



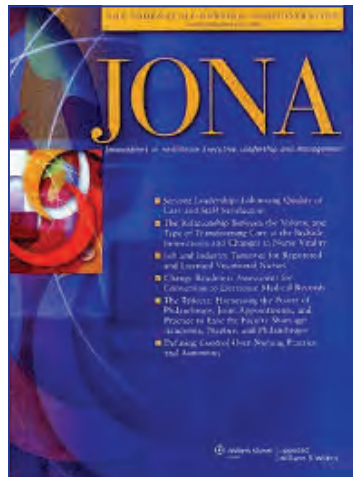
CAROLINAS COLLEGE OF HEALTH SCIENCES

Won't it be wonderful when black history and native American history and Jewish history and all of U.S. history is taught from one book. Just U.S. History. - *Maya Angelou*

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CCHS ALUMNI HELD UP AS SYSTEMWIDE EXAMPLE

In a recent communique to all Carolinas HealthCare System chief nurse executives, Mary Ann



Wilcox, Senior Vice President of Nursing for Carolinas HealthCare, referenced two recent examples of CHS nurses who've published recently. She attached copies of the two articles and used them as an opportunity to encourage all CHS nurses to continue to grow professionally through reading and applying research, conducting approved research and publishing. Carolinas College was proud to see that two of the authors featured are CCHS alumni Cyndy Rape, MSN, RN, ACNS-BC, and Tammy Mann, BSN, RN. Both are graduates of the CCHS School of Nursing, Class of 1998. The article cited is in the January, 2015 edition of the prestigious Journal of Nursing Administration (JONA) and is titled "Managing Patients With Behavioral Health Problems in Acute Care; Balancing Safety and Financial Viability." Additional coauthors included John Schooley, MHA/MBA, BSN, RN, and Jana Ramey, MHA, RN.

CCHS Hours of Operation

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

CCHS Computer Lab Staffed Hours

Mon - Thurs, 7:30 a.m. - 7:30 p.m.
Friday, 7:30 a.m. - 4:30 p.m.
(No after hours coverage on Fri.)
Saturday, 11 a.m. - 4 p.m.
Sunday, Closed

CCHS Computer Lab Access Hours

24/7 access with CCHS badge.
Please badge in & out.

AHEC Library

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

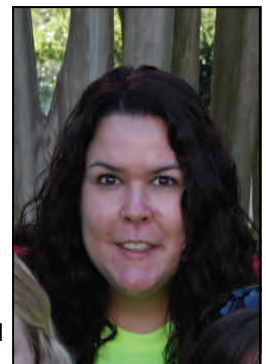
Special Hours:

The AHEC Library will be closed Tuesday, Feb. 17

MEB has the UNC Medical School sign and is across the street from the CMC ED entrance/ambulance bay. Walk to the covered sidewalk in front of MEB. Front door & 2nd floor badge readers give 24/7 access.

STUDENT OF THE MONTH - MICHELLE KEMP

Congratulations to Michelle Kemp the February Student of the Month. Michelle is a very active member of the Student Life Committee and maintains the SLC bulletin board with seasonal decorations and information about students and spearheaded community involvement activities such as Second Harvest Food Bank for Level II rad tech students. As a Student Ambassador, Michelle helped welcome new incoming students for spring semester and she was the only student to sit in on the peer interviews for the three provost candidates. She excels clinically and academically (current member of Phi Theta Kappa Honor Society) and has been a great role model for Level I rad tech students.



Michelle Kemp

Originally from Blairsville, PA, Michelle has lived in Charlotte for 16 years. She is one of six kids and has dual citizenship in Germany and the United States. Prior to attending the Radiologic Technology program at CCHS, Michelle took classes at Queens University and majored in biochemistry; she hopes to return to Queens University and finish her degree in biochemistry after she graduates in May. Michelle currently works as a radiologic tech assistant at CMC-Pineville and as a nanny. But her favorite job ever was a summer job when she was in high school. She was a camp counselor to a boy with cerebral palsy, at a camp for non-handicapped kids. Said Michelle, "It was incredible to see his will to do everything the other kids could do, even if his disability limited him. I learned a lot about perseverance from him." Michelle loves to spend her free time at concerts or live music venues. A self-confessed "foodie" she loves trying new restaurants around Charlotte. Congratulations Michelle!

