Our many different cultures notwithstanding, there's something about the holidays that makes the planet communal. Even nations that do not celebrate Christmas can't help but be caught up in the collective spirit of their neighbors, as twinkling lights dot the landscape and carols fill the air. It's an inspiring time of the year. - Marlo Thomas
The spring semester booklist is now available at http://direct.mbsbooks.com/CaroliniasCollege.htm

- Guaranteed Buyback: up to 70% off list price
- Rental: up to 60% off list price
- Used: 25% off list price
- Free Shipping on all orders over $99 from December 12th - 14th!!!

WE WILL MISS YOU!

It is with great sadness that the college announces the retirement of Brenda Vasquez effective Dec. 31. Brenda has been part of the very fabric of CHS and CCHS as she was one of the first faculty to teach in the school when it reopened in 1990. Employed by Charlotte Memorial Hospital since 1974 Brenda worked as a staff nurse and as an assistant nurse manager for two years. She was later promoted to instructor of education and staff development for the hospital and then coordinator of education and staff development. In 1990, Brenda transferred to the School of Nursing, (known then as the Charlotte Mecklenburg Hospital Authority School of Nursing). Brenda helped obtain North Carolina’s Board of Nursing approval for the School of Nursing and was an integral part of the first SACS accreditation.

Brenda’s expertise has been extremely valuable to the school as she chaired the nursing curriculum committee for five years and was instrumental in the development of three levels within the curriculum. During her tenure, Brenda also served as faculty advisor for the Student Nurses’ Association for over 20 years promoting the importance of being actively involved in the nursing profession on a political level. Brenda expressed deep gratitude for having been able to work with so many amazing faculty, students and patients.

The College also bids farewell to Lori Hight, who is leaving to begin her doctorate in nursing. Originally from Raleigh, NC, Lori moved to Charlotte in 1995 where she took a position as a cardiac intensive care nurse at Northeast Medical Center (now CMC Northeast) in Concord. She transitioned to teaching at Cabarrus College of Health Sciences as a result of her love of educating patients and their families as well as new nursing students. She became the coordinator and lead instructor for their NAI, NAII and med/surg students for theory, lab and clinical. In 2006 she joined Carolinas College as the coordinator of the nurse aide program and in 2008 she transferred to the faculty of the School of Nursing. Good luck Lori!

STUDENT OF THE MONTH

Congratulations to Sarah Walters, Medical Laboratory Science student, for being selected the Student of the Month for December! Sarah is from Lexington, NC. She was raised on her family’s farm where they grew tobacco and hay and also had a small herd of beef cows. Sarah attended NC State University where she graduated with a poultry science major and a minor in agri-business and animal science in 2007. After graduation from NC State, Sarah became a veterinary technician. She worked in this field for six years before returning to college to pursue a degree in MLS. Sarah drives a light pro tractor in tractor pulls all over the state. She travels most weekends to participate in the tractor pulls, but this allows her to spend time with her family and friends. Sarah’s tractor pull hobby is a family event and a large part of her life. Her many animals include: an English mastiff, a Jack Russell terrier, a Catahoula leopard, a horse, a donkey, a rabbit and a cat. She enjoys riding horses in her free time and she simply loves the outdoors. Sarah’s nomination for Student of the Month was based on her extremely positive work ethic in the clinical area for the MLS program. She volunteered her time to help with a temporary task in the lab at CMC and wanted to finish the project even though there was no compensation for the task. Sarah’s positive attitude reflects her level of caring and commitment to her chosen profession. Congratulations again, Sarah!
OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision making: service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc. One of the most significant is the bi-monthly President’s Forum. Attend, and let your voice be heard! Dr. Sheppard will be available Dec. 8, 10 to 10:45 a.m., room 174. Unable to fit this into your schedule, no problem. Stop by her office (room 110) or send her an email: Ellen.Sheppard@CarolinasCollege.edu.

