

CAROLINAS COLLEGE OF HEALTH SCIENCES

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.

- Rev. Dr. Martin Luther King, Jr.

Labor Day is September 7. The college will be closed in celebration of the American labor movement and the social and economic achievements of US workers.

Topics of Special Interestare on page....	
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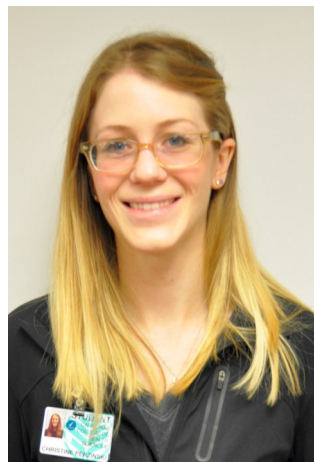
NATIONAL SURGICAL TECHNOLOGY WEEK

September 20 - 26 is National Surgical Technology Week. CCHS Surgical Technology students will provide a mock setup in the lobby on Tuesday, **September 22**. Everyone's invited! Please stop by from 1:30 to 3 p.m. to get "hands-on" experience with the surgical instruments and supplies used in today's operating rooms. Happy Surgical Technology Week to students, and kudos to the preceptors and staff for providing an excellent education! The CCHS School of Surgical Technology offers three curriculum options: an 18-month AAS degree, a 1-year diploma, or a variable length diploma-to-degree bridge.



Surgical Technology instructor Gardenia Davis and students at the simulated OR at CMC Mercy.

STUDENT OF THE MONTH



Christine Perzinski

Christine has served as the acting president of the Student Nurses Association (SNA) since January 2015. She has demonstrated her excellent ability to lead and manage overall SNA functions. This summer she assisted with organizing members of SNA to serve in capacities within the community. Most recently she organized and assisted with the NUR 101 luncheon and mentorship during orientation while also offering her mentorship to new pre-nursing students as well. According to April Davis, faculty advisor to SNA, "Christine has the organization of SNA functions down to a science; I don't even have to worry that the job is getting done. She is very committed to the success of SNA, the board, and fellow students' success." Prior to attending Carolinas College, Christine earned a bachelor of arts degree from Davidson College. Christine accomplishes her leadership role with integrity, teamwork, and much caring. All of the above is accomplished as she maintains excellent academic standing within her nursing courses. Congratulations, Christine, on being the September Student of the Month.

Do you know a fellow student who is making an outstanding contribution to the community, including the college and the healthcare system? If so, consider nominating him or her to be the Student of the Month. This award recognizes a student each month who exhibits a dedication to the core values of the college. The College considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The monthly recipient will receive a certificate worthy of framing, 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, Dean of Student Affairs (hampton.hopkins@CarolinanCollege.edu).

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

The College is closed Sept. 7 for Labor Day.

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

CCHS Computer Lab Access Hours
24/7 access with CCHS badge.
Please badge in & out.

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

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

The AHEC Library will be closed Sept. 7

Finding MEB: It has the UNC School of Medicine sign and is across the street from the CMC ED entrance/ambulance bay. Front door & 2nd floor badge readers give 24/7 access.

Connect with CCHS



OPEN FORUM & LUNCH WITH PRESIDENT SHEPPARD

Open Forum: Students have many opportunities for input into college decision making. One is President's Open Forum, next scheduled for **September 3**, 2 to 2:45 p.m., room 137. Unable to attend? Email instead: Ellen.Sheppard@CarolinasCollege.edu.

September 10 at noon: Lunch with Dr. Sheppard. In addition to monthly open forums, our chief college executive also sponsors a quarterly "Lunch with the President." Limited to the first five students who respond, this provides YOU (& four others) the chance to enjoy an informal light lunch (compliments of CCHS), to meet up to four fellow students, and to share with Ellen your observations, suggestions, complaints, or what delights you about CCHS! Reserve your space: Pat.Lewis@CarolinasCollege.edu, and specify dietary restrictions.

FINANCIAL AID REFUNDS FOR FALL 2015 CHS LOAN PROMISSORY NOTES

Fall 2015 financial aid refund checks will be available in the business office at 10 a.m. on Thursday, **September 10**. Refunds will be issued to students who have a complete file and for whom CCHS has received all funding. Have your student ID badge with you to pick-up your check. The fall 2015 promissory notes for the CHS Loan will also be available at this time for students participating in that program.

