

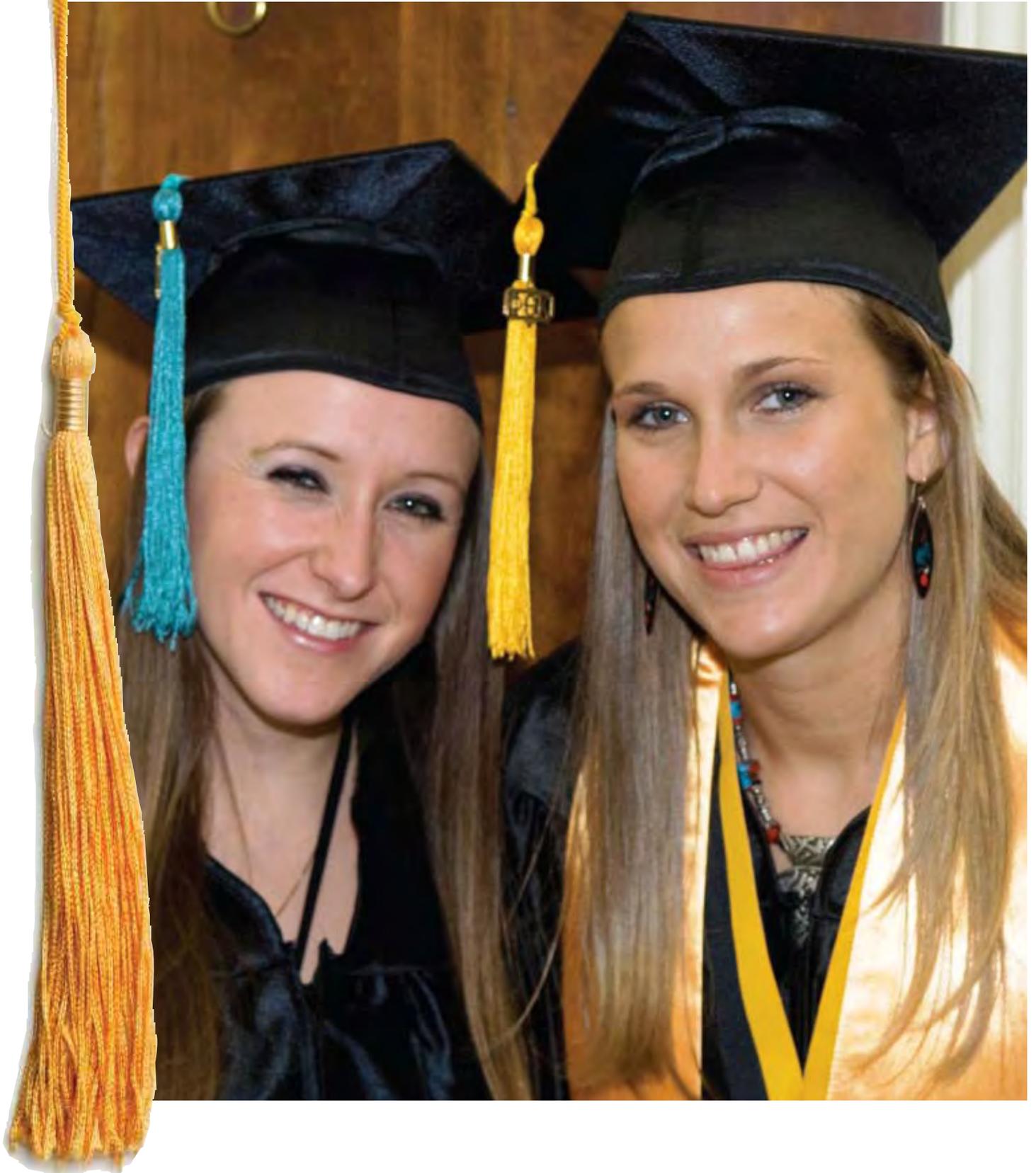
# CONNECTIONS



a publication for alumni and friends of Carolinus College of Health Sciences

spring 2008

## COHS Celebrates Winter Graduation!



# CONNECTIONS

## Dear Alumni & Friends,



2007 was a terrific year for CCHS!

- Our students' performance on certification/registry exams outpaced state and national norms, with nearly all of our graduating groups locking in a perfect 100% on first try!
- Students who sought employment after graduation found employment, with 98% of all program completers having entered the workforce within three months of graduation. A record high of 92% of nursing graduates accepted positions within Carolinas HealthCare System, and 87% of all graduating students.
- We completed our first Emergency Response Plan and implemented "The Communicator" – a technology that allows us to instantly and simultaneously call all students in the event of an emergency.
- We have written and embarked on a new 5-year strategic plan, a comprehensive plan which commits us to growth, increased visibility, enhanced student success, and adoption of new learning technologies.
- We completed and staffed our simulation lab and by late 2007 were planning its first expansion! Advanced nursing classes used the lab extensively in spring semester.

But the ultimate measure of success? It's when an alumnus says to Janie McCloskey:

*"something from one of your lectures probably saved my daughter's life. Two weeks ago, I woke up to hear my 9-year-old daughter's respirations. They were classic Kussmaul-DKA respirations. From your lecture on DKA, I knew immediately what was wrong with her! We took her to Levine ER right away. She is recovering and we are adjusting to our new life with Type 1 Diabetes. Please keep the stories coming in your lectures, you are a wonderful instructor!"*

Or when a recent summa cum laude graduate says to Michele Pfaff:

*"I don't know what my LIFE would be like without you! You inspired me to my life calling. And I love it so much. I'm having the time of my life. Yesterday I was feeling intimidated and inadequate and I [remembered] what you said: "When you don't know something, jump in with ideas of what it could be; be eager to find the answer." Thank you for that inspiration; you have impacted my life. I love being a nurse. Thank you for teaching me the skills I use now every day."*

You, CCHS alumni, are the litmus test of our success. Thanks for making us look so good!

President  
Ellen.Sheppard@carolinascollege.edu

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On The Cover:  
 CCHS Graduates Allison Church and  
 Meghan Blair celebrate their big moment

### CONNECTIONS

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DEBBIE  
BLACKWELL

## SCHOOL OF nursing

This is the time of year when we reflect on highlights of the previous year. As I think about what makes the nursing program at CCHS special, I believe it is our ability to be innovative in finding exciting ways to share the faculty's passion for nursing with our students.

We have done many creative things. Recently, faculty member Sara Masters developed a shadowing program as a pilot project to obtain a certificate in nursing education from UNC. It was initiated fall semester 2006 in nursing fundamentals as another venue for students to experience clinical role modeling by observing expert nurses. That academic year, 135 students observed nurses in a variety of clinical settings for a one-day shadowing experience. Afterward, students used journaling to answer questions about the shadowing day. Clinical journaling is a reflective learning technique that assists students to critically think about what they experienced during their clinical observation.

Quantitative evaluative data from the pilot year overwhelmingly supported the benefits of the shadowing experience from the student perspective. Ninety-five percent of students agreed that the shadowing program should continue in the nursing fundamentals course. In addition, 40% indicated the experience changed their perception of the role of the nurse. Qualitative comments revealed how much students did not know about the career they had chosen. One student stated, "I have always seen the nurse as an important part of healthcare, but now I see the nurse as a much more vital part of the process."

It has been almost two years since Ms. Masters launched this program. This spring the fourth class of beginning students began their shadowing journey. This continues to be a very positive

learning experience for the students and the nurses they shadow. So what has contributed to the success and sustaining power of this program? Obviously, faculty support of this one-day observational experience has been critical. Consistent positive student feedback has been important as well. Tremendous support from Carolinas HealthCare System has also been a major factor in program success. Sounds like we covered everything, but we actually forgot the most important factor in sustaining this program. This essential element in the recipe for program success was the expert nurses, including many of you alumni, who were willing to share what you learned since graduating. Janet Huffman, RN, Class of 2005, of Carolinas Rehabilitation and a shadow nurse from the beginning of the program, says she enjoys the opportunity to share with students what she learned, and continues to learn, about the profession of nursing.



Janet Huffman with shadowing student Ashlie Brown

As nursing leaders dialogue regarding how to solve the nursing shortage, part of the solution lies with you. Becoming energized in educating the future of nursing through programs such as the CCHS shadowing is a special way to contribute your expert knowledge. I thank any of you who have served as a clinical mentor to students in the CCHS shadowing program. It is exciting for me to see how far you have come since you were students. If you have not had an opportunity, but would like to become a clinical mentor in the shadowing program, please contact Sherri Marlow, Associate Dean, or myself.

Debbie Blackwell  
Dean, School of Nursing  
Deborah.Blackwell@carolinacollege.edu



JOHN  
TARTT

## EMERGENCY medical science

In January of this year, the NCOEMS launched a new web based credentialing system to help providers, administrators and educational institutions manage the credentialing, recredentialing and testing for all EMS personnel. This new program will allow you to register for courses, continuing education and credentialing exams from any computer with web access. Good news - NO MORE PAPER AND PENCIL BUBBLE FORMS!

