



CAROLINAS COLLEGE OF HEALTH SCIENCES

How important it is for us to recognize and celebrate our Heroes and She-roes!
Happy Veteran's Day!

~ Maya Angelou

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CCHS TREATS STUDENTS TO A THANKSGIVING FEAST

The College is pleased to announce the continuation of a treasured CCHS tradition, the annual Thanksgiving luncheon. This year's luncheon will be held on Nov. 23, 11 a.m. to 1:30 p.m. CCHS teammates will serve and bring fabulous desserts to go along with the turkey dinner. The dinner includes all the traditional favorites: turkey, dressing, mashed potatoes and gravy, green beans and rolls. It is a privilege to honor you, our students, in this way. So come hungry!



CCHS Hours of Operation
Mon - Fri, 7:30 a.m. to 4:30 p.m.
Student badge access 24/7.

CCHS Computer Lab Staffed Hours
Mon - Thurs, 7:30 a.m. to 7:30 p.m.
Friday, 7:30 a.m. to 4:30 p.m.
(No after-hours staff on Fridays.)
Saturday, 11 a.m. to 4 p.m.
Sunday - No staff support.
24/7 access with CCHS badge.

Special Hours:
There will be no computer lab coverage on Nov. 26 & 28

CCHS Nursing Skills Lab
Staffed M-F 7:30 a.m. to 4 p.m.

AHEC Library
Medical Education Building (MEB)
Staffed Access to Collection & Services, Mon - Fri, 8 a.m. to 5 p.m.
Badge access to 2nd floor study rooms is 24/7.

Special Hours:
The AHEC Library will close at noon on 11/25 and all day on 11/26 & 11/27.

Finding MEB: Look for the UNC School of Medicine sign; it's across the street from the CMC ED entrance/ambulance bay. Badge readers allow front door & 2nd floor access 24/7.



CCHS ACHIEVES ONE OF THE BEST STUDENT LOAN REPAYMENT RATES IN THE NATION

Annually, the US Department of Education reports all colleges' default rates on federal student loans, that is, the rate at which college students repay their federal loans. The most recent national default rate, released on September 28, 2015, was 11.8%, meaning 88.2% of students in the country made timely repayment. The statewide NC default rate was 11.1%, or an 88.9% repayment rate. Carolinas College borrowers, however, repaid their loans at a rate of 99.4%, or a default rate of 0.6%, placing it in the top 4% of the nation for low default rates. Said college president Dr. Ellen Sheppard, "We're very proud of - but not surprised by - this report. Our students are highly successful - most of them graduate and most work in their chosen career field after graduation. They are students of high integrity who understand the importance of fulfilling their obligations."

Connect with CCHS



STUDENT OF THE MONTH

Beth Sloop is a student you may never see. Why? Because she is in the Histotechnology program and most of her time is spent at CCHS's classroom and lab at CMC-Mercy. Beth graduated from UNC Charlotte with a baccalaureate degree in biology. She also spent several years working with Sign Art which gave her excellent organizational skills and real world work experience. According to instructor Tracy Walling, "Beth is highly intelligent but also extremely articulate and kind. She always understands the material and techniques we are working with on a higher level and is able to clearly and pleasantly relate this her fellow classmates. All of us in the HTL program have benefited from an explanation or thought from Beth. She is a pleasure to work with and will be an excellent histotechnologist." Beth is also the 2015 recipient of the college's *Alumni Association Ellen Sheppard Scholarship*, recognizing academic merit. The image at right shows her making tissue microarrays. Congratulations, Beth!

Do you know a fellow student who is making an outstanding contribution to the community, the college or the healthcare system? Consider nominating him or her as the Student of the Month. This award recognizes a student who exhibits dedication to the core values of the college. The College considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The recipient will receive a certificate, a profile in this newsletter, and a parking space in the V lot. Criteria and applications are available on the information portal in the "Student Resources" section, or send a nomination via e-mail to Hampton.Hopkins@CarolinasCollege.edu.



Beth Sloop

MENTAL HEALTH FIRST AID COMING TO CAROLINAS COLLEGE

Mental Health First Aid is a nationwide initiative aimed at advancing the mental health knowledge and skills of everyone in our society. It has been embraced by our community and by Carolinas HealthCare System, which has committed substantial resources to providing and expanding training opportunities for employees and other community members. These classes are designed to help all of us identify, understand, and respond to an individual experiencing mental illness.

All Carolinas College students who begin programs starting in the spring of 2016 and thereafter will be required to take the 8-hour Mental Health First Aid (MHFA) training. Training sessions take place at the college and elsewhere within the system and in the larger community.

As a demonstration of their commitment to community mental health, Carolinas HealthCare System is absorbing the costs of training and textbooks for our students taking MHFA courses offered through the System. **Students will provide their own lunch.**

Listed below are the four scheduled training dates for December 2015 and January 2016 at Carolinas College. Students can sign up on the Information Portal under *Admissions, Registrar and Graduation Support*.

