



## Carolinan College of Health Sciences | September 2016



**CCHS Hours of Operation**  
 Mon - Fri,  
 7:30 AM to 4:30 PM  
 Student badge access 24/7.

**The college is closed on  
 Sept. 5 for Labor Day**

**CCHS Computer Lab**  
**Staffed Hours**

Mon-Thurs  
 7:30 AM to 7:30 PM

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

Saturday, 11 AM to 4 PM  
 Sunday - No staff support.

24/7 access with  
 CCHS badge.

**CCHS Nursing Skills Lab**  
**Staffed M-F, 7:30 AM to 4 PM**

**AHEC Library**  
**Medical Education Building**  
**Staffed Access**

Mon - Fri, 8 AM to 5 PM

**The AHEC Library will be closed  
 Sept. 5 for Labor Day**

Badge access to 2nd floor  
 study rooms is 24/7.

Connect  
 with CCHS



### CCHS SALUTES THE SURGICAL TECHNOLOGY PROGRAM

**September 18 - 24** is National Surgical Technology Week. CCHS Surgical Technology program will host an open house on Thursday, **September 22** from 5:30 to 7:30 PM at CMC Mercy Auditorium & Surgical Skills Suite. Learn about the admission requirements for the surgical technology program and get "hands-on" experience with the surgical instruments and supplies used in today's operating rooms. Space is limited! To register for this event, please contact Merritt Newman, admissions representative at 704-355-5583.



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

### STUDENT OF THE MONTH



Heidi Curette

Congratulations to Heidi Curette, September's Student of the Month. Heidi is being recognized for her leadership role in the SGA-sponsored HippiieFest held during the summer semester. She set up and helped students tie-dye t-shirts. Her expertise and patience showed in the numerous shirts worn by students throughout the college. Heidi is a student in the general studies pre-nursing track. Said Joy Godwin, SGA advisor, "Heidi is the public relations coordinator for the Student Government Association. Her dedication to SGA in support of its events spills over onto the other members and makes every project fun! Heidi has a can-do attitude and wants to be of help anyway she can! SGA is fortunate to have her creativity and enthusiasm on the team."

**Attention: All students who missed the picture date in January 2016 and graduate in December 2016  
 Make up Graduation Picture Day is September 13 from 2 to 4 PM in the Student Lounge.**

## WELCOME NEW AND RETURNING STUDENTS! By Rhoda Rillorta, Director of Recruitment & Retention



Rhoda Rillorta

As I was driving to the college for New Student Orientation, the song playing on the radio was "Home" by Philip Phillips. The opening lyrics seemed so appropriate, "Hold on...to me as we go; As we roll down this unfamiliar road; And although this wave is stringing us along; Just know you're not alone cause I'm going to make this place your home..." Many of you have started down your own "unfamiliar road" now that you've made the decision to continue your education at Carolinas College of Health Sciences. I hope that you feel at home here and that you've made connections that will be a source of strength, guidance and friendship as you continue your journey. My teammates in student services and I are here to help. In the next few days, you should receive a survey sent to you via e-mail asking for feedback on the new student orientation process. Please take a few minutes to respond...feedback makes us better!

Fall 2016 kicked off with a blast as we welcomed 183 new students! Nursing started the largest group (79) of new students in it's history; allied health programs welcomed 18 students in radiological technology, 7 in radiation therapy, 7 in medical laboratory science and 7 in the surgical technology associate degree track; general studies welcomed 18 students in the associate degree track, 7 in the pre-radiological technology track and 41 in the pre-nursing track.

Interested in learning about the early entry RN-to-BSN option with UNC Charlotte? Applicants must be enrolled in the nursing program and have a cumulative college GPA of a 3.0. For further information please contact Rhoda.Rillorta@CarolinasCollege.edu.

## PHI THETA KAPPA (PTK) UPDATE

CCHS will once again be hosting a blood drive to benefit Community Blood Center of the Carolinas on Thursday **September 8**, 11:30 to 3:30 in the Blood Mobile which will be parked on Blythe Blvd. There is a sign-up sheet in the lobby. Please consider donating to this great cause! You will receive a free t-shirt and be entered into a drawing for tickets to the Carolina Panthers' home game, **September 18**, against the San Francisco 49ers.

New Blue PTK t-shirts are available to members for purchase. See Cathey Miller in room 252, to get yours today! Sizes available: S, M, L & XL = \$10.00 (Green) and \$10.50 (Blue).

### UPCOMING EVENTS:

**September 1:** PTK Volunteers at the Charlotte Men's Shelter, 5:30 to 7 PM.

**September 22:** PTK Bake Sale, 8 AM to Noon, college lobby area

**September 23:** Next general meeting, 11:30 AM to 12:30 PM

**September 29:** PTK Induction Ceremony, 5:30 to 6:30 PM

The PTK Vice President position is still open. Anyone who is interested may contact Shelia Wallace or Cathey Miller. Please visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisor is Cathey Miller.