Please take a moment to log into the system and update your EMS profile. Go to <http://www.emspic.org/cis.html> and make the necessary changes to your name, address, phone number and email account. You update all of this information to receive timely reminders on your credential, as well as updates from the NCOEMS.

To log in, you will need to know your PreMIS ID number, or P number. All credentialed personnel in the state have a P number. You can find this number by searching for your name on the CIS website. Once you have your P number, you can update your profile by following these simple steps.

1. Type in your P number and your password (SS # without dashes).
2. Update your profile.
3. Click SAVE.
4. Change your password during this update.

Help links, video tutorials and a toll free number are available if you have questions. Happy surfing!

John Tartt  
Director, Emergency Medical Science  
John.Tartt@carolinacollege.edu



BECKY CUTHBERTSON

## SCHOOL OF surgical technology

### You Determine Your Destiny!

I sometimes hear alumni express discontent with their profession and what they perceive as minimal opportunities to advance and grow. Unfortunately, there will always be those who prefer to take an apathetic approach. If, however, you are truly dedicated to growing professionally and advocating for your profession, here are some avenues to consider:

*Through your generous donations the college can remain the best educational provider for future professionals.*

Take and maintain certification. Even though certification is not recognized by all employers in the region, some states are working hard to pass legislation to require certification for entry into the profession.

Become a member of AST. You will receive monthly journals that keep you up to date on the current legislative issues within your state and across the country. Also, provided in every issue is the opportunity to gain CE credits.

Join and attend your state assembly offerings. The NC Assembly has a meeting planned for November 1st in Asheville. There is also an opportunity to receive 6 CE credits by attending the concurrent seminar, "Innovations in Surgery." Contact Robin Keith at rkeith@abtech.edu for registration details.

Attend the annual AST conference. This year it is held in Orlando during the week of May 20-24th. Go to [www.ast.org](http://www.ast.org) to preview the excellent speakers and workshops.

Seven of eight students who began the program last May are eagerly anticipating graduation on May 9th. If you are employed at the CMC sister facilities you may also encounter them as they rotate during their last semester. As always, *thank you for mentoring* these future fellow professionals. Your willingness to share your knowledge and skills is invaluable in their development.

Please accept my thanks if you were able to make a contribution during our spring Phone-a-thon. Through your generous donations the college can remain the best educational provider for future professionals.

Becky Cuthbertson  
 Director, School of Surgical Technology  
[Becky.Cuthbertson@carolinascollege.edu](mailto:Becky.Cuthbertson@carolinascollege.edu)



BETTY ANDERSON

## SCHOOL OF clinical laboratory sciences

Spring and daylight savings time have arrived which means National Laboratory Week, April 20-26, 2008, is right around the corner. Be sure to support your lab in recognizing our profession and the impact we have on providing our patients with the best health care.

Kate Knauff, Stephanie Koutroulakis, Stacey Roper and Starlineth Savage graduated on Thursday, January 10th, 2008. Stacey Roper, employed in microbiology at CMC, graduated Summa Cum Laude and received the Charles Mauney Award for the highest grade in microbiology. Stephanie Koutroulakis graduated Cum Laude and is

employed in hematology at CMC.

Star Savage works in Blood Bank at CMC, and Kate Knauff is employed at Rowan Medical Center in Kannapolis. All four January graduates passed their BOR and are happy to be making money.

The August class for 2008-2009 is full, with others already applying for the January 2009 class.

The faculty and I attended a National Clinical Educators Meeting held in Savannah in late February. It was reported that the merger of the NCA and the BOR is still being explored, but there are many issues to consider when merging two businesses. I will keep you informed.

This reminder is taken directly from the ASCP/BOR website, to those who took the BOR since January 2004:

"The Certification Maintenance Program (CMP) is required for all individuals who are certified beginning January 1, 2004. If you have a time limited certificate and you do not complete the CMP, your ASCP certification will no longer be valid. Inquiries regarding your certification status will indicate that you are no longer ASCP certified. Your certification will appear as "expired" on your ASCP membership card... If you allow your certification to expire

and then seek reinstatement, you must submit a Declaration Form and documentation of all points earned within the previous three years as required by your certification category. You must also pay a reinstatement fee of \$50 plus the current CMP fee(s). If your certificate has lapsed for ten (10) or more years, you will be required to retake and pass the certification examination for reinstatement for your certification."

A new Executive Director of the CMC lab, Ritu Ward, arrived on March 3rd. The lab is also saying goodbye to John Mattachini, Tissue Typing supervisor, who will be working for Beckman, and to Denise McGuire, Blood Bank supervisor, going to the American Red Cross. We wish them both well.

It is my pleasure to recognize Cyndie Hobson (Class of 1978) for 30 years of service and Kimberly Yarborough (Class of 1983) for 25 years of service. They have contributed in many ways to making the Medical Technology Program so successful over the years. Thank you, Kimberly and Cyndie.

Have a wonderful spring and summer, and keep in touch.

Betty Anderson  
 Director, School of Clinical Laboratory Sciences  
[Betty.Anderson@carolinascollege.edu](mailto:Betty.Anderson@carolinascollege.edu)



ROY  
SMITHER, II

## SCHOOL OF radiologic technology

In forecasting the future of radiology as we move forward in the 21st century, there are two dominant, overriding influences at work. The first of these is vested in the demographics of our society and the attendant economic and political realities. The second derives from the continued revolutionary advances in technology that have dominated our society over the past several decades. I believe the field of radiologic technology is positioned better than any other discipline in medicine to benefit from these two influences.

Now in its second century, radiology still is pursuing the same goal - visualization and treatment of the structures of the human body. Obviously, much has changed since Wilhelm Roentgen discovered the x-ray in his Wurtzberg, Germany, laboratory in 1895. At that time, he could not have dreamed of the imaging techniques and technology that would follow. Today, radiology has a strong diagnostic armory that includes computed tomography (CT), magnetic resonance imaging (MRI), ultrasound, and nuclear medicine, including positron emission tomography (PET) and single photo emission computer tomography (SPECT) scanning, all available for detecting a wide range of disease processes.

Diagnosing disease is merely the first step in patient care. If a cancer is found, for example, treatment often involves radiation therapy. While it exposes a patient to higher doses of radiation than a diagnostic exam, radiation therapy today is so precise that treatment can be given to a tumor while sparing healthy tissue just centimeters away. Although risks increase with higher doses of radiation, the chance that radiation therapy will cure a certain type of cancer almost always outweighs the theoretical risk for the patient. Many cancer patients feel that whatever risk there may be, the chance of being cured is worth risking the long-term effects of radiation exposure. During the 1930s, people diagnosed with cancer had only a one in five chance of surviving five years after

## Trends and Technologies in the Radiologic Technology World



treatment. In the 1960s, one in three survived. Today, that number is nearly one of every two patients. Many of these successes are due to radiation treatment.

The characteristics of an aging American population in the 21st century have been well identified and heralded by many medical practitioners. Because the utilization of medical care correlates so closely with age, the increasing utilization of all medical resources by an aging American society appears to be the unstoppable force governing much of the health care profession's future.

The primary force guiding the future of our profession is the ever-improving technology of diagnostic imaging and information management. In the late 20th century, each decade witnessed the appearance of a brand-new imaging device with the capability to outperform much of the imaging technology preceding it. Radiology has been perhaps the main medical beneficiary of the 20th-century revolution in computers and electronic networks, capitalizing on the growth in speed, prowess and decreasing cost of desktop computational power.

Simply put, diagnostic imaging is more important to the practice of medicine and surgery than ever before. The cumulative effect of recent improvements in imaging technologies has been an increase in both our capacity to detect disease and our specificity in identifying the nature of disease. This capacity, when coupled with the increasing sophistication of our interventions, has significantly increased the demand for radiologic services.

Advances in medical imaging equipment go hand-in-hand with the desire for new or improved clinical information and better efficiency in the radiology department. At no time has this been more evident than in recent years, with tremendous developments in all imaging modalities. Techniques are less and

less invasive. Advances in computer technology have given supercomputer-like power to high-end nuclear medicine and MRI systems. Imaging systems in most modalities are now designed with upgrades in mind instead of "planned obsolescence."

Hospitals, radiology groups and imaging centers are facing increasing demands to justify what they do according to patient outcomes and management criteria. Did images make the diagnosis or confirm it? Did the images determine optimal treatment strategies or confirm which strategies might be appropriate? In recent years plain radiography has been, and is still being, transformed by the ever increasing move from analogue screen-film to digital detectors. Similarly, though perhaps less obviously, fluoroscopy is now making use of digital "flat panel" detectors rather than the more bulky traditional image intensifiers. A brief explanation of the conversion is that x-ray film is exposed by light photons emitted by intensifying screens sensitive to radiation transmitted through the patient. Storage phosphor technology uses photostimulable phosphor screens to directly convert x-ray energy into digital signals. The increased dynamic range and image contrast of digital radiography compared with conventional x-ray film-screen combinations and the facility to manipulate signal intensity after image capture reduce the number of repeat exposures, thereby increasing radiographic efficiency and reducing the radiation dose received by patients.