CCHS TST CLINIC

One of the benefits of attending a Carolinas HealthCare System school: Free Immunizations! TST is the Tuberculin Skin Test, part of CHS’s safety plan for all patients, employees, and students. An annual TST assesses likely exposure to TB, so you can get the care you need. A TST is required during your birthday month or you can opt to get the test as much as 90 days in advance of your birthday. Free TST’s are available at CCHS and at the Teammate Health Office in the annex building across from the CMC ED. TST’s will be administered in the college lobby on Dec. 1, 10:30 to 11:15 a.m. If you are unable to take advantage of this, visit the Teammate Health Office in the CMC Annex Building for your free TST, M - F, 7:30 - 4:30.

CONGRATULATIONS, YOU’RE PROTECTED!

CCHS was proud to announce to the healthcare system that all clinical students were compliant with flu immunization requirements as of Nov. 28. The College is proud that its students understand their role in protecting patients from diseases they may unconsciously carry.

TEAM MEMBER SPOTLIGHT - Kimberly Yarborough

Kimberly is currently the Hematology instructor for the School of Clinical Laboratory Sciences at Carolinas College of Health Sciences. She grew up in Gastonia and after earning an undergraduate degree from North Carolina State University, she completed her Medical Technology internship at Charlotte Memorial Hospital in 1983 and has been employed with Carolinas HealthCare System ever since. She became an instructor in the School of Medical Technology in 1986 and received her Specialist in Hematology certification in 1989.

Kimberly met her husband Danny “cruisin’ the boulevard” in Gastonia in 1980 and married him in 1984. Danny is employed at Gaston County Public Works. They have a son, Hunter who graduated from Brevard College in May, 2013, and married his high school sweetheart, Hali, in September of 2013. The couple lives in Sylva, NC, while Hali completes her degree at Western Carolina University. Daughter Torie is currently attending cosmetology school at Gaston College to be completed in May 2016. Other household members include one chocolate lab rescue, Beau; a chorkie, Luke; and an African aquatic frog, Hugo, “hatched” by Hunter in 1998.

Kimberly loves tracking MLS graduates on Facebook, anything Snoopy, owls and retail therapy.

INCLEMENT WEATHER

Should inclement weather necessitate the delay or closing of the college, the status will be posted on the college’s inclement weather hotline (704.446.7854) and information portal, as well as local television and radio stations. If a delayed opening is announced, count the delay from 8:00 a.m. So if there’s a 2-hour delay, the college will open at 10:00 a.m. Pop Quiz: Your class regularly meets 9:00 to 11:00 a.m. on a day the college is on a 2-hour delay. What do you do? Answer: If you can do so safely, come in at 10:00 a.m. Your class will meet for one hour.
CONGRATULATIONS RADIOLOGIC TECHNOLOGY STUDENTS

Congratulations to the 16 Level 1 students in the Class of 2016. They have made it through the first semester of the program and are well on their way toward success in the remaining 4 semesters. Additionally, congratulations to the Level 2 students in the Class of 2015 who are entering the last semester of the program and are in the preparatory stages of graduation and Board testing in May. The Radiologic Technology program is proud of them and will continue to prepare them for the professional journey that lies ahead.

My personal thanks to Lucy Davison, Cathey Miller and Jodie Huffstetler. They have done a wonderful job guiding the Level 1 students through the first (and arguably the most difficult) semester of the program. The patience, concern, wisdom, and compassion that Lucy, Cathey and Jodie exhibit clearly prepares our Level 2 students for their last semester and graduation, and effectively transitions our new students into our profession. I speak for all our students when I extend our “collective gratitude” to the wonderful faculty!