Connect with CCHS



FINANCIAL AID UPDATES

- FAFSA DAY is Saturday – **February 28**. FAFSA DAY is a free service provided by the College Foundation of North Carolina, the North Carolina Association of Student Financial Aid Administrators and the State Employees' Credit Union. Visit CFNC.org/FAFSADay or call toll free 866-866-CFNC for information or to register for a location near you. The event will be held at locations in every North Carolina county.
- The Forgivable Education Loans for Service Program (FELS) provides financial assistance to qualified students enrolled in an approved education program and committed to working in critical employment shortage professions in North Carolina. For the 2015 - 16 academic year, eligible programs of study offered at CCHS include Clinical Laboratory Sciences, Radiology and Nursing.
- The FELS application is available online through the CFNC.org/FELS page. The deadline for FELS applicants is **April 1, 2015**. The application must be submitted on or before the deadline date. All supporting documentation to the application (transcripts, acceptance letters, etc.) must be postmarked by the deadline as well.



Scholarships

- The 2015-16 CCHS Scholarship application will be sent to currently enrolled students by email with a link to the application on **February 9**. Paper applications will also be available in the financial aid office beginning on the same date. Application deadline is **April 1, 2015**.
- Applications for the 2015 Charles Mauney Scholarship are now available for eligible enrolled MLS students. Completed applications must be returned to the Carolinas College Financial Aid Office no later than **February 13**. To be eligible for consideration, applicants must also have a completed 2014-2015 FAFSA on file with the financial aid office.

Reminders

- 1098-T tax forms for 2014 have been mailed and are also currently available in SONISWeb.
- Financial aid refund checks for spring 2015 will be available beginning at 10 a.m. on **February 3**. Students must present their CCHS student ID badge to pick up checks.

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision making: service on college committees, end-of-course surveys, suggestion board (across from classroom 161), SGA opinion polls, etc. One of the most significant is the monthly President's Forum. Attend, and let your voice be heard! Dr. Sheppard will be available Monday, **February 9**, room 137, 10 to 10:45 a.m. and Thursday, **February 26**, room 137, 2 to 2:45 p.m. If you are unable to fit this into your schedule, stop by her office (Room 110) or shoot her an email: Ellen.Sheppard@CarolinasCollege.edu. Improvements resulting from open forums include loaner umbrellas, toilet seat covers in restrooms, revisions to the emergency notification process, new heating and air conditioning improvements and visible pricing in Avenue C.

STUDENT PARKING

To manage the large volume of cars on the Carolinas Medical Center (CMC) campus, everyone has a designated parking lot. When everyone uses their assigned lot, things go smoothly. As part of the CHS family, it's important for students to adhere to the plan. All students are assigned to park in the Morehead Medical Plaza (MMP) deck, at the corner of Kenilworth and Morehead. Students enter and park in the "staff" section 24 hours a day, on both class and clinical days. The deck is ID badge access-controlled. After 3:00 p.m. and on weekends students also have badge access to the V lot (next to the College). Parking along Garden Terrace and Lombardy Circle may lead to cars being ticketed or booted by Charlotte-Mecklenburg Police. Parking in a lot other than the MMP Deck may lead to ticketing or booting by CHS Security personnel, and being fined by the College. Continued violation of the parking policy may lead to disciplinary action.

COMPLIANCE CORNER - 2015 National Patient Safety Goals

With the new semester comes new clinical assignments - what better time to highlight safety goals? The Joint Commission (TJC) is a non-profit organization that continuously strives to improve healthcare for the public by evaluating healthcare organizations against strict standards for safe and effective, quality patient care. Each January TJC issues its National Patient Safety Goals for the year. Some goals remain on the list each year because they are so fundamentally important. Key goals this year include:

- Improve accurate patient identification.
- Improve effectiveness of communication among caregivers.
- Improve safe medication use.
- Reduce harm through clinical alarm systems.
- Reduce the risk of healthcare-associated infections.
- Identify patient safety risks.
- Prevent mistakes in surgery.