DATE	TIME	ROOM
12/21/15	8:00 AM – 5:00 PM (one-hour lunch break)	190
Part 1: 1/4/16 Part 2: 1/6/16	(Part 1) 1:00 PM – 5:00 PM (Part 2) 8:00 AM - 12:00 PM	Both days: 219
1/8/16	8:00 AM – 5:00 PM (one-hour lunch break)	190
1/18/16	8:00 AM – 5:00 PM (one-hour lunch break)	219

Additional 2016 trainings are being scheduled at the college. Outside the college, other trainings are available:

- ☞ Some classes offered within the community are listed on the CHS Behavioral Health website: <http://www.carolinashealthcare.org/mental-health-first-aid>. On that page, under *Mental Health First Aid* in the left-hand column, click on "Mental Health First Aid Course - Individual Registration." Classes are open to the public, Carolinas HealthCare System teammates, and all students.
- ☞ Students who are employed by CHS can also search for MHFA classes on PeopleLink:
 - From the Human Resources drop down menu on PeopleConnect, log into PeopleLink.
 - From the PeopleLink home page, click on *Home* in the upper left hand corner.
 - Scroll down and click on *Learning*.
 - Under the section *Find Learning*, type a word about the course you would like to attend (e.g., Mental Health) and hit GO.
 - These classes are open only to Carolinas HealthCare System employees unless otherwise noted.

FREE SHIPPING ON TEXTBOOK ORDERS FOR DECEMBER!

Each semester MBS Books, our online bookstore, provides a free shipping period for textbooks. For spring semester books, the free shipping dates are **December 11** through **13**.

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision-making: service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc. One of the most significant is the monthly President's Open Forum. Attend, and let your voice be heard! Dr. Sheppard will be available **November 23**, 10:30 to 11:15 a.m., room 137. Unable to fit this into your schedule, no problem! Stop by her office (room 110) or send her an email: Ellen.Sheppard@CarolinasCollege.edu. Topics in October included general studies classes, accessibility of student activities, hallway noise near room 240 and Avenue C.

GRADUATION IS JUST AROUND THE CORNER!

Congratulations to all nursing and clinical laboratory science students who will be graduating on **December 18** at 3:30 p.m. The ceremony will be held at Pritchard Memorial Baptist Church at 1117 South Blvd. All are welcome. The awards breakfast will be that morning in the church fellowship hall at 8:30 a.m., followed by rehearsal.

Post-Graduation Medical Insurance - Have you thought about post-college medical insurance requirements? It's now the law that you have medical coverage, and as you leave CCHS your eligibility for student insurance may cease. Good news: Graduation is a life mile marker that triggers a "Special Enrollment Period." A special enrollment period allows a 60-day window for new graduates to sign up for medical coverage in the marketplace, even though it's not a typical open enrollment period.

Graduating students who don't have insurance through a job, a

spouse/partner, or a new educational opportunity have two opportunities:

☞ Find a plan on the marketplace, at www.healthcare.gov.

☞ Stay on your parent's plan if you're 26 or under.

What you cannot do is simply "ride it out," hoping for no accidents or illness. So, unless you're covered by your parents' plan or a spouse's/partner's plan, you need to either have a job that provides coverage, or select a plan from the Marketplace within two months of graduating. For more information, go to the college information portal (Moodle) under the section on graduation.

"COMMITMENT TO CARING CEREMONY" It's the New Capping!



CCHS alumna Virginia Stuart Cloer, NUR 1951, lights a candle at the May 2014 capping ceremony.

After discussion among faculty, students, and administration, the program will now be referred to as the "Commitment to Caring Ceremony." Sponsored by the nursing program and CCHS, all graduating nursing students are invited to participate. The ceremony will be held on **December 17** from 6 to 7:30 p.m. in the Suzanne Freeman Auditorium and will focus on pinning, lighting the Florence Nightingale lamp, and a "Blessing of Hands" by a member of the CHS Spiritual Care and Education department.

Participants may invite a friend, family or faculty member who is a nurse to pin them. To honor that special guest, each graduate is asked to create a video (up to 30-seconds) highlighting how this person encouraged them during their nursing journey. Everyone can then receive a Blessing of Hands.

A light reception will follow the ceremony. The number of guests that a graduate may invite will depend on the number of graduates who participate. Final details will be announced as the ceremony date gets closer. All graduates will be provided an equal number of tickets, which may then be shared or

exchanged. If you have more tickets than you need or not enough, share or exchange extras with classmates.

Pins must be ordered by **November 6** in order to arrive in time. Order info is on the information portal here: <http://online.carolinascollege.edu/mod/resource/view.php?id=20176>. The alumni association pays your first \$10!

The video and RSVP are due to SNA Advisors April Davis or Diahanne Holandez by **December 7**. Please contact class representatives Amanda Graves (Amanda.graves@cchsmail.org) or Julie Martinat (Julie.martinat@cchsmail.org), or SNA advisors April Davis (April.Davis@CarolinasCollege.edu) or Diahanne Holandez (Diahanne.Holandez@CarolinasCollege.edu) with additional questions/concerns.



Blessing of Hands

TEAMMATE ANNOUNCEMENTS



Kathie Park

On October 30, the college said goodbye to Kathie Park, staff assistant with the college since 2013. Kathie transfers to Levine Cancer Institute's Rock Hill office where she'll be closer to home and family, plus she'll learn a new skillset and work closely with patients. This opportunity allows for excellent work-life balance and growth opportunities.

Kathie has been an integral part of the academic affairs team, providing excellent support to both faculty and students. She has been instrumental in planning and scheduling accreditation visits, supporting executive personnel search committees, and orienting new teammates. You'll be missed, Kathie.

WALLET HUB PLACES CCHS IN TOP 2% OF THE NATION FOR VALUE

Wallet hub, a consumer watchdog/rating organization, has compiled the first ranking of "Best Community Colleges" in which cost was considered a factor. Carolinas College ranked #14, placing it in the



Dean of Student Affairs. "Of course we have cost is factored in, and when we're compared have expected us to be marked that highly!"