In addition, three-dimensional imaging has become an important diagnostic tool, in part because of better image quality using volume rendering techniques that provide true-to-life, accurate images. Volume rendering uses a computer to reconstruct flat images into three dimensions and can be done in almost "real time." Applications for this technology have included the brain, chest, abdomen, and skeletal system.

Although standard CT data usually provides the information necessary to make a diagnosis, it actually is a series of individual slices of data that provide a two-dimensional representation of a three-dimensional structure. The physician then must integrate this information mentally into a conceptual model in his or her head. Radiologists, by the nature of their training, tend to be fairly good at doing this, but other

*Continued on next page*

## Trends and Technologies in the Radiologic Technology World

*Continued from previous page*

physicians often are not. Three-dimensional imaging solves this problem by creating a true 3-D "picture" of the CT data, allowing for better and more complete understanding. It does not rely on the users, but creates the 3-D image or visualization for them. CT, like the traditional x-ray, uses ionizing radiation to generate images of the body, and with radiation comes some risk. When administered by qualified medical professionals, the benefits far outweigh the risks, and the use of 3-D technology is a good example of how modern diagnostic techniques can benefit patients.

Scientists estimate a typical person is exposed to about 0.3 rems (absorbed radiation dose equivalent) of radiation a year from natural sources - the sun and outer space, the earth, our homes, and food and water we consume. There are radioactive gases in the air we breathe, and our bodies themselves are radioactive. According to Richard Geise, a medical physicist at the University of Minnesota, Minneapolis, the amount of man-made radiation to which the average American is exposed in one year, including medical care, is less than one-fifth the amount of natural radiation exposure. Some scientists estimate a person would have to have an x-ray every day for a year to equal the amount of natural radiation exposure in the same time period.

Three-dimensional ultrasound is another recent addition to diagnostic 3-D. Although still in the preliminary stages of development in some companies, 3-D ultrasound may be used to help guide needles to areas that need to be biopsied, to examine tumors after radiation treatment to determine whether they have shrunk, or to examine the prostate. It also may be used to examine fetuses in greater detail. As with 3-D computed tomography, ultrasound 3-D also uses computers to generate the three-dimensional image. However, unlike CT, it employs sound waves, not ionizing radiation.

In early 2007, researchers at Johns Hopkins Medicine in Baltimore spent three months testing Toshiba's Aquilion 256-slice CT scanner. The Hopkins investigators, who used the 256-slice CT for studies of the heart and brain (and their surrounding arteries) and imaging joint function, were impressed with its capabilities and expect it could change the way some diagnostic procedures are done in the future. The 256-CT consists of a patient table surrounded by a central gantry that looks like a massive, doughnut-shaped metal ring.



Because of its larger number of detectors, it can cover an area of 12.8 centimeters, or 5 inches, a slice thick enough to capture most individual organs, including the brain, heart, joints, and most of the lungs and liver, in one rotation. By comparison, a 64-slice CT can cover approximately 3.2 centimeters per image and requires several rotations to fully image an organ.

The neuroradiologists at Hopkins took advantage of the 256-CT's power to image the whole head in one swoop. Currently, the scan takes one second for a complete head CT, Kieran Murphy, associate professor of radiology at Hopkins says, "but it will be 0.5 seconds in the future." Being able to gather the data on the brain at once with such speed is a tremendous advantage, Murphy says. When there are several scans, the slices have to be stacked or put together like a jigsaw puzzle, but the wide-area detector system eliminates that problem. "Previously, post processing of the images was a technologically complex procedure. Now, we can do it with the flick of a switch," says Murphy. When it becomes commercially available, the 256-CT will be used for whole brain perfusion studies. Neuroradiologists should be able to use this technique to find brain areas where blood flow has slowed, and thus are vulnerable to strokes, before a stroke happens, he says.

With the 256-CT, a whole brain perfusion study with both an arteriogram and venogram takes roughly 10 minutes of a patient's time. Richard George, Jr, MD, an assistant professor of medicine at Johns Hopkins School of Medicine and Heart Institute, says another advantage of the 256-CT vs. the 64-slice scanner is that the more powerful scanner requires less contrast. Because the scanner has a greater number of detectors, the contrast dose will be decreased by about 40% to 50% compared to the 64-slice CT scan.

In conclusion, as a nation, we continue to live longer and become more health conscious. It is through advancements in technology and

professional training programs that the imaging profession continues to stand out. There are many career choices one could make in the medical field. Today and in the future, imaging will continue to be an arena for challenges and personal growth.

### References

Johns Hopkins Medical Institutions (2007, April 2). New CT Scanner - 256-slice - Being Tested In North America. *ScienceDaily*. Retrieved March 2008

Beth W. Orenstein (2007, November 19). 256 Slices - Imaging Whole organ in One Pass. *Radiology Today* Vol. 8 No. 23 P. 26

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### "U" Put the Success in our Phone-a-thon!

Thank you for your generous donations to this year's phone-a-thon! The three night event, March 31 - April 2, was an overwhelming success, yielding \$11,375 in pledges. It means a great deal to the college that our alumni value your education and are honoring your alma mater. Every gift makes a difference in the quality of the education we can provide to our students, and for each one, we are truly grateful. You've chosen to participate in the education of students you will never meet, and, through them, in the care of patients you will never know. In so doing, you've demonstrated your commitment not only to CCHS but to the future of health care.

Any personal updates you shared with your phone-a-thon caller will be included in our next issue of *Connections*.



Laura  
Capranica '05

## ALUMNI ASSOCIATION president

### CHANGE.

In the last two months,

- My manager added a new little one to his family
- A co-worker announced she was leaving to go to graduate school
- Two friends and fellow nurses have changed where they work
- My oldest son has announced his research work will move him from NYC to Arizona
- My husband has threatened to retire in two years
- And... I found a bit of white hair near my right temple

Change? Every place we turn we see change. Our alumni have shared the days when there was a one building Charlotte Memorial Hospital. Other nurse alumni HAD to wear white dresses, white hose, white shoes and their caps. Others share when taking the boards took three days with having to pass tests in multiple areas. Carolinas College of Health Sciences has expanded to include Surgical Technology, Medical Technology, Emergency Medicine, Radiology and more. I am sure you each can tell of changes you have experienced! We all share some of the same challenges of adjusting to working various hours, to prioritizing care, to learning doctors' personalities and hand writing and to juggling work, home and self.

We are creating the next wave of health care history. Come to the Alumni Association gatherings and share some of your stories!

## GRADS *on the go on the go on the go*

### EMERGENCY MEDICAL science



Alan Elam

Alan Elam, EMS 2007, a native of Charlotte, began volunteering for Watauga Rescue Squad while obtaining his Bachelor's of Science Degree in Business Administration from Appalachian State University. After college, he returned to Charlotte and began his paid EMS career with Mecklenburg EMS Agency. Alan attended the first EMT program offered by CCHS and MEDIC and recently graduated from the full time Paramedic program. Alan noted that one of the things he enjoyed about both the EMT and Paramedic academies was the constant mental challenges the instructors gave the students to prepare them for the rigorous work in EMS.

He was one of ten December 2007 graduates and has continued his work as a full time Paramedic for Mecklenburg EMS Agency. Upon graduation, Alan took a night shift to allow him opportunities to chase other passions during the day. Alan is rapidly pursuing the role of a Relief Crew which will allow him the opportunity to take the lead on any ambulance crew when the agency needs his help.

Outside of work, Alan is continuing his education at UNCC and taking several science classes he did not have time for while in business school. Alan is also rewriting a paper he originally submitted while a Paramedic student in hopes of getting published this year.

What does the future hold? After finishing the undergraduate sciences at UNCC, there may be more medicine. He still hasn't decided if PA or MD is in the future. "I'm trying to keep my options open. Right now, I really enjoy being a Paramedic," he says.

### SCHOOL OF nursing



Meredith  
Sligar  
Hirsch

Meredith Sligar Hirsch, SON 2000, began her nursing career on 6T at CMC-Main, a surgical cardiac unit. She also has worked in the PACU and was a school health nurse for Union County public schools. Meredith completed her BSN at UNC Charlotte in 2003.

Meredith joined Carolinas College of Health Sciences as a prn Nurse Aide faculty member in 2006 and has continued to expand her academic role. She is currently in her third semester as an adjunct nursing clinical faculty member in NUR 101, our fundamentals course. She also assists Mercy School of Nursing in their fundamentals course during the summer semester. Meredith's connection with students is filled with warmth and genuineness; she is an integral part of the CCHS faculty. With an MSN in her sights, she is currently exploring her options.

Meredith and husband, Greg, live in Indian Trail with their son, Jackson, born in 2004.