STUDENT INSURANCE

Carolinas College has made a change in the insurance plan available for students. The new basic indemnity plan is called The Student Security Plan and is offered by the Transamerica Life Insurance Company through the services of E. J. Smith & Associates. Log on to their website (www.ejsmith.com) for additional information and a variety of plans to meet your insurance needs.

STUDENT AMBASSADORS ROCK NEW STUDENT ORIENTATION!

A very warm CCHS welcome to our nearly 200 new students! Your choice to attend Carolinas College was made thoughtfully; you won't be sorry! And now that everyone has settled in, the admissions department wants to thank the amazing Student Ambassadors (who came back a week early) for their invaluable help with new student orientation. It takes a lot to get everything together and their assistance is much appreciated. If you are interested in joining the Student Ambassadors, please contact Rhoda Rillorta, Admissions Coordinator/Student Ambassador Advisor, room 168, or email her at Rhoda.Rillorta@CarolinasCollege.edu. You should have received a survey sent to your CCHS email requesting feedback on the orientation process. Please complete it by **September 4**. Your input improves the process for future classes.



L to R: Student Ambassadors Nicole Gaiter (ST) and Kelsey Leggett (ST) are all smiles at orientation.



Student Ambassadors welcome new students to the college.



Student Ambassadors. Back row: Amy Delmas. Middle Row, L to R: Courtney Cole, Megan Mullis, Amy Decoste, Hannah Shelton, Olivia Myers, Natasha DeMaio, Jazmin Herмосillo Aguilar, Yancy Guzman, Rhoda Rillorta, SA Advisor. Bottom Row, L to R: Ashley Amirghanian, Teresa Greene, and Chris Yen.



New nursing students were treated to lunch by the CCHS Student Nurses Association.

WE THE PEOPLE



Constitution Day commemorates the formation and signing of the U.S. Constitution by 39 brave men on September 17, 1787, recognizing all who, by birth in the U.S. or by naturalization, are citizens. This year, Constitution Day is celebrated on **September 17**. In honor of this historic event, Carolinas College has created a special page on the information portal commemorating Constitution Day. Please take a moment to visit this page.

As part of their constitutional responsibility, every citizen should vote. The leaders you elect make decisions that affect you, your job, your healthcare, your energy costs, your security, and more. Get registered. Get informed. Get out and vote on November 3, 2015. The deadline to register to vote in North Carolina is **October 9**; and in South Carolina it is **October 3**. For voter registration information, visit the web sites below:

Mecklenburg County: <http://www.meckboe.org/>
State of North Carolina: <http://www.sboe.state.nc.us/>
State of South Carolina: <http://www.state.sc.us/scsec/>

NEWS FLASH: The Computer Lab has new head-phones!

PEDESTRIAN SAFETY

Carolinas Medical Center (CMC) is a busy place with lots of vehicle traffic. Walking to and from the "T" Deck and the hospitals, it's vital to practice good pedestrian safety. 1) The designated walking path is the Blythe Boulevard sidewalk. It's well-lighted, has "blue light" emergency phones, and is patrolled by CHS Security. A map of this preferred path is available on the information portal in the "Student Resources" section. 2) Be alert to the traffic, especially at the intersection in front of Carolinas Medical Center (CMC). Drivers may be distracted and not see you. Make eye contact with drivers. 3) Walk in pairs, especially at night. CMC is a safe campus but walking in pairs provides an extra level of safety. Remember that CHS Security is happy to provide an escort; simply call 704-355-2093.

HOW CAN I GET THERE FROM HERE?

While convenience often outweighs common sense, in deference to Robert Frost, sometimes the path not taken does make all the difference. A few students continue to walk down the hill behind the college from Lombardy Circle at high risk of personal injury. In addition, this path takes one through private property and residents continue to share their concern for the amount of student traffic on Lombardy. For those students who live in CHS housing or who walk to the college from this area, please avoid walking through private property and coming down the hill behind the college. The appropriate path is to follow the sidewalk along Garden Terrace and Loop Road. While the sidewalks may take a little longer, it is certainly safer and allows the college to continue to maintain good relations with the residents of Dilworth.