"This is a great surprise," said Dr. Hampton Hopkins, an outstanding reputation for student success, but when to highly subsidized community colleges, I wouldn't

TEAMMATE SPOTLIGHT—Kristin Olson-Kennedy

After graduating from college with a degree in secondary education (biology and speech/drama), Kristen joined the Peace Corps and was sent to Lesotho, in southern Africa, where she taught general science, biology, and religion. It was there that she met her husband, John, a fellow Peace Corps volunteer. They married and moved to Mozambique, where John had a job with the electric company. While in Mozambique, Kristen taught literacy to street children and former child soldiers, volunteering in informal and formal health clinics assisting with preparing prescriptions, and running daily clinics for street kids. After returning to the states almost seven years later Kristen went back to school and got her bachelor's and master's in nursing. She has worked as a nurse and nurse practitioner in industry and in clinics for homeless women and children; for the health department; and for informal clinics for those in poverty. Kristin decided to combine her degree in education and nursing and teach CNAs and CPR at CCHS, which she's done for the past three years. She continues to teach CPR and she helps coordinate healing touch classes at CCHS. She recently she started her own healing touch business in Mooresville.



Kristin Olson-Kennedy

LAUGH YOUR ABS SORE!!!

WHO NEEDS THE STATE FAIR? CCHS has it's own party going on! On **November 6**, CCHS's Student Government Association is proud to sponsor the "laugh your abs sore" EVENT OF THE YEAR! SGA transforms the auditorium into the popular TV Game Show...Minute to Win It...CCHS-style! The games and fun are **FREE!**

Smell the popcorn in the air, grab a great-tasting dinner and relax in the indoor picnic area. Laugh with friends and family! Play games! Win Prizes! Make Memories!

Recruit a team including peers, family and friends and sign-up in the lobby prior to Friday's games!

BRING YOUR APPETITE! Here for the event - Charlotte's newest food truck... a Carolina Classic...**What-A-Burger #13!** Offering hamburger or hot dog baskets in the \$5 to \$7 price range. Baskets include a sandwich, French fries/onion rings and a medium drink! What-A-Burger makes the best Cherry-Lemon Sundrop and Witchdoctor around! Give 'em a try! You'll love it!!

Alumni, Students, Faculty & Staff!

FRIENDS AND FAMILY GAME NIGHT

Friday, November 6, 6 pm—8:30 pm

Get a team together and

JOIN IN THE FUN!

Questions? Email: Joy.Godwin@CarolinasCollege.edu

EVERYONE

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RATED BY SGA:
GREAT FUN FOR ALL!



Have dinner with Charlotte's
Newest Food Truck!
WHAT-A-BURGER #13
"Carolinas Favorite" since 1969!
(\$5—\$7 price range)

Style!

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session - November 3, 3:30 to 5 p.m. The schedule: 3:30 to 4 = tour; 4 to 5 = info session. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

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

CPR: BCLS Online Skills Check - Part 2. November 4, 11, 18, 25. 1 to 3 p.m. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

Chaplain's Grand Rounds - Mental Illness: Mind, Body and Spirit - November 19, Noon to 1 p.m. Monthly, the Spiritual Care Division invites all CHS learners and teammates to a 1-hour, thought-provoking presentation by a local, regional, or national thought leader. Held in the Suzanne Freeman Auditorium (at top of Loop Road turn right toward loading dock then left into Cannon Research Building), this month's speaker is Chaplain David Johnson, topic is *Understanding the Dynamics of Depression*. Feel free to bring your lunch!

CPR: BCLS for the HealthCare Provider - November 25, 8 a.m. - 1 p.m. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.Dull@carolinashealthcare.org.

Stress Management (Webinar) - November 19, Noon to 1 p.m. Objectives of the webinar include: Define stress and understand your sources of stress; explore the effect of stress on the body; and learn strategies to reduce stress in daily life. Sponsored by CHS Employee Assistance Program (EAP), 720 East Blvd. **FREE** for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register.

Oncology Massage for Persons Experiencing Cancer - November 7 & 8, 8:30 a.m. to 5 p.m. Cost: \$325. CE Credits: 16 hours. This two-day workshop is designed to teach you light touch compassionate massage therapy to use with those experiencing cancer. It is also a great technique for general stress reduction; helpful for anyone! Taught by international instructor, Vickie Torrey, Licensed Massage and Bodywork Therapist.

Healing Touch Level 1 - November 14 & 15, 8:30 a.m. to 6:30 p.m. Student Cost: \$295 (includes class notebook and technique review cards). CE Credits: 18 contact hours. Learn this gentle healing technique to help with stress, tension, pain, and for general relaxation. Great for self-care, patients, family and friends. This is a nationally approved nursing Healing Touch Program continuing education course that is open to anyone (not just nursing) who is interested in learning!

For more information or to register for either Healing Touch or Oncology Massage, please contact Lakisha Bennett at 704-355-2663 or Lakisha.Bennett@carolinascollege.edu.

CCHS SALUTES ALL VETERANS!



Nov. 11 is Veteran's Day. The date commemorates the signing of the Armistice which ended WWI (the 11th hour of the 11th day of the 11th month of 1918). Though not a CCHS holiday, it is an official US holiday honoring armed services veterans – not to be confused with Memorial Day, which honors men and women who died while serving. In your honor, CHS is hosting an invitation-only Veteran's Day breakfast. If you're a veteran and haven't been invited, email Ellen Sheppard at Ellen.Sheppard@CarolinasCollege.edu or Hampton Hopkins at Hampton.Hopkins@CarolinasCollege.edu.

To all the military men and women who have left the security of their families to protect the security of American families; thank you. To those who have served & sacrificed for our freedoms; God Speed. Do not doubt for a moment the value of your service and your sacrifice. Honoring US veteran's is also an intentional 2015 Carolinas HealthCare System initiative!