All healthcare workers need to comply with efforts to meet these goals.

For more information log on to www.jointcommission.org and look for links to the 2015 NPSG program.



REQUIRED STUDENT TRAINING: SEXUAL HARASSMENT AND VIOLENCE

Beginning in 2015, students are required to complete an online training program regarding sexual harassment and sexual violence.

The Consent & Respect Training module is a brief online course that provides college students with facts about sexual assault, consent, intimate partner violence and stalking, warning signs of abusive behavior, the role of men as advocates, and safe and positive options that will empower bystanders in potential high-risk situations.

This training is the direct result of new federal policy designed to assure America's college campuses provide a safe culture for women. Carolinas College has embraced the new requirement, reflecting its own deep commitment to providing a safe and welcoming environment for all students. The Title IX Awareness and Violence Prevention online educational course is part of this commitment and complies with federal guidance and legislation that continues to evolve.

Title IX of the Education Amendments of 1972 is a federal civil rights law that prohibits discrimination on the basis of sex in education programs and activities. All colleges and universities receiving any federal funds must comply with Title IX. Under Title IX, discrimination on the basis of sex can include sexual harassment or sexual violence, such as rape, sexual assault, sexual battery and sexual coercion.

Notification was sent to all students via email last week. Students are required to complete this module by **March 15, 2015**. If you have questions about this requirement, please contact Dr. Hampton Hopkins in Student Services (Hampton.Hopkins@CarolinasCollege.edu).

A BELIZE EXPERIENCE: CCHS's First International Experience for Students

If any or all of the points below appeal to you, you might be a candidate for CCHS's 2015 Belize Experience. Though we hope to expand the scope of the trip in future years, it is limited to nursing students in 2015.

- Earn three nursing credits (elective) in two weeks. (Some pre-work required).
- Spend two weeks in the only Central American country where English is the official language.
- Observe nursing and medical care in an underserved nation.
- Help organize and conduct Belize's first "Heart of a Champion-like" assessment event.
- Explore the medical as well as the bio-psycho-social needs of Belizeans.
- Assist in helping Belize nurses learn effective care techniques as well as management of chronic disease.
- Via telemedicine capabilities, participate in lectures streamed from CMC to Belize, and from Belize to CMC.
- Gather assessment data to be used in heart valve research.
- Be in a tourist mecca - after the cruise ships leave.
- Optional weekend outings to Ambergris Caye (world's best snorkeling), the Belize Zoo, or a Mayan ruin.

In partnership with Carolinas HealthCare System's Department of International Medicine, CCHS is proud to present its first international experience for students. Two RNs will be accompanying the small group: Dr. Susan Patterson (DNP, MSN, RN, CCHS nursing faculty member) and Lisa Foster (MSN, RN, CMC-Pineville nurse educator). Our partner hospital in Belize City is KHHM (Karl Heusner Memorial Hospital). CCHS students will observe care, round with Dr. Patterson to discuss patients and care, and explore the population health effects of poverty, poor nutrition, and lack of access to high level medical care. Assist Ms. Foster with developing and delivering an educational plan geared to the needs of the nurses at KHHM. Organize and conduct a health assessment clinic designed to identify those needing additional care.

Belize City is generally very safe, though as with all travel, vigilance is recommended and you'll travel in a group.



Requirements: Must have completed NUR 101, have current passport valid through August 2015, current on required immunizations.

Cost: Standard tuition for a three-credit nursing course (\$951) plus \$650 international travel fee. No textbook required.

What's Included: Round trip air fare on U.S. airline; all meals while at the hospital (likely, breakfast and lunch daily); shared room in a nicely appointed B&B; daily transportation to and from KHHM; transportation to and from airport.

What's Not Included: Passport, dinner each day, incidentals, weekend optional excursions. (Several optional outings will be available; cost will depend on participation. Just outside Belize City is an exceptional zoo; a few hours away via a river boat is Laminai, a remarkable Mayan ruin, and you're a stone's throw from the beaches and snorkeling of Ambergris Caye.