STUDENT PARKING

In order to manage the large volume of cars on the Carolinas Medical Center (CMC) campus, everyone has a designated parking lot. All students are assigned to park in the "T" Deck (Morehead Medical Plaza deck) located at the corner of Kenilworth and East Morehead. Students enter and park in the "Staff" section and have access to park in this deck 24 hours a day. This is effective for both class and clinical days. This deck is access-controlled and students enter by using their ID badge. After 3:00 p.m. and on weekends, students have badge-controlled access to the V lot (next to the college). Parking along Garden Terrace, Lombardy Circle or along Blythe Blvd. in front of the college may lead to your car being ticketed or booted by CHS Security or Charlotte-Mecklenburg Police. In addition, parking in a lot other than the "T" Deck may lead to your car being ticketed or booted by CHS Security personnel as well as being fined by the college. Continued violation of the parking policy may lead to disciplinary action. Please help manage the large volume of traffic on campus by parking in your designated space.

IT'S A MATTER OF SAFETY...

Regardless of whether you just started or are near the end of your time here at CCHS, your safety is of the utmost importance to the College! All teammates and students must wear a photo ID badge at all times while on campus and during your clinical rotations. It must be displayed at chest level or above, with the photograph facing outward and clearly evident to all. If you forget your ID badge please see Joy Godwin at the front desk to obtain a "temporary" badge. Your badge is for you only, and is not to be used for access by anyone else. All students and staff should have received a new "badge complement" card describing the new plain language hospital page codes. Don't have yours yet? Let your director know.

COMPLIANCE CORNER - Charting

Effective August 2015, Carolinas Medical Center implemented a new charting system called I-View charting. Intensive care units have been using I-View since the hospital moved to computer charting several years ago. This is a positive change resulting in more streamlined charting. Presently, all pain response, vital signs and intake and output measurements are being recorded in I-View; ongoing physical assessments will still be accessed through ad hoc charting. Training modules are available to each nursing class as part of clinical orientation detailing the differences between the new and old charting systems so students will know what to expect in the clinical environment.

The screenshot shows the I-View charting system interface. The top bar indicates the date range from January 28, 2013 07:00 to January 30, 2013. Below this, there are summary statistics for Today's Intake (856), Output (0), Balance (856), and Yesterday's Intake (Output: Balance). The main data table shows intake and output for 01/29/13, with columns for 12:00-12:59, 11:00-11:59, 10:00-10:59, 09:00-09:59, and 08:00-08:59. The 'Intake Total' row shows 213, 93, and 500. The 'Continuous Infusions' section lists Dextrose 5% with 0.45% NaCl and KCl 20 mEq/L, Nitroglycerin Drip TITRATE - C 50 mg, and NS 500 mL. The 'Medications' section lists azithromycin + Sodium Ch... and levofloxacin + PREMDX S... A tooltip box is visible over the table with the text: 'Bolus and IV piggyback v... default from PDA or MAR'.

TEAMMATE SPOTLIGHT - Reeshenah Agee



Shenah Agee

"Shenah" Agee, a staff assistant in the business office, joined the college staff in August 2014. She serves both Mercy School of Nursing and Carolinas College. Her primary responsibilities are processing payments and deposits and working with student tuition accounts, ordering office supplies and printed materials for the college, and handling deliveries. She very much enjoys her role in the business office.

Shenah has been with Carolinas HealthCare System for seven years. Prior to coming to the college she was a quality specialist in medical records at Carolinas Rehabilitation.

Originally from Charleston, Missouri, Shenah moved to Charlotte 10 years ago from the Raleigh area. Her daughter Mykayla started kindergarten this fall and Shenah will turn the big 30 on September 20!

BRASWELL COMPLETES RADIATION DOSIMETRY TRAINING

Congratulations to Lee Braswell, radiation therapy program director, on his recent completion of a medical dosimetry program. The medical dosimetrist, a specialist within radiation oncology, plans and calculates complex radiation treatment and dosages. Mr. Braswell had a strong dosimetry background, but new guidelines now require dosimetrists to have completed an accredited dosimetry program in order to sit for the boards, which Lee will do in February. Completion of the program required significant clinical work over the last year, but that further strengthened the bond between the college and the clinical environment—making the CCHS radiation therapy program stronger than ever! It was tough to balance administrative responsibilities with clinical responsibilities, reported Lee, but this paves the way for clinical research and other projects that will further benefit the CCHS program and our clinical partners. Join us in congratulating Lee on this noteworthy accomplishment.