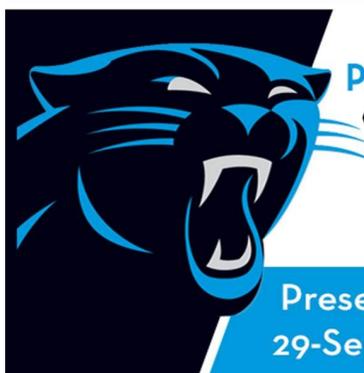
PTK is the international honor society, which recognizes and encourages the academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming.

For questions, please contact CCHS chapter president Shelia Wallace at shelia.wallace@cchs-mail.org.



## DONATE BLOOD!

All presenting donors will have a chance to win a pair of Club Level tickets to the Carolina Panthers Home Opener!



## PANTHERS HOME OPENER

Carolina Panthers v. San Francisco 49ers  
Bank of America Stadium  
Sunday, September 18  
1:00pm

Present to donate from August 29-September 10 to be entered!

## HONOR ABOVE ALL...

Integrity is one of the core values of Carolinas HealthCare System and Carolinas College of Health Sciences. Integrity is a key component of an academic environment and allows us to ensure the credibility of the education provided. In healthcare, maintaining integrity is vital to ensure patient safety by providing high quality care in a consistent and reliable manner. Despite this, some research reports show that students in health sciences program can have the highest rates of self-reported cheating. As you begin a new academic year, know that there are support services available to you at Carolinas College that may decrease or eliminate the need to consider cheating. Visit the student success coordinator (Sam Smith, room 254) for studying and time management tips or to connect with a tutor. Review the academic integrity policy (available on Moodle) and your course syllabi to ensure you know what is considered cheating and the potential consequences. Most importantly, when in doubt about what to do....ask. Ask for guidance, ask for clarification, ask for help. What students learn (or don't learn) at Carolinas College has the potential to affect the lives of so many others. Help the College help you to stay on track to becoming a well-prepared healthcare professional.

## ONLINE TESTING HAS ARRIVED

In order to more effectively prepare students for computerized licensure and certification exams as well as provide more timely feedback after testing, many courses are now delivering course exams in an online format. Some of those exams can be taken at a place and time of the student's choosing (within course guidelines), while others will be scheduled in the on-campus computer lab. Testing in this environment may require different strategies than testing in a more traditional paper-and-pencil format. The following may assist you as you prepare for your first online exam.

- ❖ Know the rules up front to reduce surprises while testing.
- ❖ What is the time limit?
- ❖ Can I go back and change my answers later?
- ❖ Can I skip questions and return to them later?
- ❖ Can I save the test and return to it later?



In addition:

1. Practice testing with a timer in front of you. While having a clock in the classroom is a reminder of testing time, it is not the same as having a timer constantly present on the computer screen while you are testing.
2. Keep track of time, it is easier to rush through testing online. Pay particular attention to how many questions are on the test. If possible, prior to test, develop timing strategy. For example, if you know there are 100 questions on the exam and you have 90 minutes to complete the exam, you should spend an average of less than a minute on each individual question. If you know that you cannot go back and change answers later, that time per question should include reviewing the question and your choice.
3. If technical problems arise, immediately notify proctor. Technology can and will fail, so be sure to communicate with your instructor if problems occur.
4. If permitted, use scratch paper. Some courses may provide either paper or a white board for you to jot notes.

Don't forget established test-taking strategies. While the test-taking delivery method has changed, don't forget about strategies that have been effective for you in the past.

## CAROLINAS COLLEGE SUPPORTS VETERAN STUDENT SUCCESS

Carolinas College of Health Sciences has taken steps to support service members, veterans, and military families in their educational goals by participating in the 8 Keys to Veterans' Success, a voluntary initiative through the Departments of Education and Veterans Affairs.

"Carolinas College is proud to offer to veterans a unique collection of benefits and opportunities we call 'The 8 Keys of Success,'" said Dr. Hampton Hopkins, president of the College. "It's our small way of saying 'Thank You' and we hope it makes pursuing a healthcare education a bit easier for them."

With the start of the 2014-2015 academic year Carolinas College implemented specific programs, services and activities to address the 8 Keys. They include, but are not limited to:

- ☞ Coordinating veteran services between the student services department and the business and finance departments.
- ☞ Developing a veteran area on the student support page of the college's information portal.
- ☞ Partnering with Carolinas HealthCare System in promoting Veteran's day activities and programs, and

"We are committed to the success of all students, especially those who have served our country or whose family members have served," said Dr. Hopkins. "We believe in the importance of ensuring veterans receive the best possible experience and achieve their educational goals."