I'm Interested...What's Next? Attend one of two available information sessions to learn more; **Feb. 16**, 8:15 to 8:50 a.m. (rm 161) and **Feb. 23**, 1:30 to 2:20 p.m. (rm 157).

Register for NUR 240...when registering for summer semester. A cash deposit toward the travel fee will be required.

Dates: Tentatively, **July 19 - 31**. (Subject to change. Final dates will be announced by **March 1, 2015**).

PAYING TRIBUTE TO THE REVEREND DR. MARTIN LUTHER KING, JR.

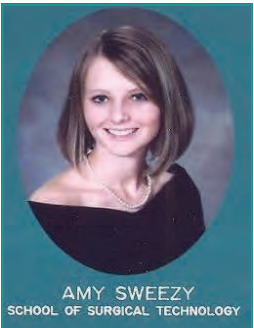


"History was made, and so we gather."

Gather they did. The CCHS auditorium was full on January 19 to honor the legacy of Dr. Martin Luther King, Jr., in what has become an entranced and beloved CCHS tradition. Ten years ago CCHS staff assistant Joy Godwin asked if she could organize something special on the CMC campus, something for those who were working that day, but wanted at least part of their day to be devoted to honoring Dr. King's legacy and remembering his dream. Now in its 10th year, the annual production is anxiously awaited, with tickets always sold out. In 2015 the extraordinarily talented "Artists On a Mission" portrayed heroes of the civil rights era with stories that are painful to remember, but too important to forget. County Commissioner George Dunlap attended for the 3rd consecutive year. Many in the audience had attended in prior



years. Congratulations, Joy Godwin, on another memorable Martin Luther King, Jr., tribute and a special thank you to Lincoln Harris, property managers, who paid for the furniture moving! These CCHS teammates and students had a hand in making the 2015 production successful: Nessie Dou-dar, Chrisanne Rancati, Sheena Agee, Suzanna Thornton, Cheryl Pulliam, Ishea Simmons, Susan Gell, Jackie Meunier, Kathie Park, Cathy Borysewicz, Chris Yen, Janice Bellamy, Lucy Davison, Kali Simien, Kelly Shirley, Rhoda Rillorta, Jill Powell, Kim Bradshaw, Nadira Clark, Pat Lewis, Sue Roux, Summer Nunn, Aislin Reddin, Maureen Kelleher, Hannah Jones, Rachel Williams, John Bartniski, Susan Patterson, Rachael King, Tamarus Kornegay, Jennifer Koszta, Hampton Hopkins, Terri Lynch, Trish Campbell and JoAnne Gunter.



PICTURE DAY IS HERE!

The long wait is over. It's picture day tomorrow (**Feb. 3**) and Wednesday (**Feb. 4**). If you graduate **ANY TIME** in 2015 you'll have your composite photo made this week. Need a reminder of what time you signed up for? See Joy at the front desk; she'll find out for you! Or contact Pat.Lewis@CarolinasCollege.edu. CCHS pays the sitting fee for you, so though you'll be able to purchase a packet of the finished pictures, that's not expected or required.

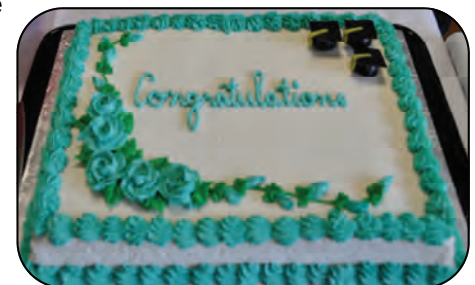
NOTE: Students unable to make these sessions due to a change in their clinical schedule - a makeup date is being secured. Send an email to Pat Lewis (Pat.Lewis@CarolinasCollege.edu) to put your name on the list and more information will be sent to your college email address.

INCLEMENT WEATHER

Should inclement weather necessitate the delay or closing of the college, we will post that status on the college's inclement weather hotline (704.446.7854), 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 at 10:00 a.m. Your class will meet for one hour.