Lee Braswell

DEAN'S LIST

Congratulations to these exceptional students, named to the Dean's List based on summer 2015 grades. The criterion for Dean's List is a GPA of 3.50 or higher when enrolled in at least 6 semester hours of coursework.

General Studies: Sarah Butler, Nicole Clifton, Glen Rhodes II, Aleesha Swann

Histotechnology: Melissa Keller, Elizabeth Sloop, Molly Sunderland, Christian Yeatts

Medical Laboratory Science: Funmilola Adewale, Bethany Folk-Middlebrook

Nursing: Sarah Atkin, Brittany Baer, Katherine Barksdale, John Bartniski, Sophie Brayne, Rachel Cheema, Chadwin Craven, Nina Crouch, Christin Farrell, Catherine Fulginiti, Kristina Gilmore, Jamie Gleason, Karen Green, Teresa Greene, Erin Hanley, Christina Holzinger, Juliana Johnson, Tanya Jolicoeur, Anna Krecker, Kristen Laufenberg, Mary McManus, Jason Mitchell, Rebecca Moody, Christine Perzinski, Michelle Petersen, Jenna Purser, Amy Raney, Jonathan Stalker, Ashley Suddreth, Rachel Teague, George Wentworth, Julie Whitmore, Rachel Williams

Pre-Nursing: Sataria Baker, Jessica Benson, Olivia Denton, Natasha DeMaio, Sarah Gullledge, Rosalie Hawkins, Jazmin Hermosillo Aguilar, Jenna Hill, Summer Hilton, Esther Lee, Jinyi Lee, Janet Lister, Ashley Meissner, Jami Miller, Shannon Nadolny, Summer Nunn, Melanie Simpson, Vanessa Vosteen-Rivera, Ruth Weaver, Karanda Weaver, Madison Weller, Glenn Wright

Pre-Radiologic Technology: Sharon Caudle and Emiley Peterson

Radiologic Technology: Ashley Allen, Abby Byrnes, Jessica Haynes, Jessica Martin, Megan Mullis, Emily Romero, Robyn Smith, Jordan Vereen

Surgical Technology (AAS): Shanna Chanthalangsy, Aimee Fullington, Nicole Gaiter, Melissa Rushing

Surgical Technology (Diploma): Caitlin Cunningham

PHI THETA KAPPA (PTK) UPDATE

Many thanks to all who participated in the August Blood Drive and the bake sale. Fifteen pints of blood were collected and \$233.16 in donations for baked goods. The money will go toward a scholarship for a PTK member graduating in Dec. Nominations for the scholarship are made by and voted on by PTK members. Thanks to those who bought, baked and sold. Your support is invaluable! The first general meeting of the semester is **September 11**; come and be an active part of this wonderful organization.

Upcoming Events:

- 🌀 **September 3:** Volunteering at the Men's Shelter
- 🌀 **September 11:** PTK Meeting, 11:00 a.m., room 161
- 🌀 **September 17:** Fall PTK Induction, 5:30 p.m., room 190

Save the Date:

- 🌀 **October 22:** Community Blood Drive

PTK t-shirts are available to members for purchase. See Cathey Miller in room 252 to get yours today! Sizes available: S, M, L and XL. Cost = \$9.90 each.

PTK is a national honor society which recognizes and encourages the academic achievement of 2-year college students and provides 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.

WELCOME TO CCHS. WE'RE GLAD YOU'RE HERE!



New Medical Laboratory Students: (Front row, L to R): Elizabeth Wagner, Brittany Lightner, Melissa Hughes, and Raina Byrd. (Back row, L to R): Tyler Lawson, Max Penland, Walter Johnson, and Nicolas Zamora.

Faculty members of the School of Clinical Laboratory Sciences welcomed eight new students to the Medical Laboratory Sciences (MLS) program in August. These students were treated to a luscious Italian feast prepared by faculty members Cynthia Bean, Cyndie Hobson, Melissa Jackson, Kelly Shirley and Kimberly Yarborough. Histotechnology Education Coordinator Tracy Walling also attended the luncheon to welcome the students.

After two days of instruction and training, they jumped right in and started performing venipuncture techniques in various clinical locations. The MLS program has many consecutive years of perfect first time certification pass rates and nearly as many of 100% student graduation rate. These new students are well positioned to continue that track record of success!

STUDENT GOVERNMENT ASSOCIATION WELCOMES TEAL & YOU TO FALL 2015!