## NEW FACES ON CAMPUS



**Chris Davenport**

Chris Davenport joined the college as the new learning technology specialist on August 22...just in time for the first day of classes! He has an associates in applied science in computer information technology from South Piedmont Community College. Originally from Ahoskie, NC, Chris started with CHS in the Support Center Help Desk, being a part of the small team that answers support calls. In that role, he helped improve numerous processes and was consistently recognized for

providing high quality customer service. He is excited to take his customer support background and apply it in a new environment. When not at work Chris enjoys spending time outdoors and playing with his dogs Beemer and Cruz.

Cynthia Peace joined the college as the new financial aid/loan officer on August 17. Cynthia has a great wealth of experience having worked in financial aid for 10 years. She started at UNC-Charlotte and most recently served as the associate director of financial aid at Winston-Salem State University. Cynthia lives in the Charlotte area and has twin sons who are currently enrolled at UNC-G and a daughter who is chemistry teacher.



**Cynthia Peace**

Dina Khentigan will join the college on September 19 in her new role as nursing faculty for NUR 154 Maternal-Neonatal Nursing. Dina comes to us with over 28 years of experience in nursing, mostly in the area of labor and delivery. For the past 14 years she has worked for CHS, most recently as the central division's women's service line clinical nurse educator. She has taught advanced and intermediate fetal monitoring, prenatal orientation core, and obstetrical post-anesthesia care unit core. In addition to being a lifelong learner, she is also actively engaged in the community. Some of her volunteer organizations include: Habitat for Humanity, Urban Ministries Medical Clinic and Florence Crittenton Services, where she is a volunteer Pilates instructor. She received her MSN from East Carolina University with a concentration in nursing education and her BSN from Clemson University.

Saundra Hammond will join the college shortly in her new role as nursing faculty for NUR 101 Nursing Fundamentals. With over 14 years of experience as a registered nurse, Saundra

comes to us with a variety of experiences. Prior to joining the college, she was the clinical rehabilitation liaison for Carolinas Rehab ensuring that the most appropriate level of care was obtained for patients in need of rehabilitation services. She has worked as a nurse clinician for CHS NorthEast and she is not a stranger to the classroom with her position with the Charlotte Mecklenburg School System as a health occupations teacher. Saundra has her MSN and BSN from Winston-Salem State University and her diploma in nursing from Presbyterian Hospital School of Nursing. Saundra has also served as a co-leader for Brownie Troop 521. The College is excited to have both Dina and Saundra as new additions to the team.

## WE'RE SAD TO SEE YOU GO

Jill Powell's, director of financial aid, last day at the college is September 2. Jill has assisted over 7,000 students during her 12-year tenure with Carolinas College and Mercy School of Nursing and has been an excellent support and resource to both the faculty and students. She has been a valued member of both the student services office and the business office. Please join the college in wishing Jill well in her future endeavors.



**Jill Powell**

## FINANCIAL AID REFUNDS and CHS LOAN DOCUMENTS

**Fall Financial Aid Refund Checks** will be available starting on **September 13** at 10 AM in the business office (room 208) for students with a completed file. Your CCHS Student ID must be presented to pick up checks.

**New Students** – The following steps must be completed and funds received before your refund check can be generated.

- ❖ Signed award letter must be returned to the business office.
- ❖ Federal Direct Loan MPN on file.
- ❖ Online loan entrance counseling at [www.studentloans.gov](http://www.studentloans.gov).

**CHS Educational Forgiveness Loan documents** – If you participate in the CHS Loan the loan documents and promissory notes will be ready to sign starting on Tuesday, **September 13** at 10 am in the business office (208).

## OPEN FORUM WITH PRESIDENT HOPKINS

**September 19**, 12:30 to 1 PM, room 137. Share what you like; what you don't. This is but one of the opportunities CCHS students have for input into college decision-making. Others include service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc.

## STUDENT AMBASSADORS ROCK NEW STUDENT ORIENTATION

Back to school week and new student orientation was a great success! Now that everyone has settled in, the admissions department wants to thank the amazing group of Student Ambassadors (who came back a week early) for their invaluable help. It takes a lot to get everything together and their assistance was much appreciated. If you are interested in joining the Student Ambassadors, please contact Merritt Newman, Admissions Representative/ Student Ambassador Advisor, room 167, or email her at [Merritt.Newman@CarolinasCollege.edu](mailto:Merritt.Newman@CarolinasCollege.edu).



**Pictured: Student Ambassadors (pictured back row, L to R) Teresa Greene, Jazmin Heramosillo Aguilar. Front row, L to R: Merritt Newman, SA advisor, Deaja Lee, Olivia Denton, Summer Nunn and Shelia Wallace.**



## STUDENT NURSES ASSOCIATION (SNA) UPDATE

Welcome back students! It's a new school year and SNA would like congratulate and introduce the SNA Board Members: President: Steven Cuzmenco; Membership Chair: Allen Smeltzer; Marketing: Katie Prisco; Vice President: Brittani Montes; Community Chair: Rachel Williams; Fundraising: Alison Campbell; Treasurer: Cameron Monie; NUR 101 Chair: Rosalie Hawkins; Secretary: Natasha DeMaio; and Faculty Advisors: Diahanne Holandez & Terri Lynch.