Doug Frankenburg
RT Program Director

RADIATION THERAPY PROGRAM NEWS

In partnership with Levine Cancer Institute, the Radiation Therapy program hosted the 2nd Annual Student Discovery Event at the LCI conference center. The annual October event provided individuals with an interest in radiation oncology the opportunity to hear from those in the profession and tour our state-of-the-art facility at the Levine Cancer Institute. Dr. Michael Kelley, radiologist, and Dr. Michael Haake, radiation oncologist, provided continuing education presentations for the event. Gail Satterfield, LCI department administrator, along with several staff members and CCHS radiation therapy students, provided support for the tours. Thanks to everyone who provided support for the event.

CCHS alumnus Linlee Khiaothongkhoune was selected as the 2014 Outstanding Clinical Educator by the radiation therapy graduating class of 2014. She was a nominee for this honor in 2013 as well. Linlee graduated from the radiation therapy program at Carolinas College in 2011 and has been working at Levine Cancer Institute Radiation Oncology for the last 3 years. She challenges students to learn and develop as health care providers and always does so in a professional, caring manner. She consistently receives the highest marks on her instructor evaluations and students often comment on how much they learn from and enjoy working with her.

CLINICAL LABORATORY SCIENCES DEPARTMENT NEWS

Congratulations to the newest class of graduates from the Histotechnology (HTL) and Medical Laboratory Science (MLS) programs.

Pictured front row (L to R): Erika Caceres (HTL), Katherine Normile (MLS), Cam Gracia (MLS) Xandi Hamilton (MLS). Back row (L to R) Scott Kramer (HTL), Linsey Etz (HTL), Andrea Jones (MLS), Kevin Hayes (HTL)
PHI THETA KAPPA (PTK)

Thanks to all who served dinner at the Men’s Shelter of Charlotte in November. A good time was had by all the volunteers: Cathey Miller and Cathy Borosewicz, Amy Williams, Tamarcus Kornegay and Alisa Moore.

Upcoming Events:

❖ December 4: Men’s Shelter of Charlotte, 5:30 to 7 p.m. PTK will be serving dinner or help pass out donated items. No set up or clean up required! Please sign up for a slot on the information portal. Space is limited so sign up today! (PTK fellowship to follow, sign up on the information portal to enjoy company with your fellow PTK members!)

❖ December 5: PTK Meeting, room 151. Please plan to be at this very important meeting. We will be electing new PTK Board members. We encourage all interested students to view the PTK site on the Information Portal for information regarding each of these positions and apply for the one you are most interested in. After the meeting we will be assembling birthday boxes for Bright Blessings and then going out to lunch. Please join us for this service project and fellowship event.

❖ December 13: Christmas Caroling at The Men’s Shelter of Charlotte. Join PTK for dinner and caroling. Sign up sheet and additional information is available on the PTK site on the information portal. Come out and spread some holiday cheer with those less fortunate.

PTK t-shirts are available for purchase. See Cathey Miller in room 252 to get yours today! All sizes available (S, M, L, XL) and the price is $9.90.

PTK wishes everyone a safe happy holiday season!

TAKE A BREAK; IT’S ON US!

CCHS’s Student Life Committee will host a “Final Celebration,” Dec. 8 & 9, from 10 a.m. to noon in the lobby. Tables will be set up for painting Christmas ornaments and hot chocolate will be served. Take a break from studying and test taking to enjoy this time of peace and tranquility.

QUICK FACTS ON OUR FACILITY

Did you know that we have a team of people who work hard to take care of our building? Managed by Lincoln Harris, this team cleans daily, makes minor repairs as needed and handles major upgrades. Some of the great work that has been recently completed includes:

❖ Fixing the HVAC sensors in the building to better control the internal climate when outside temperatures fluctuate.

❖ Decorating our “wall of fame” by hanging our plaques, awards and other recognitions for everyone to see (check it out across from the Simulation Center).

❖ Quickly repairing an overflowing toilet to prevent any damage.

❖ Replacing heating coils in the vents in the lobby (so that’s why it has been so cold in the lobby!).

Some work that is scheduled to be completed includes:

❖ Replacing the sinks in the three large bathrooms (the men’s and women’s off the lobby and the women’s on the 200 hallway).