Have you noticed...a celebration is going on! It's been a long time coming but it's finally here! SGA has been busy over the summer semester getting the College's first-ever, online logo-wear store up and running! SGA is proud to present to you **TEAL!** The Elite Apparel Link, (*because ... if you are enrolled at Carolinas College...then you're a member of the Elite!*)

TEAL is managed by SGA to help fund and enhance the student life experience at CCHS, SGA is the voice of students to administration but that's not all. Getting students and college teammates engaged is also part of the group's mission. Past events have included **Minute to Win It Family Game Night** and **PINK OUT** Breast Cancer Awareness. Each year a class gift is purchased to commemorate that year's class legacy. You've probably seen or taken advantage of previous class gifts without even knowing it...the two very comfortable rocking chairs, the refrigerators and furnishings in the student lounge, the picnic tables, the benches out front, flag and flag pole, the memorabilia display cabinets, the popcorn machine, the electronic message board in the lobby...the list goes on and on! It's a college tradition for students to leave a nice gift for future students to enjoy.



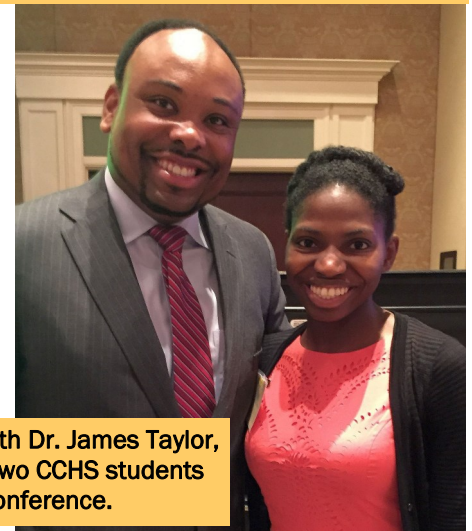
Take a moment and visit **TEAL** by clicking on the "Student Resources" tab on the information portal, then "Logo Store" and "webshop" to view the College's growing line of products. Make sure to view all color options! Just added is the ever-popular baseball tee! REMEMBER: Shipping is FREE...simply pick up your order from Joy at the front desk five to seven business days from purchase date!

OPPORTUNITY KNOCKS FOR 2 CCHS STUDENTS

Students lucky enough to be on their phone or PC on a mid-August afternoon received one of Dr. Sheppard's "Opportunity" emails inviting students to apply to attend a statewide conference, all expenses paid, including a night in Greensboro's luxe Grandover resort and conference center. The event was the statewide AHEC's annual conference on Diversity in HealthCare. The only catch: the conference was just a week away and it meant missing two days of class. (AHEC's decision to sponsor two students was made late in the game!) The first two students to respond, Jenni Reaves (NUR) and Funmi Adewale (MLS) rushed to get their registration materials in and before you knew it they were on their way.

Not all opportunities are right for all students, but in this case, Jenni and Funmi agreed the conference was well worth the last minute arrangements they scurried to make.

Jenni Reaves (L, nursing) and Funmi Adewale (R, medical lab science) were sponsored to attend the AHEC Diversity Conference in Greensboro.



Funmi Adewale, pictured here with Dr. James Taylor, CHS VP of Diversity, was one of two CCHS students selected to attend a statewide conference.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session. September 1, 3:30 to 5 p.m. The schedule is 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 Skills Check Part 2 (see below).

CPR: BCLS Online Skills Check - Part 2. September 2, 9, 16, 23, 30. 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).

BCLS for the Healthcare Provider. September 23, 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.

Avoiding Caregiver Burnout (Webinar), September 30, Noon to 1 p.m. Objectives of the webinar include: Learn about normalizing caregiver burnout, hear tips for setting boundaries and how to take care of the caregiver, and learn about community agencies that can offer support. 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.

WHAT IS EAP & WHY SHOULD YOU CARE?

EAP = Employee Assistance Program, but here at Carolinas College it's for students, too! Carolinas College contracts with Carolinas HealthCare System for services of its EAP — services to help you and your family with issues like marital conflict, job stress, emotional, alcohol & drug problems and difficulties with children. Whatever the problem, if you need help, call **704-355-5021** for a confidential appointment or to explore classes in parenting, dealing with abuse, etc.