SNA was honored to host the NUR 101 Luncheon on August 16. Congratulations to Amanda Kelm, the winner of the coveted V-lot parking pass, and to Erica Mullen (pictured below), winner of the CCHS backpack of NUR 101 school supplies and Yeti cup.



**Sept. 8, 8 to 8:50 AM,** Christy Klein, ED nurse manager will answer questions regarding ED nursing and professional development. Anyone wishing to hear more about the ED, this is your opportunity!

The NC Nurses Association's Annual Convention will be held in Winston-Salem, **Sept. 28 to 30**. CCHS has two scholarships available to SNA members. Applicants need to meet

the following criteria in order to be considered:

1. Must be in good standing with a "C" average and no action plans.
2. Must commit to volunteering for one night during the spring phone-a-thon.
3. Present a follow-up synopsis of the experience to the CCHS Development Committee.

Interested in applying for this scholarship? Contact [Diahanne.Holandez@CarolinasCollege.edu](mailto:Diahanne.Holandez@CarolinasCollege.edu) or [Cynthia.Lynch@CarolinasCollege.edu](mailto:Cynthia.Lynch@CarolinasCollege.edu) by **Sept 9**.

Come be a part of this wonderful group. SNA is always looking for new members. Check out the SNA page on the information portal to learn more about the great benefits of being part of the CCHS chapter. All nursing students, whether you're just beginning NUR 101, in intermediates or in NUR 202, are encouraged join. See Diahanne Holandez, room 118, to get the membership form; the CCHS chapter application fee is only \$10!

## MENTAL HEALTH FIRST AID AT CCHS

Mental Health First Aid (MHFA) is a course that teaches individuals how to recognize, understand and assist someone who may be dealing with mental illness. Because these issues are common today (almost one in five people may suffer from mental illness), Carolinas College became a part of the Carolinas HealthCare System and national initiative to provide mental health first aid training to all faculty, staff and incoming students. This initiative began at the college at the start of 2016 and to date, over 300 CCHS members have completed MHFA training. This important initiative is raising awareness of mental illness, helping to reduce stigma, and reminding us all to pay attention to our family, friends, colleagues and classmates as they work through challenges and stressful times. Many thanks to each of the faculty, staff and students who have completed this important training and are a part of the national initiative to train one million mental health first aiders in 2016.



**Pictured L to R: Erica Mullen, Steven Cuzmenco and Brittani Montes**

## CRANIUM CRUSHERS HIT IT OUT OF THE PARK!

On Saturday, August 13, 18 students and staff faced the SWELTERING heat of summer and made their way to the softball fields of Hornets Nest Park to represent Carolinas College in the CHS Co-Ed Softball Tournament. This team of brave hearts were the first athletic team formed for CCHS! Despite the sweat bursting out of every pore and temperatures steadily rising they fought to win like real troopers! The Cranium Crushers didn't win the tournament but went 2-1 in the qualifying rounds by beating the Heavy Hitters and the Base Clean Up Crew by 10 run leads. Advancing to the semi-finals they lost to the Sparticus Warriors by a mere one run! Jared Smith and Joy Godwin, team captains, were very proud of the team's talent and sportsman-like attitudes. Cranium Crushers did Carolinas College PROUD! Many thanks to the Student Government Association for organizing this event as part of the "Exercise is Medicine" initiative. All participants said despite the heat...they'd do it again!! President Hopkins, who came and coached third base for a while said, "We need to make this a yearly event!"

Cranium Crushers pictured left to right: 1st row, bottom: Lindsy Thomas, Alex Miller, Casie Matthews. 2nd row: Rodney Mangum, Lakeshia Diggs, Yazmin Warris. 3rd row: Joy Godwin, David Schindler, Brad Huffstetler, Jamie Dupont, Ashton York, Micheal Richardson-Lineberry, Jared Smith. 4th row: Kyle Tilley, Jodie Huffstetler, Justin Walker, Sherry Walker. Also, Zach Miller pictured below.