SAVE THE DATE - Alumni Reception for May Graduating Students

Wednesday, **March 18:** Members of the CCHS Alumni Association will be in the lobby from 9 to 10:30 a.m. to congratulate you on a job well done. Enjoy cake, punch, and cookies, and meet a few CCHS alumni. Before you know it, you'll be returning to treat final semester students!



SO LONG, FAREWELL, AUF WIEDERSEHEN, GOODBYE!



Laura Holland

Time marches on and so, occasionally, do good friends and teammates. With sadness we said goodbye to Laura Holland, Admissions Representative, who's joining her alma mater, UNC Charlotte, where she will be a Student Services Specialist for the College of Engineering. Laura was instrumental in growing CCHS' presence on social media, especially Twitter and Facebook. She was an integral member of the admissions team and was the face of the college at many recruiting events. We wish her the best!

Lamar Jones, Education Coordinator, Histotechnology, leaves us to become Director of Operations for Skin Diagnostics in Birmingham, AL. This large, regional histology laboratory offers Lamar an exciting career opportunity; our loss is their gain! Lamar was instrumental in starting the college's histotechnology program 2.5 years ago.

Carolinas College congratulates both Laura and Lamar and wishes them much success in their future endeavors.



Lamar Jones

TEAMMATE SPOTLIGHT - GARDENIA DAVIS



Gardenia Davis

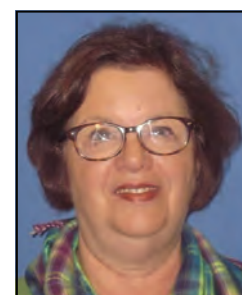
Gardenia Davis, alumna (Class of 2003) and faculty of the School of Surgical Technology, has been with CCHS since 2012. She received a BS in architecture from Howard University and began her career as a facility engineer for IBM and the city of Raleigh. She was responsible for inspecting buildings and assisted with major construction projects.

After graduation from CCHS she worked as a certified surgical technologist at CMC-Mercy and Carolinas Medical Center. During her first year teaching at CCHS, her students achieved a 100% pass rate on the national certification exam.

Originally from Henderson, NC, Gardenia is a loving mother of three and recently became a grandmother to a bouncing baby boy, Allan Jr.! Gardenia enjoys spending time with family and loves the theatre and all genres of music. She stays active and can be spotted at the weekly CHS LiveWell exercise classes or power walking the CMC campus. Gardenia's office is in room 119.

WELCOME SUE BARNES - NURSE AIDE COORDINATOR

Sue Barnes, RN, is the new CCHS coordinator for nurse aide programs. Sue received her associate's degree in health care administration from Chowan University in Murfreesboro, NC, then earned an AAS in nursing from Central Piedmont Community College followed by certification in gerontology from CPCC. Her nursing career spans 25 years with an emphasis in long-term care. In her spare time, she owns a business making and supplying local gift shops with the most heavenly fudge you've ever tasted! Sue's office is in Room 112. Come by and say hello.



Sue Barnes

DR. LORI BEQUETTE ASSUMES ROLE OF COLLEGE PROVOST



Dr. Lori Bequette

Dr. Bequette joined Carolinas College of Health Sciences in 2006 when she was Dr. Lieving. Her strong academic and analytic background were a perfect fit for the college's needs then, as now. Lori holds three degrees in psychology from West Virginia University, including the terminal PhD. At WVU her roles including research assistant, webmaster, advising assistant and department assistant for two departments. From West Virginia, she headed to Huston to complete a post-doctoral research fellowship at the University of Texas Health Science Center, where she assisted with, co-authored, and authored an impressive number of research studies and articles. Since joining CCHS nine years ago she's served in numerous roles including faculty member, institutional research coordinator, director of general education and learning resources and – most recently – Dean of Assessment and General Studies. Lori has chaired committees, shepherded the process of earning SACS approval for online programs, championed online learning and served as a role model in moving her classes to 100% online delivery. She also refined IE processes and integrated a common core of competencies through our general studies department.

Lori and spouse Tony are parents of two-year-old Evan and in March will welcome new baby boy Bequette.