STUDENT NURSES ASSOCIATION (SNA) UPDATE

To returning students: SNA welcomes you back from summer break! To those in NUR 101 beginning a brand new journey: Welcome aboard! A mentoring luncheon was held for new NUR101 students. Sponsored by the SNA Board, it was a great opportunity to meet and greet current students within the program and make mentoring connections; many positive bonding moments occurred as the new nursing students were welcomed to the college. Great job, SNA Board!

Welcome to the newest member of the SNA team, Rebecca Moody, who will be serving as the new Community Service Chair.

Mark your calendars for Thursday, **September 10**. Join the SNA Board and members playing corn hole and other lawn-type games in the V lot after intermediate classes are done for the day. A bake sale will also be available, so make sure to bring your sweet tooth!



SNA Board Members, Chris Yen and Gary Humphries welcome new student Kyle Tilly (middle).



SNA Board Members, L to R:Christine Perzinski, Gary Humphries, Rebecca Moody, Erin Holland, Chris Yen and Meg Jones

The SNA needs you! Call April Davis (SNA Faculty Advisor) at 704-355-3918 if you're interested in joining the SNA or serving on the SNA Board. SNA's focus is exclusively on the school and career success of CCHS nursing students.

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.)

SEPTEMBER 6 • 1:00 PM. Berewick Community Taste of North Carolina: In partnership with Carolinas HealthCare System, the Berewick Community is hosting an event that showcases local businesses for new community members to learn more about the area in which they live. Ambassadors are needed to staff the information table and greet guests.

SEPTEMBER 12 • 12:00 PM and SEPTEMBER 13 • 12:00 PM. Festival of India: In partnership with Carolinas HealthCare System, this summer event takes place in uptown Charlotte. The event is designed to share the culture of India with friends and neighbors. CHS will be providing A1C Diabetes screenings for individuals who would like to participate. Ambassadors are needed to staff the information table and greet guests.

SEPTEMBER 11 • 6:00 PM and SEPTEMBER 12 • 10:30 AM. Anne Springs Close Greenway Fiddle 'n Pig Shindig: This BBQ and Bluegrass festival will have bands that will play on the Dairy Barn Lawn. Cook teams will compete in four BBQ categories, with samples to taste. Ambassadors are needed to staff the information table and greet guests.

SEPTEMBER 19 • 10:00 AM. Indian Land Fall Festival at City of Lights: There will be music, a chili cook off and an area for children to play. Carolinas HealthCare System employees will provide community education on the Healthy Together Campaign. Ambassadors are needed to greet guests and staff the information table.

SEPTEMBER 22 • 6 PM. CHS-Pineville Health Talk: Join key members of the stroke nursing team for a lively, interactive discussion to learn best ways to protect yourself and loved ones from a stroke. Ambassadors are needed to welcome attendees and help with set-up.

TALKING ABOUT DEATH ISN'T EASY. TAKE YOUR FIRST LESSON FROM AN EXPERT.

The Carolinas Medical Center's Ethics Committee presents occasional "Grand Rounds" on topics of unique interest to healthcare providers. Led by national experts in the field, these can deeply enrich your clinical training and CCHS students are specifically invited. On **September 16**, Dr. Grattan Brown, theologian and professor at Belmont Abbey, leads this 1-hour lecture: **Better Language for End of Life Care**. Suzanne Freeman Auditorium, Noon to 1. Bring your lunch. Find the Suzanne Freeman Auditorium by climbing Loop Rd. and turning right as if heading to the loading dock. Angle left to the Cannon Research Bldg. Take door to "Auditorium" & walk up the stairs.

STUDENT SUCCESS CENTER: TIPS FOR YOUR SUCCESS

Success Tip of the Month - Get Involved!

- ☞ There are a number of active organizations at Carolinas College such as SGA, SNA and Student Ambassadors. Find out about them and sign up – this is a great way to meet fellow students.
- ☞ Stay fit and make connections at the same time! Check out the September schedule for FREE LiveWELL fitness classes – just bring your badge.
- ☞ Students can use the YWCA on Park Road free of charge on Wednesdays. Again, just bring your badge. Pool, fitness gym, etc.
- ☞ Find a study buddy or group early in the semester. The right one can be a great success strategy as well as a way to connect with other students.
- ☞ Consider being a volunteer at CMC. This is a great way to learn your way around the hospital and start to meet teammates. Drop by the Volunteer Services office off the main lobby of the hospital or access the CMC volunteer application on the Information Portal under Student Success Center/Job Search Resources.