*You can recommend a Grad on the Go  
by contacting the administrators below:*

School of Nursing  
Sherri Marlow: 704-355-2035

School of Radiologic Technology  
Roy Smither, II: 704-355-2446

School of Surgical Technology  
Becky Cuthbertson: 704-355-1547

School of Clinical Laboratory Science  
Betty Anderson: 704-355-4275

Emergency Medical Science:  
John Tartt: 704-355-1721

## Highlights from Alumni Meeting February 25, 2008

Nearly thirty alumni met in the Community Room of the beautiful new Levine Children's Hospital for our quarterly business meeting and a tour of the hospital. The group was delighted to welcome a number of first-time attendees, including Elinor Caddell ('44), Ann Miller ('47), Vonetta Abraham ('48), plus three recent graduates from the class of December, 2007. What a wonderfully diverse group we are!

A staff member of the hospital told us all about Levine Children's Hospital, the largest children's hospital between DC and Atlanta, and then we broke into small groups for guided tours. Our own Rodney Currin ('99) led one of the tour groups.

After the impressive tours, Ellen Sheppard, President of the College, gave updates on the college:

1. CHS recognized CCHS for outstanding fundraising for Arts and Science Council.
2. Thank you to Judy Perrell for hosting an extremely successful and enjoyable post-holiday party. Dr. John Schug's guest appearance (in RN drag!) was a treat for all.
3. Graduation rates are up, with 72-73% of students who start the program eventually graduating. This exceeds the state and national average.
4. NCLEX pass rates are very high, with the college ranking in the top 8% of the state and the top 11% of the nation.
5. 92% of the last graduating class accepted jobs with Carolinas HealthCare System.
6. Pat Lewis read the names of all alumni who passed away since our last meeting.

*Other business:*

Future meeting will include tour of the new CMC ICU tower. Treasurer's Report indicates a balance of \$4,131. NCLEX Study Guides have been donated by alumni to the AHEC library for use by students. Appropriate book plates will be put in books. Group will purchase "Straight A" study books for student use in the AHEC library. Kathy Bruce will be our president for 2008-2009; Garland Smith will continue as treasurer; Linda Perkins as secretary. Vice-president (president-elect) is unfilled.

Social event was planned for June 7: alumni will bring covered dishes; alumni association will provide entrée. Community Project for May meeting; bring book for Levine Children's Hospital adolescent collection. Decision made to donate \$500 from alumni association to the Levine Children's Hospital library, teen collection.



*Attendees at February meeting included Ann Miller ('47), Elinor Caddell ('44), Garland Smith ('54), Diane Wagstaff ('61), Vonetta Abraham ('48), Debbie Bradshaw ('96).*



*Among the alumni who brought gifts for the Levine Children's Treasure Chests: (L-R): K. Bruce ('64) N. Rogers ('00) N. Hill ('67) E Sheppard G. Cloer (1951) J. Booth ('57) R. Currin ('99) L. Perkins ('67) L Capranica ('05) D. Wagstaff ('61) J. Wright ('51) M. F. Proctor ('56)*

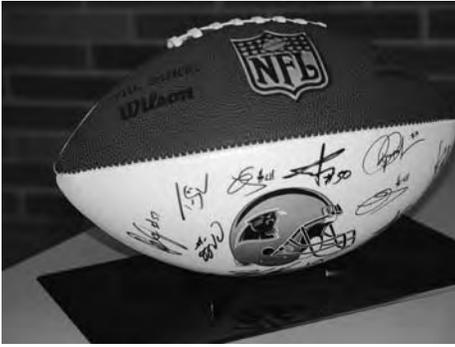
### CCHS Alumni Earn Masters in Nursing in Nurse Anesthesia



In December, 2007, Kent Hoggard ('02) and Tara Kennerly ('98) earned Masters in Nursing in Nurse Anesthesia from the Carolinas Medical Center/UNC Charlotte program.

Pictured left to right: Kent Hoggard, Ellen Sheppard and Tara Kennerly

## CCHS Credited with Advancing the Arts and Sciences in Charlotte!



For the second year in a row, CCHS took top honors among Carolinas HealthCare facilities in fundraising for the Arts and Science Council (ASC). ASC funds struggling and well-established initiatives in Charlotte, from neighborhood theaters to the symphony, from science fairs to Discovery Place, and from ImaginOn to the Mint Museum. Due to its emphasis on the arts and sciences, this cause has a special place in the hearts of CCHS educators. But it takes assertive fundraising to turn sentiment into dollars, and CCHS's Joy Godwin knows just how to do that!

To kick off the 2008 campaign, Joy and her committee planned a spectacular "Walk 4 the Arts" tour of free public art in uptown Charlotte. A new twist this year involved using Charlotte's light rail system to transport walkers to the heart of downtown. Another big event, our annual Martin Luther King, Jr. tribute, included a catered lunch of all of Dr. King's favorite foods and Alicia Williams' historical re-enactment of many events from the civil rights era. The CCHS auditorium was packed with a sell-out crowd from all parts of Carolinas HealthCare System! Though neither of these events was intended to raise funds, they raised awareness of our campaign, and of the importance of art, science, and culture in our community.

When it came time for contributions, CCHS staff and faculty dug deep. The goal assigned to the college by the healthcare system, based on our number of employees and their average income, was \$2,150.00. We topped that by 232% and raised \$4,996.08, helping CHS raise a total of \$468,900! To show its appreciation, the college was presented with a "Most Valuable" trophy - an NFL football autographed by each member of the Carolinas Panthers!



*For Outstanding Fundraising for the Arts and Science Council, the MVVP Award (Most Valuable VP Award) was given to Carolinas College of Health Sciences (L-R): Russ Guerin, John Tartt, Joy Godwin, Ellen Sheppard, and Michael Tarwater.*

## Beta Zeta Sigma Helps Out Camp Care



*Members of the Beta Zeta Sigma Chapter of Phi Theta Kappa wrapped close to 1,000 gifts for Camp Care. These gifts were distributed during the holidays to children living with cancer who have participated in Camp Care. PTK also donated a 'red flier' wagon to the Levine's Children's Hospital*

## CCHS Students Contemplate Mental Health

To learn about psychiatric nursing in the "old days," Charlotte Mecklenburg Hospital nursing students packed their bags and moved to Torrance, Pennsylvania, for three months. There they learned about mental illness by working at a state mental hospital. Society's understanding of mental illnesses was in its infancy; effective treatment was largely non-existent. Memories of CMH nursing students in the early fifties included: "Two pounds of keys around my waist; we even counted spoons," "showering the seclusion patients and helping with E.S.T." Mostly they longed to leave the cold Pennsylvania winter and return to Charlotte's blooming dogwoods.

Today, CCHS Nursing students dedicate seven weeks to understanding behavioral health – everything from addiction and depression to neuroses and the most severe mental disorders. They observe and work with inpatients as well as outpatients. They also study developmental psychology and introductory psychology for a semester each.

The comments below are excerpted from students' self evaluations and journals in behavioral health nursing (taught by Sara Masters, Cathy Borysewicz, and Cathy Holton) and psychology (Dr. Lori Lieving). It's clear that today's students are learning a gentler, kinder understanding of cognitive and neurological disorders!

*After this class, my perception has changed: I analyze more and am less judgmental. Knowledge truly is power.... having a better understanding puts a human face and spirit to mental disorders and diagnoses. This has been a wonderful learning and growing experience, and I am looking forward to applying more of what I have learned to my own life*

*This rotation has given me a glimpse into the range of illnesses that can affect people of all cultures and classes. The assignments have been emotionally draining, leaving me sad and worried for my clients. I continue to think about many of them and find myself wondering if they're being compliant with their meds, if they're continuing with outpatient therapy, if they've managed to stay clean, if they found a safe place to stay, if they're just safe - period. I was so touched by one client's story, and so grateful for his willingness to talk about his long, painful struggle with heroin addiction.*



*THEN:  
Torrance State Hospital and CMH  
students who cared for patients*

*I've walked away from every class this semester having learned something new and valuable. As of today, two months into the course, I'm still gaining insight to the potential each patient has.*

*I've been exposed to a lot in the past six weeks, and I feel more mature because of it. The more I see, the less naive I feel. This will play a huge role in my practice as a nurse. Taking care of someone's health requires confidence and security, and I feel that my experiences in this rotation have empowered my self awareness and poise. I've gained insight into the power of an individual through speech, expression, and even silence. I've realized I have a passion for hearing peoples' stories and understanding the why's and how's of who people are. Helping others get to the bottom of their struggles is quite a challenge, and I would be honored to have a part in doing so one day. I am excited to see where this will take me in my nursing career.*

*This class provided me the opportunity to look at myself critically while in a safe environment in order to become more self-aware. We must first understand ourselves and our beliefs about substance abuse, mental illness, etc. before we are able to provide optimum care for our clients. I have become very aware of my communication skills, not only while in clinical, but in my personal relationships.*