CCHS TST CLINIC

One benefit of attending a Carolinas HealthCare System school: Free Immunizations! TST is the Tuberculin Skin Test (TST), 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 TSTs are available at CCHS in the lobby on **February 16, 11:15 to noon**. Can't make it? Walk up Loop Road to the Teammate Health Office in the annex building across from the CMC Emergency Entrance. Your free TST is available there M - F, 7:30 - 4:30.

FUN, PRIZES AND A GREAT CCHS TRADITION - JOIN US FOR THE 2015 PHONE-A-THON

CCHS has a rich history of alumni giving - like when alumni help fund the college endowment through phone-a-thon pledges! The annual phone-a-thon fundraiser grows bigger each year. Last year we raised over \$19,000 - all because of AMAZING student volunteers! Let's do it again in 2015! Each evening Monday, **March 23**, through Wednesday, **March 25**, CCHS students from every program volunteer with the phone-a-thon. You'll get to help the college, participate in a worthy cause, win PRIZES, and talk to CCHS alumni. A light dinner is served to volunteers at 5 each night and a training session starts at 5:15 p.m. You're on the phones 6 to 8 p.m., including a dessert break to swap stories! To volunteer, contact Jill Powell (Jill.Powell@CarolinasCollege.edu) or Cathy Holton (Catherine.Holton@carolinascollege.edu) for details.



CCHS PAPER RECYCLING: YOU CAN HELP!

Charlotte's residential recycling doesn't include businesses, so CCHS pays a private company - Plyler - to pick up our clean paper waste. When the bins fill, Doug Frankenburg (RT Program Director) rolls the heavy bins to the front sidewalk. Let Joy know if you can help. Student bins are just outside classroom 240. If you notice a student bin filling, let Joy know. Plyler's equipment only handles flat paper; no cardboard, books, magazines or catalogs. Cardboard can be dropped in the bin across the street at Carolinas Rehabilitation.

WOW - THESE FOLKS WERE A—MAZ—ING!

Part of a culture of excellence is recognizing others. CCHS does that with Student of the Month, Outstanding Educator, Thank You Notes and lots more. But the easiest and quickest is writing a WOW card and putting it in the WOW box in the college lobby. The following CCHS students or teammates were recognized recently:

Faculty/Staff...

Academic Affairs: Kisha Choice, Larry Turner

General Studies: Suzanna Thornton

Nursing: Susan Bass, Jane Binetti, Mary Griffin, Claudette Kaveler,

Dana Mangum, Susan Patterson

Student Services: Joy Godwin, Rhoda Rillorta

Take time today to recognize those who make your journey easier. The **WOW** box is in the lobby.

STUDENT SUCCESS CENTER

Success Tip of the Month - One of the major challenges for all students is motivation. Try changing up your review methods, making them as active as possible, to help you engage with what you are learning and retain concepts. Rather than just silently reviewing your notes over and over, try the following:

- 👉 Read out loud and listen to yourself.
- 👉 Recopy main points from your notes.
- 👉 Brainstorm ways to apply the information.
- 👉 Test yourself on your notes - perhaps by using the Cornell Note-taking System (see the Student Success Center page on the information portal).
- 👉 Teach the information to a friend.
- 👉 Create visuals/mind maps on a white board or other large surface.

What other active learning strategies can you think of? I would love to know your ideas! For more study tips, as well as current opportunities for part-time and PRN employment, check out the *Student Success Center* page on the information portal. (Click on *Student Success Center* under *Student Resources*.)

Recruiting Peer Tutors! Do you enjoy helping other students learn? Do you want to keep past course material fresh in your mind? Are you looking for a flexible service opportunity you can arrange around your schedule and priorities? Consider becoming a Carolinas College Peer Tutor! If you've earned an "A" or a "B" in a course and feel you could help another student with some academic coaching, please contact Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@CarolinasCollege.edu.

Student Employment Opportunities - Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS Human Resources Recruitment Specialist will be on campus **February 2**, 10 a.m. to noon, and is available to you at 704.631.0314 or morgan.mustian@CarolinasHealthcare.org.

To make an appointment with Morgan:

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

Didn't have time to make an appointment? Don't worry! If you have a question and Morgan is not busy with another student, don't hesitate to talk with her.