STUDENT NURSES ASSOCIATION (SNA) UPDATE

CCHS SNA welcomes nursing faculty Dianne Holandez as the new co-advisor! Dianne's energy, expertise, and support is a welcome addition to the organization.



Front row, kneeling L to R: Sarah Caldwell, Christina Holzinger, Brittany VanDerMeid & April Davis (SNA Advisor). Middle row, L to R: Anna Krecker, Brittany Smith, Brittani Montes, Gary Humphries, Abby Malloy, Yu Gao, Dianne Holandez (SNA Advisor). Back row, L to R: Kyle Tilly, Chris Yen, Karen Jenkins, Terri Lynch (Nursing faculty).

A big thank you to members of SNA who helped screen Special Olympics Athletes of the South at the first Medfest held at Charlotte Rehabilitation Hospital. It was a fun day to learn about this incredible population of individuals, and all that goes into supporting this important event. More information will be posted in upcoming newsletters for those interested in volunteering at the Special Olympics event in spring 2016.

Bring your appetite to school on Monday, **November 2**, for the SNA Cafe. Goodies, both healthy and sweet, will be available for a small donation. A raffle for two weeks of spring parking in the V Lot will also be offered.

It's time to nominate a NUR 202 student for the Cynthia Favorite Scholarship! This peer-nominated scholarship (\$250) is given to a graduating student who has shown the true spirit of CCHS by being a role model at school, serving in a leadership

capacity, and within the community. The nomination form is located on the SNA page on the information portal or you can pick one up from April Davis' door, but remember to return them by Friday, **November 6**. The winner will be announced at the graduation awards breakfast.

On Thursday, **November 19**, at 8:00 a.m., the ever-popular nurse manager panel will take place. Nurse managers from CHS will talk about what they look for when searching for new hires. At 11:00 on the same day, a panel for rising 202 students will convene. Successful students from 202 will speak to those in their intermediate courses on what it takes to be successful in the terminal nursing course.

Finally, if you are looking for a way to beef up your nursing resume or be more involved, the SNA is looking for up-beat students to join its Board in January. Multiple positions will be open: President, Vice President, Secretary, Treasurer, Fundraising Chair, Marketing Chair, Membership Chair, and 101 Representative. Board members meet monthly and assist with various SNA activities. Email April Davis (April.Davis@CarolinasCollege.edu) or Dianne Holandez (Dianne.Holandez@CarolinasCollege.edu) if you're interested in this opportunity to serve CCHS and your fellow students.

COMPLIANCE CORNER - Nursing Standards of Appearance

As fall clinical and preceptorship rotations begin it is a good time to review CCHS Nursing Program Standards of Appearance. When in the hospital to make assignments, neat, clean business casual attire with a lab coat and name badge is required. On clinical days, students must adhere to the uniform policy for clinical standards of dress code. The official college approved uniform with the approved teal jacket is the standard. If you work in an area where team members wear regular clothes into the hospital and change into street clothes, you must wear clothes into the hospital that are approved and hospital appropriate and then change into scrubs. Other things to remember:

- ☞ Clean white or black leather shoes or leather athletic style shoes are required with plain white or black socks.
- ☞ Nails must be groomed to no longer than ¼ inch past the fingertip, and only clear or light colored nail polish may be worn. No artificial nails or wraps are permissible.
- ☞ Jewelry is to be conservative and not interfere with clinical duties. The maximum number of earrings is two per ear, and ear piercings are the only piercings allowed.
- ☞ A maximum of three rings is allowed. Medic bracelets are acceptable.
- ☞ Tattoos should be less than 1 inch in diameter, non-offensive, or otherwise completely covered in the clinical area.
- ☞ Makeup should be natural and kept to minimum application.

To review the policy, go to Moodle, Nursing Program and Nursing Program Standards of Appearance.

PHI THETA KAPPA (PTK) UPDATE

Hope everyone enjoyed fall break and returned ready to tackle the second half of the fall semester. A huge thanks to all who volunteered at the Men's Shelter in October. One hundred fifty-three men were served. PTK encourages those who are looking for opportunities to help the community to attend upcoming volunteer events. Thanks to all who supported the blood drive. Final tally: 1 triple platelet donation, 32 participants, 31 pints collected benefitting 93 people; exceeding the goal by 6 pints! The updated fall PTK activity schedule is below. All PTK members and students interested in learning about PTK are encouraged to attend.

Upcoming Events:

November 5: Volunteering at the Men's Shelter. Sign up is located on the PTK page on the information portal.

November 12: PTK Meeting, 8 a.m. in room 161.

Save the Date:

December 12: Christmas Caroling at the Men's Shelter

In addition, PTK will be sponsoring two children this Christmas (1 boy and 1 girl). Stay tuned for more details on how you can help PTK make their Christmas memorable.

New blue PTK t-shirts are available to members for purchase. See Cathey Miller, room 252, to get yours today! Sizes available: S, M, & L = \$10.00 ea.

PTK recognizes and encourages the academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming. For questions please contact President Kathryn Gorham. Members are reminded to regularly visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Cathey Miller and Cathy Borysewicz.

EMERGENCY NOTIFICATION TESTING



CCHS has contracted with a new vendor to provide emergency notifications to students and teammates. As is standard protocol, the College will conduct a test of this communication system on **November 12** at 3 p.m. At this time a blast voicemail message will be sent to the primary and secondary phone numbers of all students and teammates. This test is conducted twice each academic year to ensure that the emergency response system is functioning properly. Once tested, this system is only activated in accordance with the College's Emergency Response Plan and at the discretion of select members of the campus' Emergency Response Team.