**SGA**

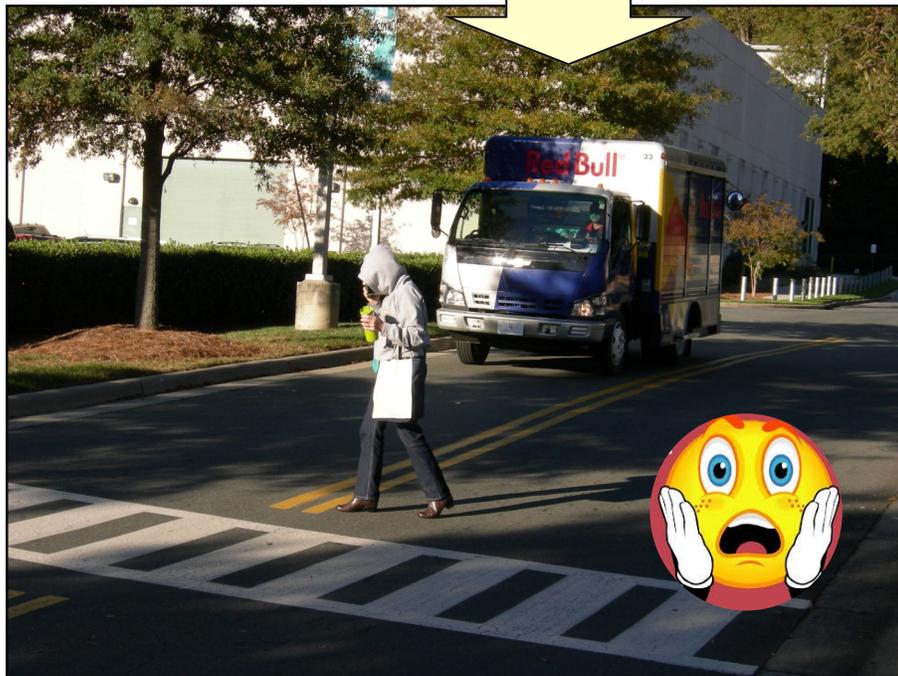
Your Prescription for Health  
**Exercise is Medicine™**  
[www.ExerciseIsMedicine.org](http://www.ExerciseIsMedicine.org)

## IT'S A MATTER OF SAFETY

Winter is fast approaching and with that comes decreased hours of daylight. The System's Corporate Security Office suggests the following in it's campus safety and security report to stay safe:

- ☞ Be alert at all times, maintain a "heads-up" mentality, and actively display situational awareness.
- ☞ Walk in the middle of the sidewalk and walkways and be ever-vigilant of all that is going on around you.
- ☞ If you see or suspect suspicious activity, call CMC Security **704-355-333** or access a security call box by pressing the red button and reporting your concerns. Be mindful of the location of these call boxes.
- ☞ Avoid walking alone if at all possible.
- ☞ Try to park in well-lit areas, and have your keys ready in your "free-hand" before you reach your car.
- ☞ Always look in and around your car as you approach before you open the door.
- ☞ Always lock your car doors and roll up all windows. Never leave valuables in plain view as you exit your car.
- ☞ Trust your instincts. If you feel uncomfortable about someone near you on the street, in an elevator or getting off of a bus go to a populated place and seek help.

What's wrong with this picture?



## DO YOU KNOW WHERE YOUR BADGE IS?

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 team-mates 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.

## 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.

Your safety is the College's number one concern. Be vigilant, aware of your surroundings, and trust your instincts.

## WHAT IS EAP AND WHY SHOULD YOU CARE?

EAP stands for 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.



## CONTINUING EDUCATION OPPORTUNITIES

**CCHS Admissions Information Session September 6**, 3:30 to 5 PM. 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 for the HealthCare Provider September 21**, 8 AM to noon. Cost \$50. 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.

**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: [www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect](http://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 September 7, 14, 21 & 28**. 1 to 3 PM. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

**Identify Theft (Webinar) September 29**, Noon to 1 PM. Objectives of the webinar include: 1) Learn how the identity thief steals your credit; 2) Understand the importance of your credit report; 3) Learn steps to take to resolve being a victim of identity theft, and 4) Understand how to protect yourself. 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.

**Chaplain's Grand Rounds - Compassion and Medicine September 15**, 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). The theme of this series calls for the exploration of how compassion is healing for those who receive it as well as for those who offer it. Compassion is an antidote to burnout when caregivers offer it to others, receive it from others, and practice self-compassion in their own lives. This series aims to affirm that while modern day medicine continues to demonstrate breakthroughs in healthcare, the place of love and compassion in the healing spaces cannot be underestimated. This month's speaker is Lynn Schiffern, MD, topic is *Compassion Heals* Bring your lunch!

**Healing Touch Level 1 September 24 - 25**, 8:30 AM to 6:30 PM, . Student fee: \$295 (includes class notebook and technique review cards); CEUs: 18 Contact Hours. **Register Online:** <https://healingtouch-level-1.eventbrite.com>. 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 information on CE classes, please contact Lakisha Bennett at 704-355-2663 or [Lakisha.Bennett@carolinascollege.edu](mailto:Lakisha.Bennett@carolinascollege.edu) to get signed up!