*I've learned the importance of "looking beneath the addiction/illness" to uncover the hurting soul beneath. This has been a wonderfully amazing experience; whether or not I ever work directly in a mental health setting, the lessons and insight I've gained will enhance the holistic aspect of my patient care forever.*

*We all come into nursing for various reasons: a dream, a goal, a desire to serve, heal, help return to wholeness/wellness/acceptance. Our group has awesome young women (I include myself - young at heart, anyways!) with a gift and compassion. As everyone so eloquently shared, it has been eye-opening, painful, heart-breaking and inspiring to see how the depths of pain, despair, grief, loneliness and misunderstanding have contributed to the "mental health community." I feel I have been given a rare opportunity to glean insight into this very underserved population of wounded souls. Whether or not I work in this specific area of nursing, I will take with me many valuable life lessons of survival, redemption and restoration of the human spirit.*

*Sharing my past with this group only reinforces what [the instructors] stated at the beginning of class - the darkness of our pasts only hold the power of fear and shame as long as "they" lay hidden in the secret folds of darkness within our souls. God has given me the compassion and humor to use the tragedy in my life to help another person regain/restore/redeem his/her life; help heal those wounds. If they can begin to see themselves as worthy to be loved and to love, then another life was saved. I will definitely be staying in touch with you - I'm not just going to graduate and leave CCHS, I'm on a mission for women and moms, especially!*

*continued on next page*

## CCHS Students Contemplate Mental Health



*NOW: Treatments include group and individual therapy, family and work place counseling*

*continued from previous page*

*When I first discovered that Mental Health was a required rotation, I hoped to take it last. My reservations were largely due to the fear of the unknown. Images of Jack Nicholson from *As Good As It Gets* and Brad Pitt from *12 Monkeys* raced through my mind. I had preconceived notions of mental illnesses and how those with mental illnesses act. What I discovered, however, was a world filled with functioning members of society. My first week I was introduced to a patient who had lived a normal and productive life until he had maladaptive responses to stimuli in his external environment. Major depression set in, which led to 2 suicide attempts. What I saw was that anyone who lives and breathes has the potential to end up in a mental health facility, myself included. I interacted with patients who had obvious chemical imbalances. I was surprised at how real these experiences and hallucinations were to them. Hearing voices through microchips implanted in ears was discussed as if we were talking about the weather. This was reality to the patient, and it was encouraging to see that she was getting the help she needed to be able to return to society.*

*I no longer see mental illness as being a fearful condition. We all are "one brick shy of a full load," and none of us is exempt from becoming suicidal or addicted to drugs. I learned how crucially one's environment shapes them, and how important it is to include this in our holistic assessments of all of our patients. I [am] confident that what I learned here will have a huge impact on my future nursing care.*

*I never really thought about psychology until this class. Not only have I learned a great deal, I have changed my outlook on the power of the mind, and in many ways I have changed the way that I deal with various issues in my life.*

*I think that people go through life with a predisposition to certain things. One of those is people with mental health issues. We call the doctors "shrinks" and the patients "nuts." That couldn't be further from the truth. A broken mind cannot be fixed with instruments, it takes time, patience, compassion and a competent professional that understands and cares.*

*Going forward with life and a healthcare career, I think I'm going to slow down and look at things for what they are worth. It's too easy to make snap decisions and judgments about people without understanding their plight. The power of compassion and touch can do wonders for the mind.*

## Caddell Honored by UNC, Charlotte



Elinor Caddell: the name stirs memories and warms hearts of virtually anyone associated with Charlotte Memorial Hospital during the forties and fifties. Ms. Caddell was in the first graduating class of nurses from CMH and went on to be in the first BSN and then graduate class at Duke. She taught nursing anatomy and physiology at CMH, and a decade of students remember her as the most wonderful, caring, and gifted teacher ever. She was eventually lured to UNC, Charlotte by Bonnie Cone to establish the nursing program there, and she also started the first nursing graduate degree endeavors in Charlotte, escorting a class of students from Charlotte to Chapel Hill for class each week. This and more was described in our fall, 2005 issue of *Connections* when she was highlighted as the year's CCHS Distinguished Alumnus. Obviously, Elinor Caddell's name is inextricably woven into the history of nursing in our region.

Thus it was no surprise to anyone except Elinor when UNC, Charlotte honored her by naming a conference room in the new Health and Human Services Building after her. Perhaps she should have seen it coming. It "just happened" to be her birthday, and the School of Nursing "just happened" to invite her to join them for some light refreshments in their new building. But that was just the cover story! To her surprise, a state-of-the-art conference room in the new building had a plaque recognizing her contributions to the University and the School of Nursing, and officially deeming the room the "Elinor Caddell Conference Room." Now Elinor Caddell's influence on nursing education will continue to be felt by additional decades of students!



## Winter Graduation

*Upper left:  
Nursing honor  
graduates Catherine  
Laughlin and Catherine  
Karnazes*

*Upper right:  
Medical Technology  
graduates Star Savage,  
Kate Knauff and Stacey  
Roper*



With the January '08 presentation of certificates, 4 new Medical Technologists joined the ranks of clinical laboratory personnel across North Carolina. Before starting at CCHS, they'd already earned a 4-year degree in biology or chemistry; now they're prepared to solve medical mysteries and save lives! This makes 12 Med Tech graduates for the year, and both classes had 100% graduation rates and 100% registry pass rates. On top of that, members of both classes ranked in the top 5% of the US in certification test performance.

Fifty-one nursing students and fourteen paramedics graduated in December 2007. All the new paramedics are employed by Medic, and the vast majority of the new nurses accepted positions with Carolinas HealthCare System. All 65 new graduates passed their respective certification exams on first writing, well exceeding state and national norms. The graduation keynote speaker, Dr. Jon Krohmer, Deputy Chief Medical Officer of the Department of Homeland Security, urged the new healthcare providers to remain focused on excellent care and patient safety, to never stop learning, and to always be open to new challenges. Josh Stiles, president of the Phi Theta Kappa Honor Society, modeled for graduates the importance of maintaining a sense of humor.

## "Honorary Alumnus" Lena Nash Johnston Dies



*Ellen Sheppard,  
President of CCHS,  
sits with Honorary  
Alumnus  
Lena Nash  
Johnston in 2002*



A special and unique CCHS alumnus passed away in February: Lena Nash Johnston. Ms. Johnston was an "Honorary Alumnus," but she embraced CCHS as if it were truly her alma mater, and we returned the affection. Lena was featured in the August, 2002 issue of *Connections*, page 6.

Ms. Johnston was born in 1911 and was actually a St. Peter's alumnus, class of '34. (There was no Charlotte Memorial Hospital when she went to nursing school.) We "adopted" her in the mid 90's as there was no St. Peter's alumni association. Lena worked at Charlotte Memorial for many years, so she felt as if she belonged here. She even remembered teaching Elinor Caddell!

She loved attending our homecomings and convocations, and was also a regular donor to the college. Many CCHS students and alumni were introduced to Lena Johnston as "our oldest alumnus." After her husband died in the seventies, she lived alone in her home in South Charlotte for over 30 years. Lena had moved into Sharon Towers in Charlotte a few months before her death. Until just a few years ago she still drove on her own.

Lena amazed us with her sharp mind and her wonderful stories of nursing - and of Charlotte - in the 30's and 40's. She will be missed.

## They've Only Just Begun... Their Nursing Careers!



Mr. and Mrs. Julian (Shane and Cindy) share their lives and their professions

Mr. and Mrs. Julian, Shane and Cindy, each have new initials after their names: RN. The couple attended CCHS together, graduating from the School of Nursing in December, 2007. They took and passed boards together, and are beginning their nursing careers together. Most families say life with a nursing student in the household is stressful. Imagine two of them!

**Q. How long have you guys know each other?**  
We met in October of 2000 and got married in February of 2001.

**Q. How did you make the decision to go nursing school?** We both knew that we wanted to help people and believed we could offer something to the nursing field.

**Q. What if you hadn't both been accepted?** Well, it did not start out as "let's go together." We just happened to apply at the same time and really did not plan on getting accepted at the same time, so it was a big surprise to get accepted together. So the answer to your question is it would have been fine if we had not been accepted together, but I believe that God had a schedule in mind.

**Q. Did you study together? Have all classes together? Were you able to get by on just one set of textbooks?** Yes, to all of these questions, all of our instructors worked for us to be together. That was wonderful- we only had one car!

**Q. Did you have individual strengths/challenges?** Our study styles were pretty much the same, but we definitely excelled at different things.

It was a great thing, because we could help each other through what the other did not understand.

**Q. Many people say they couldn't have been successful in nursing school without a partner or spouse who did the "other stuff." How did you divide up the responsibilities & work?** We definitely have more school loans now, which helped with the financial part so neither one of us felt like we had to work more than part time through school. We divided up everything equally and it was surprisingly very natural. Once we finally decided to do it together, other things seemed small, even having to take out loans. We had one focus and that was to get through nursing school and to graduate TOGETHER!