When you receive the call, please answer and respond to the appropriate prompts. The system is designed to call several times if it does not receive an answer. For more information regarding the emergency response communication system and other safety information at Carolinas College, please contact Dean Hampton Hopkins in student services.

WOW - THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that with WOW cards, Values In Action recognition and KEAP bonuses. Read the posted WOW cards on the WOW board to see what your classmates and CCHS teammates are being recognized for! The following CCHS Stars were recognized recently:

Students: Michelle Petersen, Nicole Schwind, Nicolas Zamora, Elizabeth Wagner, Caitlin Panter

Teammates: April Davis (2), Doug Frankenburg, Jodie Huffstetler, Claudette Kaveler, Dana Mangum, Karen Miller, Sharran Penny, Janie McCloskey

Values In Action Cathy Holton, Claudette Kaveler (2)

PHOTOS FOR ALL STUDENTS GRADUATING IN 2016

Each year as a gift to graduating students, the College has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy as well as two small individual pictures ideal for your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever. Pictures will be taken in late January 2016. Watch for more details in coming newsletters.



SOMETHING NEW FOR CCHS STUDENTS!

In the spring an exciting general studies elective course is being offered. The course is HEA 109 and will be taught by Jared Smith, program director for general studies. HEA 109, entitled Health and Wellness, is a 3-credit hour course offered online. Course topics will range from eating right to coping with stress and should give students a better understanding of their own current state of wellness, how to make healthier choices in their daily lives, and provide a general overview of essential health dimensions including physical, social, emotional, spiritual, environmental, and intellectual.

In addition, Microbiology BIO 200 will be offered as a hybrid course through the collaborative efforts of Denise Ferguson, general studies faculty, and Jared Smith. The lecture portion of the course will be online and will utilize online homework and adaptive learning study aids which provide real-time feedback to the students. This adaptive learning allows students to get hints on the homework and have immediate feedback. The laboratory will still be taught in the traditional format. Students may also choose to attend optional recitation times throughout the week to meet with a content expert and ask any questions that they may have from doing the online coursework. One of the optional recitation times is scheduled from 3 to 4 p.m. on Wednesdays; other times will be determined based upon student need.

HELP IS HERE - WHEN YOU NEED IT!



Carolinas College contracts with EAP for counseling services, and it's money well spent! The 3-month period July - September, reflected a utilization rate of 10.7%, demonstrating that teammates and students are aware of, and utilize the service. Ten auxiliary services were requested and provided. Of those using EAP during the period, 47.6% reported health-related issues led them to seek help, 19% said it was personal problems, and for 33% it was relationship issues.

STUDENT SUCCESS CENTER: TIPS FOR YOUR SUCCESS

Success Tip of the Month - Are you distracted during tests? Try these strategies:

- ☞ Don't expose yourself to negative energy! To begin your test in a focused frame of mind, separate yourself from fellow testers before the test. Instead, walk around the college, practice your 4-7-8 relaxation breathing, or meditate!
- ☞ If sounds in the room are a problem, wear ear plugs.
- ☞ Sit in the front row near the wall, if possible, to limit the possibility of movement in front of you.
- ☞ Keep your eyes on your test paper or close them to breathe and regroup. Check your watch for the time rather than looking at the wall clock.
- ☞ It is natural to feel somewhat anxious at testing time; however, if test anxiety is a significant problem for you, contact Nancy Watkins or make an appointment with EAP (704-355-5021).

For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Success page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)

Student Employment Opportunities - Interested in part-time/PRN employment? CHS Recruitment Specialist Cliff Chapman will be in the main lobby on **November 2**, 10 a.m. to noon.

To make an appointment with Cliff:

- ☞ Log into the information portal and click on *Student Success Center* under *Student Resources* at the top of the page.
- ☞ Select the *Job Search Resources* tab. When you open that section, the interview sign-up sheet will be your first choice. You may sign for any open 15-minute timeslot.

Contact Cliff at 704.631.0347 or Clifton.Chapman@carolinashealthcare.org. Nancy Watkins is also available here at CCHS to support your job search efforts.

Missed the Continuing Education Fair on October 7? Drop by the Student Success Center, Room 254, to peruse the latest literature from: Cabarrus College of Health Sciences, Chamberlain University, Gardner-Webb University, Grand Canyon University, Lenoir-Rhyne University, NC A&T State University, CMC/ UNCC Nurse Anesthesia Program, CHS/UNCC Acute Care Nurse Practitioner Program, Queens University of Charlotte, Scotland Health Care System, The College Network, UNC Charlotte, UNC Greensboro, UNC Wilmington, Western Carolina University and Winston-Salem State University

Why Do Students Serve as Peer Tutors?

- ☞ Flexibility! Tutors decide how much time they have and determine their availability.
- Review! Keeping past material fresh in your mind makes preparing for board exams less strenuous.
- ☞ Gifts! CCHS rewards Peer tutors with cafeteria passes.
- ☞ Experience! This volunteer leadership opportunity looks great on your resume.
- ☞ Satisfaction! How rewarding to help other students achieve their goals!

Talk with Nancy now about becoming involved in the Peer Tutoring Program!

Interested in Babysitting for CMC physicians? Contact Dianne McClure at Dianne.mcclure@Carolinashealthcare.org or 704-631-1138 to be added to the babysitter referral listing for the CMC Physicians' Concierge Service.