## SAVE THE DATE - Commitment to Caring Ceremony

**December 14**, 6 PM. Open to all graduating nursing students, the "Commitment to Caring Ceremony" celebrates their entrance into the nursing profession. The ceremony includes pinning by a special guest of their choosing, Florence Nightingale Lamp lighting and a blessing of the hands; a light reception directly follows the ceremony.

The number of guest invitations will depend upon the number of students who participate. Each student will be provided an equal number of tickets. If tickets outnumber your invited guests, you may share or exchange extra tickets with classmates. **Reminder:** if you are ordering a pin, it must be ordered from Herff Jones by **October 31** in order to arrive on time for the ceremony. Statement and RSVP deadline is **December 5**.

For additional questions please contact class representative Rachel.Williams@cchsmail.org or SNA advisors Diahanne Holandez (704.355.7580) or Terri Lynch (704.355.2659).



May 2016 graduates receive a "Blessing of the Hands" from Rev. David Carl, executive director of CHS Pastoral Care and Education.

## FREE EXERCISE CLASSES FOR CCHS STUDENTS/TEAMMATES AT CHS LIVEWELL

LOCATION	Day of the Week (all month)	DAY/TIME	FEE	CONTACT
<p>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes! (Only "Quick Fit" classes carry a charge.)</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). CCHS ID badge required.</p> <p>Park at the back of the building and enter the card-coded door with your student ID badge. Multipurpose workout areas are visible as soon as you enter. No shower facilities are available.</p> <p>Open to teammates, students and family members ages 16 years and older.</p>	<p><b>Monday</b> 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 &amp; lifting now to get in shape, at Live Well!</p> <p>ALL IN TO WIN for Total Health prize drawings! CHS teammates receive 1 entry for every 4 classes attended (any location &amp; YWCA Workout Wednesday).</p>
	<p><b>Tuesday</b> Total Workout FunkyFit</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p><b>Wednesday</b> Body Sculpt Yoga</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p><b>Thursday</b> Pilates (Alt wks) Barre (Alt wks)</p>	<p>5 to 6 p.m.</p>	<p>\$50.00 for 4 weeks (8 sessions)</p>	
	<p><b>Mon &amp; Wed</b> "Quick Fit" Small group training with Jeremy Sinclair</p>	<p>4:30 to 5:10 p.m. 5:20 to 6 p.m.</p>		
<p>Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>				

### JOIN US FOR COLLEGE PRIDE DAY

It's time for fun, food and prizes! On **September 8**, show your college pride by wearing your favorite college team/colors (doesn't have to be a CCHS shirt). CCHS Student Activities will host a cookie/cupcake tailgate party in the lobby. Now's your chance to root for the home team! A contest will be held for the best display of college pride. Don't be left out!

### CONSTITUTION DAY

Constitution Day, **September 17**, commemorates the formation and signing of the US Constitution by 39 brave men on Sept. 17, 1787, and recognizes all who, whether born in the US or by naturalization, have become citizens. In honor of this historic event, Carolinas College has created a special page on the information portal. Please take a moment to visit this page.



As part of your constitutional responsibilities, 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; be informed; go out and vote on **November 8**. The deadline to register to vote in North Carolina is **October 14**; South Carolina is **October 8**. For voter registration information, visit these websites:

- ❖ **Mecklenburg County:** [www.meckboe.org](http://www.meckboe.org)
- ❖ **North Carolina:** [www.ncsbe.gov](http://www.ncsbe.gov)
- ❖ **South Carolina:** [www.state.sc.us/scsec](http://www.state.sc.us/scsec)



### GRADUATION PICTURES

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 using with 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 2017 for all students who will graduate in 2017. Watch for more details in the coming newsletters. A sign up sheet will be posted in the main lobby in early December.



Pictured left to right: Medical Laboratory Science students Kristin Brannock, Emily Shoaf and Emily Meyers model the tie-dyed t-shirts they created at the recent Student Government Association HippiFest 2016.

## SEPTEMBER DATES/TIMES FOR COMPUTER LAB/ANNEX CLOSURES

To ensure the integrity of online exams, most will be offered in a proctored environment in the computer lab and/or annex. The size of the class will periodically necessitate the temporary closure of the computer lab and/or annex. During those periods, students will have access to a temporary computer lab set up in room 151 as well as continued access to computer resources in the AHEC Library. For planning purposes the lab closure days for September are listed below:

