier\*

### 1940 SOCIETY

Betty and Donald Anderson  
Dr. T. Hampton Hopkins  
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.*



Judy Cabiness Perrell (NUR '62) and fellow nurse respond to a call for supplies during the 1972 Eastern Airlines disaster.





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## ANNUAL ALUMNI PHONE-A-THON - THANK YOU!



### We Called – You Answered!

Thanks to you, our generous alumni, the 2018 Phone-a-thon was a success. Despite having to reschedule a few times – this tradition DID finally happen on November 26, 27 and 28. Thank you all for your support!

And if we missed you, you can still make an investment in our students and in the future of healthcare. 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 – things tuition alone cannot cover. Gifts can be made online at [AtriumHealthFoundation.org/CCHS](http://AtriumHealthFoundation.org/CCHS) or by mail:

**Mailing address:**

Carolinan 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!*