CHS AMBASSADOR OPPORTUNITIES AVAILABLE

Carolinas HealthCare System (CHS) participates in tons of local activities – sometimes to provide assistance, sometimes for visibility. Either way, energetic, outgoing CCHS students can help as ambassadors. Below is a list of events coming up. To participate in any of them, email Devon.Smith@CarolinasHealthCare.org or call 704-667-6509. The only rule: If you sign up, show up; you are representing both CCHS and CHS! (This is different from being a CCHS Student Ambassador. See Rhoda Rillorta in student services for more information about becoming a Student Ambassador.)

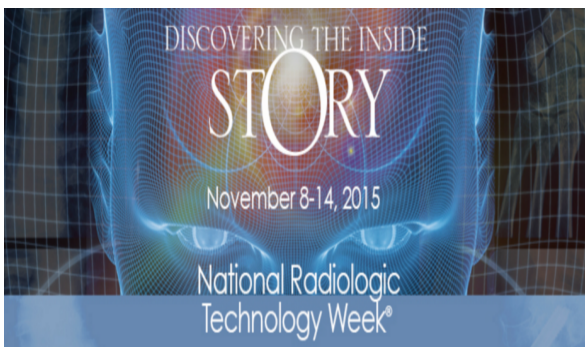
NOVEMBER 3 • 6:00 PM. *CHS Pineville Health Talk:* Matt Minard of Carolinas Rehabilitation will discuss ways to be physically active with family and friends. The discussion will emphasize the importance of eating right and exercising during the holiday season. Ambassadors are needed to set up and greet guests.

NOVEMBER 10 • 5:30 PM. *Sun City Carolina Lakes Health Talk:* Located at the Sun City Carolina Lakes Retirement Community, this monthly health talk series provided by clinicians encourages participants to make the right decisions that lead to a healthier lifestyle. Dr. Charles Briggs will discuss General Cardiovascular Conditions. Ambassadors are needed to set up and greet guests.

PERFECT ACCREDITATION VISIT FOR RADIOLOGIC TECHNOLOGY

During the last week of October the CCHS Rad Tech program was visited by peer reviewers engaged by JR/CERT (*Joint Review Committee on Education in Radiologic Technology*), the accrediting body for imaging programs. For top performing schools the visit occurs every six years. After two days of intense scrutiny, the reviewers left with lots of compliments, observations of strengths, and not a single recommendation for change. Their report will go to the JR/CERT for final approval. Congratulations and thanks are offered to all RT students interviewed and to the faculty and program leadership for the fine work they've been recognized for. How fitting that the visit is following by RT week!

CELEBRATE IMAGING COLLEAGUES NOV 8–14, RADIOLOGIC TECHNOLOGY WEEK



National Radiologic Technology Week is celebrated annually to recognize the vital work of RTs across the nation and takes place each year during the week that includes November 8 to commemorate the discovery of the X-ray by Wilhelm Conrad Roentgen. The week celebrates the important role medical imaging and radiation therapy professionals play in patient care and health care safety. National Radiologic Technology Week 2015 is **November 8 to 14**. Please join the College in honoring the contributions of medical imaging and therapeutic radiology.

CCHS AWARDS \$95,700 IN SCHOLARSHIPS

On October 29 over 40 students received scholarships at the annual Carolinas College Scholarship Reception. Awards were presented to those demonstrating financial need or academic merit as well as a few unique categories such as "a veteran and a pilot," "bilingual," or "child of clergy." In addition to recognizing scholars and donors, the family of Wilma Crawford was recognized for their contributions to the Wilma Crawford Textbook Collection. Representatives from the Carolinas HealthCare Foundation invited donors to join the "1940 Society," and observers from Cabarrus College and from CMC-Northeast were welcomed.



Chris Yen, Nursing Student, and his parents celebrate Chris receiving a Harris Endowment Scholarship.

SCENES FROM HOMECOMING, 2015

Every five years CCHS invites alumni back to campus to reacquaint with classmates and learn all that's new at the college. Events included an evening gala, honors breakfast, and campus tours.



FREE EXERCISE CLASSES FOR CCHS STUDENTS/TEAMMATES AT CHS LIVE WELL!

LOCATION	Day of the Week (all month)	DAY/TIME	FEE	CONTACT
<p>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!</p> <p>All Classes held at CHS LiveWELL Building: 801 East Boulevard</p> <p>From Shomars on East Blvd., head toward South Blvd. Half way there, you'll see the CHS Live Well building on the right just before you get to the Greek Orthodox Church (on the left).</p> <p>CCHS ID badge required.</p> <p>Park at the back of the building and enter the card-coded door with your badge, using your student ID badge. Multipurpose workout areas are visible as soon as you enter. No shower facilities are available.</p>	Mondays Kick Boxing Body Party Fitness	5 to 6 p.m. 6 to 7 p.m.	Free to CCHS students and CHS teammates with badge ID. All classes led by highly qualified, experienced instructors. Exercise flooring is safe, cushioned material. Bring your own water, towels, and yoga mat. Other materials specific to the class are provided (weights, hoops, etc.)	Livewellevents@carolinashealthcare.org or 704.446.1645. Even more motivation: Employment offers at some CHS units require "fitness testing" to assure applicants can bend and lift weights consistent with job expectations. Not sure you can easily lift 50 pounds? Start bending & lifting now to get in shape, at Live Well! ALL IN TO WIN for Total Health prize drawings! CHS teammates receive 1 entry for every 4 classes attended (any location & YWCA Work out Wednesday).
	Tuesdays Total Workout Body Party Fitness	5 to 6 p.m. 6 to 7 p.m.		
	Wednesdays Body Sculpt Yoga	5 to 6 p.m. 6 to 7 p.m.		
	Thursdays Pilates Socacise	5 to 6 p.m. 6 to 7 p.m.		
	Mon & Wed Quick Fit Small group training with Jeremy Sinclair	4:30 to 5:10 p.m. 5:20 to 6 p.m.	For Quick Fit: Only \$50.00 for 4 weeks (8 sessions)	Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645

FROM THE REGISTRAR'S OFFICE...