Date	Duration	Client	Time	What is closed?	Where will an alternative lab be accessible?
September 1	3	NUR 153	8 to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
September 2	1	RAD 212	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
September 2	4	NUR 202	9 AM to 1 PM	Lab & Annex	Room 151 and AHEC library computer lab
September 2	45 min	NUR 153	2 to 2:45 PM	Lab	Annex and AHEC library computer lab
September 2	1.5	RTT 220	3 to 4:30 PM	Annex	Computer lab and AHEC library computer lab
September 6	1	RAD 110	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
September 6	1	NUR 202	2 to 3 PM	Lab & Annex	Room 151 and AHEC library computer lab
September 7	1	RAD 210	Noon to 1 PM	Lab	Annex and AHEC library computer lab
September 7	1	MLS 206 Special Studies	2:30 to 3:30 PM	Annex	Computer lab and AHEC library computer lab
September 9	1.5	RAD 212	8 to 9:30 AM	Lab	Annex and AHEC library computer lab
September 9	1.5	NUR 154	9:30 to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
September 9	1.5	RTT 220	3 to 4:30 PM	Annex	Computer lab and AHEC
September 12	1	NUR 154	8 to 9 AM	Lab	Annex and AHEC library computer lab
September 13	3.5	TEAS	9 AM to 12:30 PM	Lab	Annex and AHEC library computer lab
September 13	2.5	NUR 101	12:30 to 3 PM	Annex	AHEC Library and the computer lab
September 14	1	RAD 210	Noon to 1 PM	Lab	Annex and AHEC library computer lab
September 15	1	SUR 102	12:30 to 1:30 PM	Lab	Annex and AHEC library computer lab
September 16	1.5	RAD 212	7:15 to 8:45 AM	Room 161	Annex and AHEC library computer lab
September 16	1	RAD 110	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
September 16	3	NUR 202	9 AM to Noon	Lab & Annex	Room 151 and AHEC library computer lab
September 20	1	NUR 202	2 to 3 PM	Lab & Annex	Room 151 and AHEC library computer lab
September 21	3.5	TEAS	1 to 4:30 PM	Lab	Annex and AHEC library computer lab
September 22	2	NUR 154	9 to 11 AM	Lab & Annex	Room 151 and AHEC library computer lab
September 22	1	SUR 102	12:30 to 1:30 PM	Lab	Annex and AHEC library computer lab
September 22	2	RAD 210	2 to 4 PM	Lab	Annex and AHEC library computer lab
September 23	1.5	RAD 212	7:15 to 8:45 AM	Room 151	AHEC library computer lab
September 23	1.5	RTT 215	10:30 AM to Noon	Room 211	Room 151 and AHEC library computer lab
September 23	3	NUR 153	8 to 11 AM	Lab & Annex	AHEC library computer lab
September 23	1	RAD 110	11:30 AM to 12:30 PM	Lab	Annex and AHEC library computer lab
September 26	1	NUR 154	8 to 9 AM	Lab	Annex and AHEC library computer lab
September 26	1	NUR 153	11 AM to Noon	Lab	Annex and AHEC library computer lab
September 28	1	RAD 210	Noon to 1 PM	Lab	Annex and AHEC library computer lab
September 29	1	SUR 102	12:30 to 1:30 PM	Lab	Annex and AHEC library computer lab
September 30	1	RAD 212	7:30 to 8:30 AM	Lab	Annex and AHEC library computer lab
September 30	3	NUR 202	9 AM to Noon	Lab & Annex	Room 151 and AHEC library computer lab
September 30	1	RAD 110	Noon to 1 PM	Lab	Annex and AHEC library computer lab

# Activities & Deadlines For September

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 PTK Volunteers at the Men's Shelter	2
5 Holiday - College Closed 	6 Admission's Office Info Session	7 BCLS Online Skills Check Pt 2	8 SNA Sponsored Talk on Working in the ED 	9 Deadline for NCNA Convention Application
12	13 Financial Aid Refund Checks /Promissory Notes for CHS Loans starts at 10 AM  Make-up Date for Grad Pics 2 to 4 PM	14 BCLS Online Skills Check Pt 2	15 Chaplain's Grand Rounds - Compassion & Medicine	16
19 Open Forum	20	21 BCLS for the HealthCare Provider BCLS Online Skills Check Pt 2	22 Surgical Technology Open House  PTK Bake Sale	23 PTK General Membership Meeting
<b>National Surgical Technology Week</b>				
26	27	28 BCLS Online Skills Check Pt 2	29 EAP Webinar - Identify Theft  PTK Induction Ceremony	30

## CAROLINAS COLLEGE OF HEALTH SCIENCES

PO Box 32861/1200 Blythe Blvd., Charlotte, NC 28232 - 704.355.5051 - www.carolinacollege.edu

## Quick Reference Sheet

## ADMINISTRATION

**President**

Dr. Hampton Hopkins  
Room 111, 704.355.5316  
Hampton.Hopkins@Carolinacollege.edu

Assistant: Pat Lewis, 704.355.2029  
Pat.Lewis@Carolinacollege.edu

**Provost:** Dr. Lori Bequette

Academic Programs, Online Bookstore, Technology, Faculty Matters, Moodle  
Room 212, 704.355.4305  
Lori.Bequette@Carolinacollege.edu

**Academic Department Support**

Janice Bellamy, 704.355.1550; Janice.Bellamy@Carolinacollege.edu  
Michelle Webb, 704.355.0712; Michelle.Webb@Carolinacollege.edu