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

New Venue for Continuing Education/Job Fair! Wednesday, October 7, 2:00 – 4:00 p.m., Tower Dining Room, Carolinas Medical Center. As you plan for life beyond Carolinas College, don't miss this opportunity to talk with representatives from colleges and universities about their programs. Human Resources personnel from CHS Regional healthcare facilities are also invited to attend. Save the date and plan to join us!

Student Employment Opportunities - CHS Recruitment Specialist Cliff Chapman visited the college twice in August, so he will not be here in September. If you're interested in part-time/PRN employment, sign up for a 15-minute appointment with him in the lobby between 10:00 a.m. to noon on Monday, October 5. 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.

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.



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>	<p>Mondays Kick Boxing Zumba</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>	<p>Free to CCHS students and CHS teammates with badge ID.</p> <p>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.)</p>	<p>Livewellevents@carolinashealthcare.org or 704.446.1645.</p> <p>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!</p>
	<p>Tuesdays Total Workout Body Party Fitness (Maxie)</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Wednesdays Body Sculpt Yoga</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Thursdays Pilates Socacise</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>	<p>For Quick Fit: Only \$50.00 for 4 weeks (8 sessions)</p>	<p>Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>
	<p>Mon & Wed Quick Fit Small group training with Jeremy Sinclair</p>	<p>4:30 to 5:10 p.m. 5:20 to 6 p.m.</p>		



96% of NURSING GRADUATES SAIL THROUGH NCLEX!

Of the 48 May 2015 CCHS graduates, 46 passed NCLEX on the first attempt, or 95.8%, far eclipsing state and national averages. Congratulations to these stellar new nurses and their deservedly proud faculty!

GOT A CONDO IN BORA BORA TO LOAN TO CCHS?

Or maybe a slope-side timeshare in Banner Elk? Or perhaps you'll water plants when someone's on vacation, or provide a free bouquet from your dad's flower shop, or edit a graduate student's paper for APA format. However you choose, you can HELP WITH THE CCHS SILENT AUCTION! As part of the College's October Homecoming Activities, an online silent auction will raise funds for scholarships, college activities, and general operations. To contribute a service or an item, pick up the Auction Donation form from the front desk and return it by September 11. Each contribution makes a difference!

CHS CELEBRATES YOU WITH 63% DISCOUNTED CAROWINDS PASS ON SEPT 19

CCHS students are part of the CHS family, so they qualify for Teammate Appreciation Day at Carowinds on Saturday, **September 19**. You can purchase passes at a 63% discount! Which means all-day passes are just \$22, and that's with free parking! No limit on how many tickets you can purchase, so bring the family and the neighbors as your guests! Two back up dates later in September are available if the 19th doesn't work for you.

To take advantage, go to the Carowinds website, www.Carowinds.com, click on "Single Day," then on the icon to purchase. Click through on the green ticket icon until a "Promo Code" tab appears. Click there, enter CHSPRIDE in the promo code box, hit "Submit" and you're off



and running. Enter the number of tickets you want, select your date, and pay with a charge card. See you at Carowinds!

WOW - THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that is with WOW cards and Values In Action recognition. 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 with WOW Cards or Values in Action teammate recognition.

Students: Meredith Pendleton

Teammates: Cynthia Bean, Jane Binetti, Kisha Choice, Carla Cozzen, Denise Ferguson, Joy Godwin, JoAnne Gunter, Tracy Hayes, Merritt Newman, Kathie Park, Suzanna Thornton, Larry Turner, and Kimberly Yarborough.

CHAPLAIN'S GRAND ROUNDS: "Mental Illness: Mind, Body, and Spirit"

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. This year the topic each month will relate to "Mental Illness: Mind, Body, and Spirit." All are noon to 1 in the Suzanne Freeman Auditorium (at top of Loop Road turn right toward loading dock then left into Cannon Research Building). Bring your lunch! This month the speaker is our own Chaplain David Carl, topic is "Meaning of Mental Illness," date is **September 17**.

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.

September 1. First Parkash – Sikhism. The commemoration of the installation of the Adi Granth, the first edition of the Sikh scriptures, in the Golden Temple by Arjan Dev, the fifth Sikh guru, in 1604 C.E.

September 13. Rosh Hashanah begins – Judaism. Beginning at sundown is New Year's Day for the year 5776 and the anniversary of the creation of the world. Jews celebrate Rosh Hashanah with the blowing of the shofar (ram's horn) and apples and honey, marking it as the first of the Ten Days of Awe [or Repentance].