The Spring 2016 Online Registration Information and Course Listing has been published and was emailed to all students on October 20. It is also located on the information portal under *Student Services/Admissions, Registrar & Graduation Support/Topic 2 (Registrar Information)*.

- ☞ **November 9:** Online registration for Nursing, Radiologic Technology, Radiation Therapy, Surgical Technology and CRIBN students will open at 7 a.m.
- ☞ **November 16:** General studies students (including students tracked in Pre-Nursing and Pre-Radiologic Technology) can begin registering at 7 a.m.
- ☞ Open online registration for all programs and departments continues through the end of the drop-add period.
- ☞ All students need to meet with their academic advisor (individually or in group-advising sessions) in order to register in SONIS for spring classes.

If you encounter any problems with the registration process, see Sue Roux in room 165 or email Sue.Roux@CarolinasCollege.edu or call 704.355.6676.

FINAL EXAM SCHEDULE – FALL 2015

Monday December 7	Monday December 14	Tuesday December 15	Wednesday December 16	Thursday December 17	Friday December 18
SUR 102 9:00 am Room 211	NUR 101 9:00 am Room 190	RAD 210/212 7:30 am Room 240	RAD 110 7:30 am Room 240	BIO 102 1:00 pm Room 219	BIO 101 (Section 02) 10:00 am Room 190
	BIO 100 1:00 pm Room 158	NUR 151 9:00 am Room 157	NUR 154 10:00 am Room 161	MAT 101 3:00 pm Room 161	
	RTT 210 9:00 am Room 211	NUR 152 9:00 am Room 190	BIO 101 (Section 01) 9:00 am Room 190		
	RTT 215 1:00 pm Room 211	NUR 153 9:00 am Room 158	BIO 200 (All Sections) 1:00 pm Room 190		
		NUR 155 9:00 am Room 161	RTT 220 9:00 am Room 218		
			RTT 230 1:00 pm Room 218		

CULTURAL & RELIGIOUS DIVERSITY: Understanding and Respecting Others' Beliefs.

Charlotte's increasing diversity is reflected in the patients we serve. A culturally competent provider knows that religious beliefs can bring comfort to patients dealing with illness, pain and stress. Listed below are some of the current month's days of cultural and spiritual significance.

November 1. *All Saints Day – Christianity [Western churches].* A commemoration of the lives of people, known and unknown, whose holiness and compassion toward others represent the best Christian virtues. In some Christian traditions, the following day is reserved for intercessions for the dead and is known as All Souls' Day. Latino/a people in North and Central America mark these days in connection with celebrations of Día de los Muertos, the Day of the Dead.

November 2. *Coronation of Emperor Haile Selassie I – Rastafari.* Because Rastafarians recognize Haile Selassie (born Ras Tafari Makonnen in 1892; died in 1975) as an incarnation of God and a messiah who will lead the peoples of Africa and the African Diaspora to freedom, peace, and prosperity, his coronation day as Emperor of Ethiopia in 1930 is remembered as a major festival.

November 4. *Qudrat – Bahá'í.* The beginning of the thirteenth month of the Bahá'í year, meaning "power."

November 11. *Diwali (Deepavali) – Hinduism, Jainism, and Sikhism.* The festival of lights and Hinduism's most popular festival. It is dedicated to the Goddess Kali in Bengal and to Lakshmi, the goddess of wealth, in the rest of India. Diwali is also associated with stories of the destruction of evil by the god Vishnu in one of his many forms, as well as with the coronation of Sri Rama. Sweets and gifts are exchanged, and it is a time for cleaning and preparing for the future. This festival is also celebrated by Sikhs and Jains.

November 12. *Birth of the Bahá'u'lláh – Bahá'í.* Anniversary of the birth of the Bahá'u'lláh ("Glory of God"), the founder of the Bahá'í faith, in Tehran, Persia [modern-day Iran], in 1817. Devout followers suspend work on this day; some begin their observance of the day on the previous day's sundown.

November 14. *The Advent (or Nativity) Fast – Christianity (Eastern churches).* The beginning of a forty-day vegetarian fast in preparation for the Feast of the Nativity (Christmas) commences at sundown. For Orthodox Christians who follow the old calendar, this fast begins two weeks later.

November 16. *Jnana Panchami – Jainism.* On this fifth day of the Jain new year, some believers begin a 36-hour fast and offer prayers and rituals in order to seek right knowledge and transcendent wisdom.

November 21. *Presentation of the Blessed Virgin Mary – Christianity (Catholic churches).* Entry of the Mother of God into the Temple – Christianity (Eastern churches). This day commemorates the entrance of the three-year-old Virgin Mary into the temple at Jerusalem to receive an education and begin her life of absolute dedication to God. According to some apocryphal writings, Mary also entered the Temple's Holy of Holies on this occasion, thus becoming the first and only woman ever to enter that sacred space.

November 22. *Christ the King Sunday – Christianity (Western churches).* This feast day commemorates Jesus' teaching that he will return at the end of time to judge humanity. In the Western Christian liturgical year, this is the last Sunday; the following Sunday (i.e., the first Sunday of Advent) marks the beginning of a new year.

November 23. *Qawl – Bahá'í.* The beginning of the fourteenth month of the Bahá'í year, meaning "speech."