**Q. Were there any special challenges, going through as a couple?** Not really, it was a natural process; we work well together, and with that it was really easy.

**Q. Are you working together now?** We don't work on the same unit. Cindy is in the neonatal ICU and Shane is at Dickson Heart, but we do work the same shift & plan to continue that.

**Q. What are the upsides and downsides of being married to someone who does the same work you do?** I couldn't even begin to count the upsides! Understanding each other's schedules, the need to work holidays or weekends, and someone who understands I may not leave the unit on time. I could go on and on. The downsides - well, I cannot think of any!

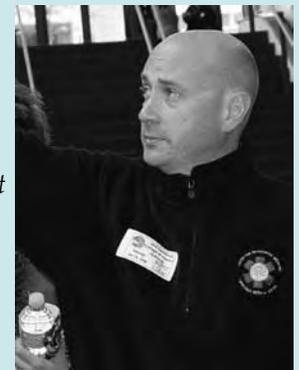
## Faculty & Staff News



Dr. Hampton Hopkins

- In January Dr. Hampton Hopkins was a featured speaker on the topic of student retention and customer service at the annual faculty meeting at Itawamba Community College in Mississippi.

- Congratulations to Alaine Miller, RN, MSN who completed her Master of Science in Nursing Education from East Carolina University in December 2007. Ms. Miller has been a clinical nursing faculty member with the College since 2004.



John Tartt

- John Tartt, Director of the Carolinas College of Health Sciences (CCHS) School of Emergency Medical Sciences and Paramedic Program, has accepted a seat on the Board of Directors for The Emergency Medical Services Educator Certification Services (EMSECS). This national body is responsible for developing and maintaining a valid and uniform process to certify EMS instructors.

- Mr. Tartt has also been appointed to a task force aimed at improving the sharing of patient health information throughout the emergency response process. The task force is a joint partnership between the Healthcare Information and Management Systems Society (HIMSS) and COMCARE Emergency Response Alliance.

## CCHS Opens Young Hearts to a Health Care Career

How do you get the word out that careers in health care are plentiful and rewarding? HEROES has the answer! The Charlotte AHEC HEROES Program (HEROES = Health Career Education – Reaching Out to Excellent Students) is state-supported and targets all pre-college youth, with an emphasis on underrepresented minorities and economically/educationally disadvantaged populations. The program’s goal is that 90% of middle and high school students they work with demonstrate increased awareness of health careers and develop the personal skill sets required to become health professionals.

*“It was a joy to see the students get even more excited about careers in health care.”*

- Michelle Boyd,  
Charlotte AHEC Education Specialist

February’s meeting was hosted by and dedicated to CCHS. Thirty-nine students from various Mecklenburg County public, private and home schools attended. After being treated to dinner, the students rotated through carefully planned stations that allowed them to get up close and personal with interactive displays depicting nursing, phlebotomy, surgical technology, radiologic technology, and paramedic careers. College staff, students, and healthcare professionals demonstrated, answered questions, and allowed the students to practice newly-acquired skills.

The event was the brainchild of Michelle Boyd, Charlotte AHEC Education Specialist. Delighted with its success, Boyd commented, “It was a joy to see the students get even more excited about careers in health care. Many of them had not considered a career in phlebotomy, surgical technology, or radiologic technology. Because of this event, I believe they are taking a second look at these careers.”

Rhoda Gallo, CCHS Admissions Officer who planned and hosted the evening, agreed: “This event, and our partnership with AHEC, allowed CCHS to reach out to young people who might not otherwise know about the college. I believe we opened many minds and hearts to the potential of a career in health care.”

If you know someone considering a career in health care, please invite him or her to visit CCHS, attend an information session, or make an appointment with an admissions counselor: 704.355.5051. Or, visit our website and click on “Prospective Students.”



High school students learn about healthcare careers from CCHS and MEDIC professionals.



## CCHS Works At Charlotte Christmas Bureau

From faculty member Sara Masters, written to President Ellen Sheppard after returning from a half day of paid release time to work at the Charlotte Christmas Bureau with 15 other CCHS staff:

*Thanks so much for the support and encouragement in our volunteering at the Christmas Bureau. I enjoyed working alongside colleagues in a relaxed environment, got to meet so many wonderful people who were volunteering, reconnected with a youth I had known at West Charlotte High School who now works for the Salvation Army and, most importantly, interacted and even cried with several recipients who were overwhelmed with the generosity of the community. I even had to use my critical thinking skills to figure out how to get 4 bicycles and two large bags of gifts into one vehicle so young ones would have a joyous Christmas. I can think of no greater gift I could have received this holiday season. It will be on my list as a priority for each season to volunteer in this way. Thanks so much for the opportunity.*

## CCHS Alumnus Curtis Petree: Most Valuable Nurse Anesthetist

Each year graduating nurse anesthetists from the CMC/UNC Charlotte Nurse Anesthesia program select a nurse anesthetist to honor with the coveted Evelyn Marie McManus Award. The award, named after a longtime CMC anesthetist who embodied dedication, professionalism, and commitment to the practice of anesthesia care, goes to the anesthetist voted by the graduating class as "Most Outstanding Practitioner."

The graduating class of December, 2007 selected Curtis Petree as its recipient. Curtis graduated from CCHS in 1996 and from the CMC/UNC Charlotte CRNA program in 2004. In announcing the selection, the presenter hailed Petree as "setting a high standard for us, but always willing to listen and explain. He respects what we know, senses what we need, and teaches us without intimidation. When you see his name on the board, and you know you'll be working with him, you know it'll be a good day."



Curtis Petree, December 2007 recipient of the Evelyn Marie McManus Award, with Karen Lucisano, Director, Nurse Anesthesia Program (left), and Ellen Sheppard, President, Carolinas College of Health Sciences.

## Mystery Guest Shocks CCHS/CMH Alumni at Post-Holiday Party!

It was January. The holidays were behind us. The alumni party was in full swing with twenty-some CCHS/CMH alumni spanning graduation years from 1948 (Vonetta Abraham) to 2006 (Laura Capranica). For several attendees, it was the first alumni function they'd attended. For one, who'd just moved back to Charlotte from Birmingham, it was the first time she'd seen classmates since her 1962 graduation. Great food and fine wine were flowing, not to mention lots of laughter and great stories.

Then Screech! The party came to a dead stop when an aging blonde in a white mini-nurse's uniform sashayed in swinging a catheter bag and a stethoscope, demanding to know, "Is this where all the old nurses are partying?" All attendees stared in disbelief. The face – indescribably ugly – was nearly as repulsive as the obnoxious voice and the ridiculously skinny legs, clad in white panty hose and scuffed tennis shoes.

Judy Perrell (SON '62), host of the gathering, shook her head in disbelief and claimed to have no insight. Finally, after standing dumbfounded as the mysterious guest regaled us with taunts about "us old nurses,"



FIRST ROW L – R: Judy Perrell (62), Virginia (Ginger) Cloer ('51), Garland (Smitty) Smith ('59), Brenda West ('62), Vonetta Abraham ('48), Sherrie O'Connor ('62). SECOND ROW L-R: Barbara Gabriel ('66), Patsy Martin ('56), Joyce Merritt ('54), Pat Lewis (CCHS Staff), Martha Ellinger ('64), Laura Capranica ('05), Dr. Schug, Mary Faye Proctor ('56), Dianne Wagstaff ('61), June Booth ('57), Janey Disher ('57).

one alumnus gently put forth, "I think it's Dr. Schug." The gig was up. Indeed the intruder was Dr. John B. Schug, long time and much loved retired obstetrician. Relieved to have been outed, Dr. Schug peeled off the ugly but life-like plastic mask and curly blonde wig. The skinny legs, he admitted, were his; nothing could be done about them! Dr. Schug

and his lovely wife Peggy joined us for dessert, pictures, and lots of great tales about Charlotte Memorial as it used to be! Special thanks to Judy Perrell for opening her wonderful home to our group, and to Dr. John Schug for making a great party memorable!