**Technology**

Larry Turner, 704.355.7577; Larry.Turner@Carolinacollege.edu  
Chris Davenport, 704.355.7572; Chris.Davenport@Carolinacollege.edu

## STUDENT SUPPORT SERVICES

**Student Services**

Dean: Vacant  
Room 164, 704.355.5525

Building Issues, Enrollment Management,  
Student Affairs, Sonis

**Admissions Office**

Rhoda Rillorta, Merritt Newman, Joy Godwin

Room 166, 704.355.5051

Rhoda.Rillorta@Carolinacollege.edu  
Merritt.Newman@Carolinacollege.edu  
Joy.Godwin@Carolinacollege.edu

Student Leadership, Organizations and Support

**Student Success Center**

Sam Smith  
Room 254, 704.355.4025

Samuel.Smith@Carolinacollege.edu  
Hours: Monday - Friday, 8:30 am - 5 pm

Tutoring, Placement and Student Success

**Student Records and Information Management**

Chrisanne Rancati  
Room 166, 704.355.6676

Chrisanne.Rancati@Carolinacollege.edu

Registration, Records, Grades,  
Transfer Credit

## ADMINISTRATIVE AND FINANCIAL SERVICES

**Business Office**

Dean Kim Bradshaw

704.355.5584; Kim.Bradshaw@Carolinacollege.edu

Shenah Agee, 704.355.5229, Reeshenah.Agee@Carolinacollege.edu

Refunds, Tuition/Fees, Cash Handling, Sonis

**Financial Aid Office**

Cynthia Peace, 704.355.5579; Cynthia.Peace@Carolinacollege.edu

Ann Keathley, 704.355.5486, Ann.Keathley@Carolinacollege.edu

(CHS Educational Loan Forgiveness, Federal Loans, Grants & Scholarships)

## ADDITIONAL SUPPORT SERVICES

**Charlotte AHEC Library**

Medical Education Building, 1st & 2nd Floor  
704.355.3129

**Hours**

Monday - Friday 8 am - 5 pm. (Badge access: 24/7)

**On-line Bookstore**

<http://direct.mbsbooks.com/Carolinacollege.htm>  
CCHS Logo Store: [www.Carolinacollege.edu](http://www.Carolinacollege.edu)

**Parking, Access Control & ID Badges**

Annex Building  
(behind Medical Education Bldg.,  
Across from ED) 704.355.3111

**Employee Assistance Program**

(Personal & Family Counseling)  
A free benefit for CCHS students.  
704.355.5021

**Computer Lab**

Room 153, 704.355.7572

Normal Operating Hours\*

Monday - Thursday 7:30 am - 7:30 pm

Friday 7:30 am - 4:30 pm

Saturday 11 am - 4 pm; Sunday Closed

\*Evening & weekend hours subject to  
change; call ahead.

**Important Dates for Fall 2016/17**

<b>Holiday - College Closed</b> .....	Sept 5
Fall I Midterm .....	Sept 14
Last Day to Withdraw - Fall I .....	Sept 23
Fall I Classes End .....	Oct 7
Fall I Final Exams .....	Oct 10-14
<b>Fall Break - No Classes (Admin Offices Open)</b> .....	Oct 17-18
Full Fall Midterm .....	Oct 19
Fall II Classes Begin .....	Oct 19
Last Day to Withdraw - Full Fall .....	Nov 11
Fall II Midterm .....	Nov 16
<b>Holiday - No Classes (Admin Offices Open)</b> .....	Nov 23
<b>Holiday - College Closed</b> .....	Nov 24-25
Last Day to Withdraw - Fall II .....	Nov 27
Full Fall & Fall II Classes End.....	Dec 8
Full Fall & Fall II Final Exams .....	Dec 11-15
Fall Graduation .....	Dec 15
<b>Holiday - College Closed</b> .....	Dec 25
<b>Holiday - College Closed</b> .....	Jan 1

**Important Phone Numbers**

College's Main Number .....	704.355.5043
College's Main Fax Number .....	704.355.5967
CPR/ACLS/PALS.....	704.355.5699
Continuing Education .....	704.355.3921
Disability Services .....	704.355.5585
Employee Assistance Program.....	704.355.5021
Human Resources (employment) .....	704.355.2101
Inclement Weather.....	704.446.7854
President's Office.....	704.355.5316
Provost's Office.....	704.355.3920
Radiation Therapy.....	704.355.6937
Radiologic Technology .....	704.355.7689
School of Clinical Laboratory Sciences.....	704.355.4275
School of Nursing.....	704.355.5343
Security (CHS dispatch).....	704.355.3333
Security Escorts (To Request) .....	704.355.2093
Student Housing (Home Management) .....	704.731.8096
Surgical Technology .....	704.355.1547
Teammate Health .....	704.641.0206