November 25. *Gurū Nanak's Birthday – Sikhism.* Sikhs commonly celebrate the birthday of their founder, Gurū Nanak Dev Ji, on the full moon day of Kartik, even though the guru's biographers record his birth on April 15, 1469. A poet and mystic, Guru Nanak wrote 974 hymns that are included in the Sikh scriptures, known as the Gurū Granth Sahib. *Anniversary of the Martyrdom of Gurū Tegh Bahadur Ji – Sikhism.* This day commemorates the martyrdom of the ninth of the Ten Sikh Gurūs (1621-1675 C.E.). He is remembered for defending the Sikh faith, as well as the rights of Hindus and the cause of religious liberty.

November 26. *Thanksgiving Day.* This national holiday was first officially observed after a proclamation by President Abraham Lincoln during the Civil War, in 1863. Establishing the fourth Thursday of November for the observance, Lincoln wrote that "[The blessings enjoyed in this country] are the gracious gifts of the Most High God, who, while dealing with us in anger for our sins, hath nevertheless remembered mercy. It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People." *Day of the Covenant – Bahá'í.* A celebration of the appointment of 'Abdu'l-Bahá, the son of Bahá'u'lláh, as the Center of the Covenant in New York City in 1912. Devout followers begin their remembrance the preceding evening and do not suspend work on this day.

November 28. *Ascension of 'Abdu'l-Bahá – Bahá'í.* The commemoration of the death of the Center of the Covenant in Haifa, Palestine, in 1921. Devout followers begin their remembrance the preceding evening and are allowed to work on this day.

November 29. *First Sunday of Advent (hope) – Christianity (Western churches).* The first of four Sundays leading up to Christmas Day (the name Advent derives from the Latin word for "coming," since Christians believe that Jesus of Nazareth comes as God's anointed). Each Sunday in Advent is associated with a particular virtue: Hope, Peace, Joy, and Love.

Our thanks to the Council of Religious Leaders of Metropolitan Chicago, the Multifaith Action Society of British Columbia (Canada), BBC's Religion Website, Peel Schools District Board (Mississauga, Ontario, Canada), the Arizona State University Provost's Office, the NCCJ of the Piedmont Triad, the Anti-Defamation League, Project Interfaith (Omaha, NE), and www.interfaithcalendar.org.



CCHS STUDENTS FIND UNIQUE OPPORTUNITIES!

In October, CCHS provided its students a number of opportunities to help strengthen the Charlotte community. In one, our students were partnered with CHS Medical Education to assist at Second Harvest Food Bank. Said Alayna Edwards (pictured at the left in the teal t-shirt), a nursing student, "It was great! We got to make an impact on the community... My favorite part was meeting new faces within Carolinas Healthcare System."

HOPKINS, RILLORTA TO SERVE CMS

Dr. Hampton Hopkins, dean of student affairs, and Rhoda-Grace Rillorta, admissions coordinator, have been invited to serve on the advisory committee for the magnet school Hawthorne Academy of Health Sciences. This academy is a magnet high school in the Charlotte-Mecklenburg School System.

YOU ASKED FOR IT...LOANER UMBRELLAS!

At a previous Open Forum, students shared with Dr. Sheppard their wish for a covered walkway or shuttle service between the MMP parking deck & the college. Realizing that wasn't feasible, they then brainstormed for alternate solutions. One root cause of dissatisfaction, it turned out, was that when a surprise rain begins during the school day, students get wet walking to their cars. Even though half the route can be taken indoors, there's no way to avoid some exposure. Dr. Sheppard pondered that then suggested a simple solution: loaner umbrellas. A standard cache of half a dozen white umbrellas is now kept in the umbrella stand in the front entryway for students to borrow. The College's only request is a timely return, so there will be umbrellas for students tomorrow. Thanks, students, for the suggestion and for making CCHS be the best it can be!



IMPORTANT DATES TO REMEMBER IN NOVEMBER (Native American Heritage Month)

Details of each are found elsewhere in this newsletter. Red indicates special opportunities to engage and connect!

Nov. 2	<p>Carolina Panther Spirit Day SNA Café HR Rep on Campus</p>	Nov. 19	<p>SNA Sponsored Nurse Manager Panel EAP Sponsored Webinar - <i>Stress Management</i> Chaplain's Grand Rounds - <i>Understanding the Dynamics of Depression</i></p>
Nov. 3	Admissions Information Session	Nov. 23	Thanksgiving Luncheon
Nov. 4	CPR: BCLS Online Skills Check - Pt. 2	Nov. 25	No Classes - Administrative Office Open
Nov. 5	PTK Volunteers at the Men's Shelter	Nov. 26 & 27	Holiday - College Closed
Nov. 6	SGA Presents: Minute to Win It! Excellence in Nursing Education Day Cynthia Favorite Nominations Deadline	Nov. 25	CPR: BCLS Online Skills Check - Pt. 2
Nov. 7 & 8	Oncology Massage for Persons Experiencing Cancer	Nov. 26 & 28	No Computer Lab Staff Coverage
Nov. 8 to 14	National Radiologic Technology Week	Nov. 25	AHEC Library Closes at Noon
Nov. 9	Online Registration Begins for Nursing, Rad Tech, Radiation Therapy, Surg Tech and CRIBN Students	Nov. 26 & 27	AHEC Library Closed for Thanksgiving Holiday
Nov. 11	CPR: BCLS Online Skills Check - Pt. 2 Veteran's Day		
Nov. 12	PTK General Meeting Emergency Notification Testing		
Nov. 14 & 15	Healing Touch L1		
Nov. 16	Online Registration Begins for General Studies Students including Pre-Nursing and Pre-Rad Tech		
Nov. 18	CPR: BCLS Online Skills Check - Pt. 2		