# ALUMNI pathways



## Class of 1951, SON

More on Sept. 2008 Reunion later! **"Sooky" Hoffman** is getting ready for a mission trip to Mississippi in April and hopes for a medical mission in June to Moca/Tamboril in the Dominicans. **"Sissy"** and George **Austin** returned from FL to Burnsville March 9<sup>th</sup>. **"Mossy" Ansley** and daughter-in-law, Rita, take advantage of her "up" week (like meeting Billy Ray on "Ladies Nite Out.") Counts are down to 20,000, hgb is up, and platelets good! She's having "great fun" with that new strawberry blonde wig! **Billie Mitchell** is feeling much better; after missing 2007 reunion, is looking to 2008's! **Janet** and **Jim Clapp** are planning a June trip to Chicago to see granddaughter graduate from high school. **Connie** and **Joe Anderson** were in Chester, SC for the funeral of his brother in November and spent 3 weeks in Key West for the holidays. **"BJ"** and **Paul McCartin** celebrated son Chip's 50<sup>th</sup> birthday in January with family at the Outer Banks. **Lazelle Vielle** will be in Rockwell, NC in mid-March with remaining siblings after three close deaths: sister Ruth in June, then Dorothy's husband, and then, 93 year old sister Dorothy on February 28<sup>th</sup>. **Anne Britt Meiers** has her Sea Island home on the market, staying close to Nashville and the blessing of the doctor who knows her case so well. **Mary Ruth Fulbright** and **Joe** are "on steady course," they're glad to say. **MaryAnn Stewart's** daughter **Mary Katherine** had surgery for breast cancer in January followed by radiation treatments and chemo; her prognosis good. **Katherine Townsend's** looking forward to children and grandchildren coming to Hawaii this summer

## SON Class of 1959, September 07 Gathering

Seated, L-R:  
Garland Smith,  
Ann Howell Mosteller,  
Dot Simmons Fodel

Standing, L-R:  
Betsey Medlin Duncan,  
Mitzi Parish Wardel,  
Nancy Lineberry Cathcart  
The classmates gathered in  
the Southport home of  
Betsey Duncan.

and hopes she and daughter Debora will make reunion '08. **Janice Wright** loves the retirement center at Sun City, SC – still close enough to luncheons with **Barbara Aycock, Margaret Viso** and **Ginger Cloer**. All met for Christmas luncheon with **Babs Johnston** in Davidson. **"Smitty" Pelletier's** husband, Jere Rufus, took all children and grandchildren to W. V. ski slopes for birthdays. "Smitty" decided not to take a chance with low immune system. **Ginger Cloer** had a 2<sup>nd</sup> grandchild's wedding in November – Johnny's Renee to Victor. And **Rayma Lou** and **Curtis Robbins, Nancy Bartlett** and **George, Barbara Gardner Gray** and **Lawrence** are all well at this time. A good Spring Reawakening to all!

## Class of 1954, SON

**Hilda Patterson** has moved to Chapel Hill, NC

## Class of 1961, SORT

**Sandra Funderburke Wallace** retired from Presbyterian Hospital in 2007. As a tribute to her long and outstanding service, a classroom was named after her. "This may be the only hospital classroom is the US named after a radiologic technologist," said former program director and alumnus **Susan Stricker**. The imaging supervisor at the hospital who requested the designation reports that the fate of the classroom is still up in the air, since space is so limited. "But if it is going to remain a classroom, we'll definitely make the name official, with a plaque and everything." Watch "Pathways" for updates!

## Class of 1981, SORT

**Laura Pring**, AAS 2002, was a featured photographer in an exhibition at Queens University in December.

## Class of 1993, SON

**Kathleen Ross Benson** works at CMC-Union as their Clinical Nurse Specialist.

## Class of 1996, SON

**Debbie (Debra) Bradshaw** will be graduating from UNCC on May 10, 2008 with her BSN. **Erica Cirillo's** daughter, **Maeve Reilly Cirillo Brinkley**, was born on 1/27/08 weighing 8 lbs 6 oz. **Robyn McAreavy** is returning to school to earn her MSN in Nursing Education at UNC Charlotte. Her older son graduates from high school this year and **Ian**, her "CCHS baby," is in 7<sup>th</sup> grade.

## Class of 1997, SON

**Amy Harrick Fisher** gave birth to a 10 lb son, **Lincoln**, by caesarian section on Feb 7 at CMC. It is her first. **Jeff Reece**, currently Chief Nursing Officer for Chesterfield General Hospital in Cheraw, SC, was appointed to serve as the Division 1 Chief Nursing Officer Mentor for Community Health Systems, Chesterfield Hospital's parent organization. Division 1 consists of hospitals in NC, SC, VA, GA, FL, AL, and MS.

## Class of 1998, SON

**Karen Ivey Kelley** and her husband, **Chad**, had baby girl, **Georgia Anne**, in January. **Melissa Bumgardner Yow** completed her BSN at UNCC in 2002. She enjoys her work for The Stone Institute of the Carolinas (mobile lithotripsy unit). Lithotripsy is the breaking up of kidney stones. **Melissa** works with multiple urologists from Charlotte and surrounding counties; she has been married to her current husband for three years.

## Class of 2000, SON

**Tissa Gidney Easter** earned her BSN from Winston-Salem State University in December, 2007.

## Class of 2001, SOMT

**Brooke McGill** works 3rd shift at Watauga Medical Center in Boone, NC. This spring she starts an online Masters program in Clinical Laboratory Science through the University of Medicine and Dentistry of New Jersey. **Hodan Sodal** has transferred in the CLN Tissues Typing department.

*Continued on next page*

# ALUMNI pathways

Continued from previous page

## Class of 2002

**Nicole Shipley Mohrann, SOMT**, along with her husband and their cat, is going to be a traveling tech with Aureus. The pay and benefits are good, enabling the family to keep their house. Her first assignment will be a second shift in Boston in a blood bank. **Leigh Ann Nichols, SON**, and her family have moved to the Nashville area. They have 2 children, Ann Elizabeth, 4, and Walter, Jr., 2. Currently a stay-at-home mom, she is pursuing her TN state license.

## Class of 2003, SON

**James Herman** has been accepted into the Nurse Anesthesia program at UNCC to start in August 2008. His oldest son Jacob will be 5 this summer and starts kindergarten in the fall. His youngest, Ben, is 3 now.

## Class of 2004

**Heather Winecoff Todd, SOMT**, is now the supervisor of the Molecular Pathology department, replacing **Dee Price Meadows, SOMT 2001**, who has temporarily retired to stay home with her son. **June Breen, SON**, is a mother to two beautiful boys Steven, 6 and Matthew, 2. She works PT at CMC NE in mother/baby and thanks Sylvia Doyle for helping her find her true

passion in maternity nursing. **Lindsay Ballard, SON**, is getting married on June 21 to Kathy Humphrey, an accountant. He works at Presbyterian. **Rachel Hargett, SON**, married Matthew Moore on November 17, 2007.

## Class of 2005

**Angel Pendleton, SOST**, and husband, Rusty, live in Durham with their 3-year old daughter, Amelia. She is starting a new job at Carolinas Donor Services. **Juanita Davis Brown, SON**, lives in Lakewood, CO. **Schaley Brigman Coulter, SON**, married in September, 2007. An assistant nurse manager on a surgical trauma ICU at CMC, she and her new husband, Matt, live in Huntersville, NC.

## Class of 2006

**Allison Hanley, SOST**, has been accepted to PA School at Quinnipiac University in Hamden, CT. She will be relocating this summer to begin in August. **Neema Shah Sheth, SOMT**, married in the fall of 2007 and lives with her new husband in Smyrna, GA where she is working in microbiology. **Will Borders, SOMT**, transferred to the CLN Molecular Pathology department. **Amanda Verdone Muller, SON**, married on June 16, 2007. She and husband, Joseph, live in Rock Hill, SC.

## Class of 2007

**Cassidy Pickard Tilt, SON**, was married October 20, 2007. She and her husband are considering a move to Alabama. **Emily Skolrood Edwards, SON**, is married and working at CMC University. Although she does not relish working nights, she does enjoy being a nurse and a wife. **Rebecca Tarte, SON**, works at Levine Children's Hospital on the 9<sup>th</sup>, or Newborn to Toddler, floor. She loves her job and can't think of a better department or profession to have chosen. **Sarah James, SON**, married Nate Linse on Aug 10, 2007. Congratulations to **Rachael Hack, SOST**, as she and Eric Picone were married in February. She loves working at CMC-Main in the operating room, specializing in orthopedics. **Erica Beldegreen, SOMT**, has been admitted to nursing school at Jacksonville University in Jacksonville, FL. The 14-month program begins May 12, running Monday-Thursday. The second year includes an international nursing elective. **Yvette Holloway, SOMT**, is working in Special Hematology at CMC. April weddings are planned for **Leslie Bilbro, SOMT**, on April 5<sup>th</sup> and **Caroline Nguyen, SOMT**, on April 12<sup>th</sup>. Congratulations!

## 1960 Nursing Class at 2007 Reunion



Seated left to right:  
 Blau P. Bennett, Libby H. Greene, Vera T. Smith, Mary Lou B. Overton, Nancy L. Finley, Martha E. Myrick, Joreita C. Efird, and Judy H. Lindsay.