❖ Replacing the HVAC units on the 200 hallway side of the building to improve efficiencies and better manage temperature in the building.

As you can see, there is almost always something happening in the building to make it the best working and learning environment it can be. Should you notice anything that needs repair, please report it to Joy Godwin (704.355.5051 or Joy.Godwin@Carolinas College.edu) at the front desk.

IT’S A MATTER OF SAFETY...

Although we are not yet officially into the winter season, hints of a cold winter are in the air. As harsh as winter can be on people and pets, it can be equally hard on our cars.

The Safety committee submits the following tips to assure that you and your car are prepared for a Carolina winter:

❖ Check your battery to be sure that it is not corroded or has loose connections.

❖ Check the tires to be sure they have proper air pressure (the recommended pressure is usually listed on the driver’s side door panel).

❖ Check the antifreeze level in the radiator to make sure you have an adequate fluid level, otherwise the engine block can freeze.

❖ If travelling to the north country snow fields, be sure to pack the following items, in addition to your ski/snowboard equipment:
  * A spare tire, wheel wrench, and a “safe” jack
  * A shovel
  * Jumper cables
  * A bag of salt and/or cat litter (for traction on ice/frozen snow)
  * Functional flashlight with extra batteries, first aid kit, ice scraper, bottle of windshield cleaner (not plain water - it will freeze)

Most important of all..................Be Safe!
CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Sessions
Dec. 9 & 23, 4 to 5 p.m. Have friends who want to know more about CCHS programs? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for the session of your choice. Check the posted schedule for room locations. For more information on our Medical Laboratory Science or Histotechnology program, contact Kelly Shirley, Program Director, at 704.355.4275.

Chaplain’s Grand Rounds
Dec. 18, noon to 1 p.m., Suzanne Freeman Auditorium. A unique part of our larger healthcare system is the Spiritual Care and Education Division, which provides for the spiritual care and healing of CHS patients and families. Staff and adjunct chaplains are on call 24-hours a day for people of all faiths or no faith background. For the last 25 years, the division has provided monthly 1-hour lunchtime education sessions called Grand Rounds which are free and open to students, providers and the public. The 2014 - 15 focus is on Integrative Healing. December’s session is entitled Aromatherapy, and is presented by the Trina Love, Nurse Manager, CMC-Randolph. Join in; bring your lunch with you.

Grief and Loss (Webinar)
Dec. 17, Noon to 1 p.m. Learn about the different stages of grief and how different losses can affect you differently. Sponsored by CHS Employee Assistance Program, 720 East Blvd. Free for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register. CHS’ EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help, call CHS’ EAP for a private appointment or to register for a class.

BCLS for the HealthCare Provider
Dec. 31, 8 a.m. to 1 p.m. Cost $60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.dull@carolinashealthcare.org.

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

BCLS Online Skills Check - Part 2
Dec. 3, 10, 17 & 31, 1 to 3 p.m. Cost $25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

Basic Phlebotomy Skills for HealthCare Professionals
December 15, 8:30 a.m. to 4:30 p.m. Cost $149.00. Completers will receive 6.5 class hour (0.65 CEUs) credits. Come and learn the basics. The importance of the test tubes and the order of draw, tests, tourniquets, term, techniques and tips. You will learn the basic procedure for a standard adult venipuncture. For more information on this class contact Lakisha Bennett at Lakisha.Bennett@carolinashealthcare.org or 704-355-2663.