September 14. Elevation or Exultation of the Holy Cross – Christianity. This day recognizes the Cross as a symbol of Christ's love for humankind and God's victory over death. It also marks the finding of the Holy Cross by St. Helen after it had been stolen in the 7th century C.E. Orthodox churches begin their commemoration at sundown on the preceding day. In the Ethiopian Orthodox tradition, Meskel is celebrated. **September 16. Fast of Gedaliah – Judaism.** A fast in memory of Gedaliah Ben Ahikam, the governor of Israel during the reign of King Nebuchadnezzar II of Babylonia, who was assassinated in 581 B.C.E. Following his death, the Jews who had returned to Judah fled to Egypt, thus vacating the land of a Jewish presence and completing the destruction of the First Temple in Jerusalem.

September 22. Yaum-al-Arafah – Islam. This day is the most important for Muslim pilgrims undertaking the Hajj journey; believers implore Allah for boundless forgiveness and mercy on the plain of 'Arafat, adjacent to the holy city of Mecca. **Yom Kippur [Day of Atonement] – Judaism.** The holiest day of the Jewish year. To reestablish their relationship with God, Jews ask for forgiveness and forgive others [Kol Nidre], and then they can confess their sins and ask for divine forgiveness. Prayer and fasting begin at sundown on this day and continue through the following day.

September 27. Sukkot [Festival of Tabernacles] begins – Judaism. Also known as the Festival of Booths and the Harvest Festival, Jews celebrate this time as a pilgrimage feast and time of thanksgiving. The booths or huts remind Jews of the tents used by the Israelites during their years wandering in the wilderness, as well as the dwellings used by Jewish farmers at harvest time.

September 29. St. Michael and All Angels – Christianity. A celebration of the archangel Michael and all angels (from the Greek angelos, "divine messenger") mentioned in the Bible.

SHOW YOUR CREATIVE SIDE AND WIN A PRIZE!

Create a short video showing your highlight of Carolinas College. The video should be a short clip telling us what is your favorite thing about Carolinas College! Whether it's receiving an acceptance letter from the admissions office or meeting new friends at the college, show it in a video clip. Looking for idea? Watch the short video clip made by Faculty and Staff in lobby starting in September. Please submit your video to Rhoda Rillorta, Admissions Coordinator at Rhoda.Rillorta@carolinascollege.edu or drop off a copy of your video in Room 168 by September 18, 2015. September 18, 2015. On September 24, 2015, please watch the lobby monitor and vote for your favorite video!

IMPORTANT DATES TO REMEMBER - September is National Hispanic Heritage Month

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



Sept. 1	CCHS Admissions Info Session	Sept. 18	Student You Tube Competition (Viewing on Sept 24)
Sept. 2	BCLS Online Skills Check - Pt. 2	Sept. 21 to 25	National Surgical Technologist Week
Sept. 3	PTK Volunteers at the Men's Shelter Open Forum with President Sheppard	Sept. 22	Surg Techs Host Hands-On Demonstration
Sept. 4	Orientation Survey Deadline	Sept. 23	BCLS for the Healthcare Provider
Sept. 7	Holiday - College & AHEC Library Closed		BCLS Online Skills Check - Pt. 2
Sept. 9	BCLS Online Skills Check - Pt. 2	Sept. 30	BCLS Online Skills Check - Pt. 2
Sept. 10	SNA Game Day & Bake Sale Financial Aid Refund Checks Available for Pickup		EAP Webinar: <i>Avoiding Caregiver Burnout</i>
Sept. 11	PTK General Meeting	On Deck for October	
Sept. 14	Enjoy Latin Sweetbreads and Coffee in Lobby	Oct. 9 to 10	CCHS Homecoming Weekend
Sept. 16	"Better Language for End of Life" Suzanne Freeman Auditorium, BCLS Online Skills Check - Pt. 2	Oct. 19 to 23	Make a Difference Week (Great Place to Work Committee)
Sept. 17	Enjoy Latin Sweetbreads and Coffee in Lobby Fall PTK Induction Ceremony "Meaning of Mental Illness" Chaplain's Grand Rounds Backpack Safety & Awareness, Lobby. Constitution Day	Oct. 22	PTK Blood Drive
		Oct. 29	Pumpkin Carving/Decorating Contest