Standing left to right:  
 Joyce L. Walker, Pat C. Allen, Joan S. McClellan, Mary Ann J. Simpson, Peggy S. Meadows, Ann S. Allen, Marlene P. Smith, Julia H. Starn, Lunette P. McLamb, Susan L. Baker, and "C.C." P. Wagoner

# DONORS list

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 Ms. Janet H. Clapp, SON '51  
 Mrs. Susan B. Thomasson, SOMT '76, CCHS Faculty

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 Dr. Bryant L. Galusha, Friend of CCHS, Elinor Caddell Scholarship Fund  
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 Ms. Cathy C. Putnam, Friend of CCHS, Wilma Crawford Library  
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SOEMS	School of Emergency Medical Science
SOMT	School of Medical Technology
SON	School of Nursing
SORT	School of Radiologic Technology
SOST	School of Surgical Technology

## You Make A Difference!

Thank you for these generous gifts and pledges given from November 9, 2007 through March 10, 2008

Mrs. Margie C. Eddy, SON '48, In Memory of Elaine W. Parker and Ruth A. Spoon  
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 Tonia D. Zimmerman, SON '98

### Please note:

In preparing this list of donors to CCHS, every effort was made to ensure accuracy and completeness. If a mistake is made in a donor's identification or if a donor's name is not included on the list, we sincerely apologize. Please report any corrections to Nancy Watkins: 704-355-4025  
[nancy.watkins@carolinahhealthcare.org](mailto:nancy.watkins@carolinahhealthcare.org). Thank you.

## In Memorium

Allie Moore Cook SON 1945	Geraldine Valentine Morrow SON 1954
Lena Johnston St. Peter's Class of 1936	Elaine Waller Parker SON 1948
Betty Patterson Masten SOMT 1955	Ruth Atwell Spoon SON 1948
Josephine Nantz Canupp SON 1947	



## CCHS Leadership Class Helps Out At Crisis Assistance Ministry

The CCHS Leadership Class went to Crisis Assistance Ministry on Feb 19 and helped sort through the clothes as a part of its servant leadership experience.

*Pictured: (Front, L - R) Heather Johnson, Samantha Cole. (Back, L - R) Shannon Helms, Ashley Pless, Karen Hart, Sara Masters (instructor), Amanda Jones, Jennifer Lackey*



## We Love Your Testimonials

From Alison Mothershead (Nursing '07):

*I am convinced ours is the best nursing program in the area. And orientation is a breeze with the background we are rooted in...everything from infection control to security- we learned it from day one.*

From Karen Ivey Kelley (Nursing '96):  
*I am working at Charlotte Surgical Group and have been there for 8 1/2 years. I still am amazed at how much more nursing knowledge, fundamentals, skills and judgment I have due to my education at CCHS compared to other nurses educated elsewhere. I am so proud and appreciative!*

From Robyn McAreavy (Nursing '95):  
*I remember fondly my days at CCHS. In fact, one of the reasons I'm getting my MSN is because of the support I had in school. I've heard so many horror stories about nursing school from other nurses, that I'd like to be an educator who encourages others. Lord knows neither Mollie or I would have made it through without the "love and support" from the CCHS school staff!*

From Nancy Hill (Nursing '67):  
*I wanted to thank you for our nice alumni meeting last night which gave us the opportunity to tour the Levine Children's Hospital. I think I can probably speak for all alumni when I say how proud we are of the progression of "our" hospital. When I drove to the alumni meeting and was sitting at the 4-way stop, I looked across at the hospital. I couldn't help but remember the first time I saw it.*

*I was 17 years old and coming for my interview to hopefully gain admission to Charlotte Memorial Hospital School of Nursing. The A and B wings had been completed, though all the B wings wouldn't be open for a few years. To my young eyes, the structure was breathtaking. I distinctly remember looking at the hospital from that exact location and thinking that it was the most beautiful place I had ever seen. I believed that getting accepted at that school of nursing would be the greatest honor of my life. I can even remember the tingle I got when I looked at the hospital.*

*I still believe it was an honor to get accepted at the school and have always been proud to have been a graduate. Even though it's been many years since I worked at CMC, I will always have a sense of belonging for the grand hospital.*

Dear Mr. Smither,

*I rarely write letters like this but felt the need to let you know about one of your RT students working in the ER at CMC-University Hospital---Katherine Clark.*

*It was quite a few weeks before I realized (and the same case with several other PAs and NPs and a couple of our attending physicians) that Katherine was still a student. We all thought she was a newly hired graduate RT because her clinical and radiology skills reflected that status. When I finally noticed her name badge and student status, I told her that she was working way beyond her educational level. The others felt the same way.*

*It may be that all your students function at Katherine's level but since she is one of the first I've noticed, I think that maybe she is a bit higher on the scale! It is a great reflection on your program to have students of her caliber helping us treat patients in the emergency department.*

*Thanks for continuing the excellent CMC tradition of teaching and training folks to carry on with the honorable and very rewarding profession of health care.*

Sincerely,  
 James E. Hill, Jr., P.A.-C., M.Ed.

## CONNECTIONS profile update

Anything new in your life? Please fill out the information below and send to:

Publications Manager, CCHS, PO Box 32861 Charlotte, NC 28232-2861.

You can also update profile information on line at: [www.CarolinasCollege.edu](http://www.CarolinasCollege.edu) Click on **ALUMNI** and then **ALUMNI ADDRESS & NEWS**.

Name: \_\_\_\_\_

Name while attending CCHS: \_\_\_\_\_

Year completed CCHS: \_\_\_\_\_ Program: \_\_\_\_\_

Additional degrees completed: Degree: \_\_\_\_\_ Field: \_\_\_\_\_ School: \_\_\_\_\_

*New contact information:*

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

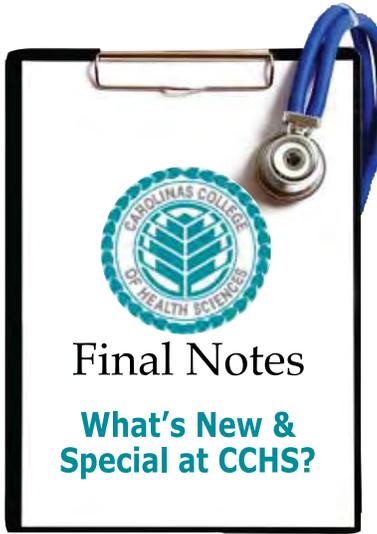
E-mail Address: \_\_\_\_\_

Employment: \_\_\_\_\_ Job Title: \_\_\_\_\_

Marital Status: \_\_\_\_\_ Number of \_\_\_\_\_

Children: \_\_\_\_\_

Other News: \_\_\_\_\_



need for these skills, a one-day course was developed and offered by nursing faculty members Brenda Vasquez (CCHS) and Alicia Anderson (Mercy School of Nursing). A full day "Train-the-Trainer" course was offered on February 26 and again on March 4, with over 80 nurses attending. Materials were provided so attendees could replicate the training for other nurses back on their units. Both the post-test and the evaluation data indicate the training was much needed and appreciated. The college plans to repeat the workshops annually.

program was among the top 8% of nursing programs in North Carolina on NCLEX pass rates, and in the top 11% of the nation. The nursing class of December 2007 is breaking all sorts of records. Not only did 100% of the 51 graduates pass the NCLEX exam on first writing, another new record was set when a full 92% of the class accepted RN positions with a Carolinas Medical Center facility.

**New Courses for RNs Offered by Carolinas College of Health Sciences**

1. New at CCHS in 2008 is "ECG for ACLS: Determining Lethal Cardiac Rhythms." This one-day class is offered by the Community Training Center at the college, and is for practitioners who need additional training on reading ECG's and understanding the pharmacology associated with ACLS. Interested? Email Christy Dull at [Christy.Dull@carolinashealthcare.org](mailto:Christy.Dull@carolinashealthcare.org) for further information.

2. More patients being admitted to acute care facilities these days have previously been diagnosed with diabetes. Registered Nurses and other members of the healthcare team who do not specialize in care of the diabetic patient are finding they must know about the unique nutritional, medical, and educational needs of those patients. Responding to RN's increased

**Carolinas College of Health Sciences Wins Grant Funding for Regional Workshop**

CCHS has received a grant from the Charlotte Area Education Consortium to sponsor a workshop for faculty and administrators from the 17 colleges and universities in the Charlotte region. The workshop, "Creating a Culture of Academic Integrity on Campus," will feature Rutgers faculty member Don McCabe, founding president of the national Center for Academic Integrity. The workshop will be held April 18 at the college. Inquiries should be directed to [Joy.Godwin@carolinashealthcare.org](mailto:Joy.Godwin@carolinashealthcare.org).

**Other Great News**

In an annual audit visit to our Community Training Center, the America Heart Association gave the life saving and first aid training center 100% in all areas of the audit. "This assessment provides evidence of excellent compliance and an excellent organization," declared the auditor.

96% of students who completed the nurse aide program in the last quarter of 2007 passed both the written and skills portion of their state competency on the first attempt... The North Carolina average was 75%.

**CCHS Nursing Graduates Exceed Expectations!**

In a recent report of data from the states' Boards of Nursing, Carolinas College's nursing

The School of Emergency Medical Science reports that 100% of its December Paramedic graduates passed both the North Carolina and the National Registry exams on the first attempt. The state average is 69%; the national average is 62%.

100% of the December EMT-Basic graduates, as well, passed both the North Carolina EMT Exam and the EMT National Registry exam. The state average is 84%; the national average is 71%.