STUDENT-TO-STUDENT: Job Advice from a Graduating Student

The following advice is shared by Christi Milledge who graduates this month and has a job waiting for her! “It’s not easy to get a job in the system – one must NETWORK! Since I started precepting, I carry my resume with me (on heavy resume paper) every single day. Today a Dec 2013 grad/friend texted me that her floor is posting 2 to 3 new positions. On my lunch break I went to the unit, spoke with the nurse manager, mentioned my friend’s name and left my resume. I posted on Facebook that I was eager to interview on any floor that was hiring and within a few hours I heard from 4 CCHS grads who offered up their nurse manager’s name and email. My resume would never have been seen by those NMs had I not sent them myself. We must advocate for ourselves! We need to put ourselves out there. New grads need to be open to working on ANY floor. While they might love children and want to work at LCH, they need to be willing to start wherever they can. Experience is experience! More and more I’m hearing that it’s better to not work on a floor you’d like to be an RN on. While some make an easy transition to RN, it’s not always a guarantee that a job offer will follow.

Students already in the nursing program need to SHINE during clinical. They need to introduce themselves to the nurse manager and clinical nurse leader and inquire about open positions. Have that resume ready! Again, put themselves out there.”

BE PROFESSIONAL. In clinical. In the classroom. In the hallways of the hospital. In the cafeteria. ALWAYS. Thanks Christi, for great advice!
LEARN ABOUT WORKFORCE DIVERSITY FROM CHS PRESIDENT, DEC. 4

The CHS Office of Diversity & Inclusion is pleased to invite students to a 1-hour moderated discussion where leaders share their personal diversity experiences as well as their thoughts on diversity-related issues. December’s guest speaker is Joseph G. Piemont, President & Chief Operating Officer, Carolinas HealthCare System. Bring your own lunch; dessert will be provided.

When: Thursday, Dec. 4, 12:00 to 1:00 p.m.
Where: CHS Center for Learning & Development, Building K, Classroom 21AB, Airport Training Center
How to Register: Interested students should let Ellen Sheppard (ellen.sheppard@CarolinasCollege.edu) or Pat Lewis (Pat.Lewis@CarolinasCollege.edu) know so they can register you. limited to 12 students.

CHS AMBASSADORSHIP OPPORTUNITIES

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

FRIDAY, DECEMBER 5 • 4 PM
Rock Hill Christmas Parade: Grab your warm and festive clothes and come join us for an evening of cheer on the Carolinas HealthCare System sponsored float. The parade will be held in downtown Rock Hill. Bring your lights because this is a night parade and the more lights the merrier. Ambassadors are needed to ride on the float.

SATURDAY, DECEMBER 6 • 9 AM
Fort Mill Christmas Parade: Come out and get active at this parade that goes through downtown Fort Mill. Our float will consist of several walkers with signs and banners. Ambassadors are needed to walk in the parade.

TUESDAY, DECEMBER 9 • 6:00 PM
Sun City Carolina Lakes Health Talk: Located at the Sun City Carolina Lakes Retirement Community, this monthly health talk series provided by clinicians encourages participants to make the right decisions that lead to a healthier lifestyle. Dr. Puneet Aggarwal will discuss back pain and treatment options. Ambassadors are needed to set up and greet guests.

SATURDAY, DECEMBER 13 • 10 AM
Fort Mill Parks and Recreation: Come check out some local youth basketball leagues at the Fort Mill Parks and Recreation Center. Ambassadors are needed to staff our information table and provide giveaways.

Students are welcome as volunteers, even those who may only be able to show up for an hour or two. To volunteer or for more information, email Devon.Smith@CarolinasHealthCare.org or call 704-222-0628.

YOU ASKED FOR IT….You Got It

In November, students were asked to complete a brief survey regarding the monthly student newsletter. The response was overwhelmingly positive. Ninety-eight percent of those who responded indicated they either read the entire edition or at least scanned it for items of interest.

criptors:

- I love the student newsletter but would like more faculty/student profiles; more info on continuing education (BSN programs, etc.)
- Please list more events going on in the community.
- I think it serves it’s purpose well; it’s quick & informative.
- More “get to meet the students.”
- It’s good just like it is.

As a result, watch for new additions to upcoming student newsletters. Thank you to all who took the time to reply to the survey. Your feedback is very important in keeping this newsletter relevant.
SNA welcomes new members Victoria Roberts and Cecileigh Wirth and congratulates all students on completing another semester.

Thank you to the organizers, speakers and attendees to the NUR 101 & 202 panel presentations on Nov. 20. Over 60 students (pictured at left) attended the Nurse Manager Panel Presentation to hear speakers Sarah Rushing (LCH 8), Tracy Avolio (CVICU & ECMO), Steven Keller (ICU), Paul McDonald (11B) and Rhonda Boyce (ED) share advice and insights on career planning, interviewing and securing that first job as an RN.

Stand Out in Interviews - Need something to beef up your resume? SNA has the perfect opportunity - join the SNA Board. Several positions are available. Details on the SNA page on the information portal.

Welcome to the Board - Elizabeth Sutcliffe has accepted the position of SNA Secretary. Positions still available: President, Treasurer, Fundraising Chair, Marketing Chair, NUR101 Representative and Membership Chair. Email SNA faculty advisor April Davis at April.Davis@carolinashealthcare.org for more information if you are interested in any of the above positions.

Nursing 202 Information Session Panel - Over 35 rising NUR 202 students attended the panel discussion presented by eight students currently in NUR 202. This enthusiastic panel of students provided advice on how to prepare for and succeed in NUR 202. Pictured L to R: Deirdre Middleton, Christi Milledge, Alisha Brinkley, Lexi Clementson, Kathy Hadley & Valerie Rodono. Back row: Sally Ware & Becca Blanchard.

And finally...the SNA Board and membership would like to thank Brenda Vasquez, nursing instructor and long time SNA faculty advisor, for her tireless dedication and support during her years as the SNA Faculty Advisor. The CCHS SNA chapter would not be what it is today without her guidance and direction. Congratulations on your retirement Brenda, you will be greatly missed!
LIVEWELL EXERCISE CLASSES - FREE FOR CCHS STUDENTS

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>Day of the Week (all month)</th>
<th>DAY/TIME</th>
<th>FEE</th>
<th>CONTACT</th>
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<tr>
<td>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!</td>
<td>Zumba Kick Boxing</td>
<td>Monday</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
<td>Free to CCHS students and CHS teammates. Badge required.</td>
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<tr>
<td>All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.</td>
<td>Total Workout New Cardio Funk with Q!</td>
<td>Tuesday</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
<td>All classes are 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.)</td>
</tr>
<tr>
<td>From the new Tijuana Flats restaurant on East Blvd., head toward South Blvd. It’s on the right before the Greek Orthodox Church. Park in the back or on East. Badge required.</td>
<td>Body Sculpt Yoga</td>
<td>Wednesday</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
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<tr>
<td>Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.</td>
<td>Pilates Socacise</td>
<td>Thursday</td>
<td>5 - 6 p.m. 6 - 7 p.m.</td>
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<tr>
<td></td>
<td>New “Quick Fit” Small group training with Jeremy Sinclair</td>
<td>Mon &amp; Wed 4:30 - 5:10 p.m. OR 5:20 - 6 p.m.</td>
<td>$50.00 for 4 weeks (8 sessions)</td>
<td>Call Carol Tyndall 704.446.1645</td>
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PHOTOS FOR ALL STUDENTS GRADUATING IN 2015

Each year as a gift to graduating students, the College has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy as well as two small individual pictures ideal for your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever. Dates are still being finalized but pictures will be taken in either late January/early February 2015. All students who will graduate in 2015 should have their pictures taken as the photography company only comes on campus once a year. Gentlemen: please bring a white shirt and tie to wear on your picture day. Drapes will be provided for the ladies. Watch for more details in the January newsletter.

A TOUCHING MEMORIAL...

There is a new addition to the landscaping in the back courtyard behind the gazebo. A rose bush was planted and dedicated to the memory of Abigail Ann Medeiros, stillborn daughter of CCHS alumnus Jennifer Medeiros (Class of 2010). The memorial was the idea of Jennifer’s friend and classmate, Meghan McManus Wilson, and was made possible through the thoughtful contributions and planning of Meghan and Jennifer’s CMC RN colleagues.

COMPLIANCE CORNER - Pain Boards: Nursing Research in Action

To underscore the importance of pain assessment, and in keeping with the system’s efforts to improve satisfaction with care, 5Tower is piloting the use of Pain Boards. Pain boards are green laminated cards that are posted in patients rooms as a visual plan for pain management. Nurses confer with surgical patients and combine assessment of their pain with education of their pain control plan. The patients are asked what level on the numeric pain scale of 1 to 10 is tolerable for them, understanding that nothing will completely eradicate pain. The nurse reviews the plan for pain control noting what medications are scheduled at routine intervals, and what meds can be given prn as adjunctive treatment. Each time a scheduled or prn medication is given to the patient, it is updated on the pain board so the patient can see what time they are due for the next scheduled medication or what prn medication is available to them if they need more pain control Pain is assessed one half hour after administration of the med, and hourly after that. If the pilot is found to enhance patient pain control and satisfaction with care you may see it adopted hospital wide.
STUDENT SUCCESS CENTER: Focus on a New Routine for 2015

Success Tip of the Month - Do you have the right study environment?
Your study space should speak to you of focus and concentration. Think of it as your individual learning workshop, quiet, well-lit and secure. Because breaks in concentration hinder “flow,” minimize distractions by:

➔ Leaving your cell phone behind or turning it off – you can do it!
➔ Facing away from windows and areas of activity.
➔ Using earplugs, if necessary.
➔ Turning down loud music, or turning it off entirely.
➔ Stock your study workshop with everything you might need: paper and pencil, calculator, calendar, texts, notebooks, etc.
➔ Make sure to make mini-goals for your studying with regular breaks in between study sessions.

Looking for relaxation and stress relief as you prepare for finals? Copy and paste this link in your browser, or click on the same link on the Student Success Center page of the Information Portal under Health and Wellness/Mental Health, Stress and Test Anxiety: https://yogainternational.com/article/view/yoga-nidra-practice

Student Employment Opportunities.

➔ Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS recruitment specialist, will be on campus Dec. 1 from 10:00 a.m. to noon in the college’s lobby. For more information, please contact Morgan Mustian, Morgan.Mustian@carolinashealthcare.org, 704.631.0304. Starting on December 1, students will have a new opportunity to schedule an individual appointment with Morgan while she is here.

To make an appointment:
– Log into the Information Portal, hover over Student Resources along the top of the home page, click on Student Success Center, and then choose Job Search Resources. When you open that section, the interview sign-up sheet will be your first choice. You may sign up for any open 15-minute timeslot.
– You can still talk with our HR representative on a drop-by basis without making an appointment. If you have a question, and Morgan is not busy with another student, don’t hesitate to talk with her.

➔ Interested in babysitting for CMC physicians or providing in-home sitter/nurse aide care for private families? Contact Dianne McClure at Dianne.mcclure@carolinashealthcare.org or 704-631-1138 to be added to the babysitter referral listing for the CMC Physicians’ Concierge Service. Check out Dianne’s flyer and other PT/PRN job postings on the student support page of the information portal.

Attention all May 2015 Graduates! Take advantage of the upcoming holidays to work on your resume. Human Resources will be asking you to submit your resume before you know it, so make this one less thing you have to do during your busy final semester!

For information on the above, for study tips, or to inquire about becoming or needing a peer tutor, contact Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@carolinashealthcare.org.

NURSING STUDENTS TO OBSERVE POLITICS IN ACTION

On Feb. 24 CCHS intermediate and advanced nursing students have the sponsored opportunity to travel to Raleigh where they and other nursing students from across the state will be greeted by legislators, introduced to the political process, and allowed to observe law making in action, with emphasis on the nursing profession. Carolinas HealthCare System is a sponsor of the event, providing CCHS student with a discounted rate of $10. Spaces are very limited so register quickly when details are announced the first week of spring semester.

Pictured at right: Graduates of the Class of 2013 at the NC Legislature.

WOW! THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. The following CCHS students or teammates were recognized recently:

Students
Histotechnology: Linsey Etz
Nursing: Jonathan Daigle, Sam Dashti, Stephanie Gonzalez, Amanda Graves, Kayla Hill, Honnah Jones & Leah Ko

Faculty/Staff
Administration: Pat Lewis
Administrative & Financial Services: Jill Powell & Michal Singletary
Continuing Education: Susan Thomasson
Medical Laboratory Science: Cynthia Bean
Nursing: Cathy Borysewicz, Tracy Hayes, Claudette, Kavler, Janie McCloskey & Brenda Vasquez

Take time today to recognize those who make your journey easier. The WOW box is in the lobby.
**CCHS STUDENTS ENJOY UNIQUE OPPORTUNITIES!**

On November 8, students at Carolinas College were once again recipients of a very special invitation most healthcare students can only dream of! Students and faculty were invited to spend a Saturday morning with Dr. John Santopietro, renowned expert in mental health and CHS’s chief clinical officer in the field. Best known for his 2012 mobilization of mental health resources for students, faculty and the community of Sandy Hook following the elementary school shootings, Dr. Santopietro talked to CCHS students and CHS teammates about managing personal stress and the community's obligations to those with mental illness.

Kaylee Brown (MLS), Nicole Lemmons (NSG), Alison Stroh (NSG) and Meg Jones (NSG - not pictured) joined faculty member Cathy Borysewicz and Dr. John Santopietro for "Saturday Dialogue with a CHS Leader" on November 8.

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**IMPORTANT DATES TO REMEMBER** (Details about each are found elsewhere in this newsletter.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Dec. 1</td>
<td>Onsite TST Clinic</td>
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<tr>
<td>Dec. 3</td>
<td>BCLS Online Skills Check - Part 2</td>
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<td>Dec. 4</td>
<td>PTK Volunteers at the Men’s Shelter of Charlotte</td>
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<td>Dec. 5</td>
<td>PTK General Meeting</td>
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<td>Dec. 8</td>
<td>Open Forum with President Sheppard</td>
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<td>Dec. 8 &amp; 9</td>
<td>Student Life Committee Sponsored Finals Break</td>
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<tr>
<td>Dec. 9</td>
<td>CCHS Admissions Information Session</td>
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<td>Dec. 10</td>
<td>BCLS Online Skills Check - Part 2</td>
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<td>Dec. 11</td>
<td>Capping/Pinning Ceremony</td>
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<td>Dec. 12</td>
<td>Graduation</td>
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<td>Dec. 12 - 14</td>
<td>Free Shipping on Textbooks from Online Bookstore</td>
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<td>Dec. 15</td>
<td>Basic Phlebotomy Skills for HealthCare Professionals</td>
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<td>Dec. 17</td>
<td>BCLS Online Skills Check - Part 2</td>
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<td>Dec. 18</td>
<td>Employee Assistance Program Webinar - Grief and Loss</td>
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<td>Dec. 23</td>
<td>Chaplain’s Grand Rounds - Aromatherapy</td>
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<tr>
<td>Dec. 25 &amp; 26</td>
<td>CCHS Admissions Information Session</td>
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<tr>
<td>Dec. 31</td>
<td>HOLIDAY - COLLEGE CLOSED</td>
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<td>Dec. 15</td>
<td>BCLS for the HealthCare Provider</td>
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<tr>
<td>Dec. 15</td>
<td>BCLS Online Skills Check - Part 2</td>
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However you choose to celebrate the season, may your holidays be happy and joyous!

Joyeux Noel

Merry Christmas

Buon Natale

Happy Kwanzaa

Feliz Navidad

Happy Chanukah

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