STUDENT NURSES ASSOCIATION (SNA)

In coming months, SNA will host nurse speakers on a variety of specialties. Kim Buchanan from Air Med will talk about what it's like to be a flight nurse on **February 19** at 8:00 a.m. Whether you're in 202, intermediates, or you've just started in 101, if you're interested in this exciting and fast-paced career, join us. Coffee and bagels will be served, compliments of SNA!

SNA was honored to host a luncheon for new 101 students on January 6. Congratulations to Lindsey Davis, the winner of the coveted nursing survival basket, and to Margaret Eubank, who won a V-lot parking pass.

A few SNA t-shirts haven't been claimed. If you paid for a shirt but didn't pick one up, contact April Davis (April.Davis@CarolinasCollege.edu) to set a pick-up time.



SNA Officers & Advisor: L to R, Back row: Meg Jones, SNA Advisor April Davis, Christine Perzinski, Chris Yen, and Gary Humphries. Front row: Jennifer Edwards, Elizabeth Sutcliffe, Brittany VanDerMeid, Erin Holland, and Caroline Roberts.

PHI THETA KAPPA (PTK)

PTK is off to a great start in the new year! An engagement survey was recently sent out to all members. Please take a moment to complete and return it by the deadline. Your feedback is needed and greatly appreciated! Drumroll please.....PTK collected 24 pints of blood at the recent blood drive. Thank you to all who gave.

Upcoming Events:

- ☞ **February 5:** Men's Shelter of Charlotte 5:30-7:00. Join PTK members to serve dinner or help pass out donated items, followed by PTK fellowship. No set up or clean up required. Sign up sheet available via the PTK page on the college information portal. Space is limited so sign up today!
- ☞ **February 11:** Spring Induction Ceremony, room 190, 5:30 p.m. Come support the newest group of inductees.
- ☞ **February 13:** General Member Meeting, room 161, 11:45 a.m. to 12:45 p.m. Meet the newest PTK inductees and join in the discussion regarding future community service projects.
- ☞ **February 27:** Spring Bake Sale + Swap. Members are asked to sign up on the PTK page via the information portal to contribute baked goods for sale. Volunteers needed to staff the baked goods table. Start collecting small toiletries to donate! All monetary donations will go to Bright Blessings ministry and toiletries to the Men's Shelter of Charlotte.

PTK t-shirts are still available for purchase. See Cathey Miller in room 252 to get yours today! All sizes available for only \$9.90. Also, SNA's Lab Values reference sheets for your name badges are available for \$3 at the front desk. They are a great reference for clinicals!

TREAT YOUR DONOR WELL!

Individuals donate to scholarship funds for only one reason: They want to make a difference. If you are a scholarship recipient, you can be sure someone is thinking about you and wondering how you're doing in school, how you like CCHS, whether you still want to be a nurse, rad tech, etc. Consider reaching out to let your donor know how you're doing. If you graduate this semester, think about inviting them to attend as your guest. Send an Easter card or a "I just got my first A on a test" note. Though the college doesn't give out donors' addresses, your note or card can easily be mailed to your donor. Just give it to Joy at the front desk with a request that it be routed to Ruthie or Ellen for mailing to your scholarship's donor. Some scholarships no longer have living donors associated with them. If you're not sure, contact Ruthie Mihal (Ruth.Mihal@CarolinasHealthCare.org); she'll let you know.

FREE FEBRUARY EXERCISE CLASSES FOR CCHS STUDENTS (It's a New Year. No more excuses!)

LOCATION	Day of the Week (all month)	DAY/TIME	FEE	CONTACT
Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!	<u>Mondays</u> Zumba Kick Boxing	5 - 6 p.m. 6 - 7 p.m.	Free to CCHS students and CHS teammates with badge ID.	Livewellevents@carolinashealthcare.org or 704.446.1645.
	<u>Tuesdays</u> Total Workout Cardio Funk with Dawn	5 - 6 p.m. 6 - 7 p.m.		
All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.	<u>Wednesdays</u> Body Sculpt Yoga	5 - 6 p.m. 6 - 7 p.m.	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.)	Park on East Boulevard or in the lot behind the LiveWell building. Enter through the door at the rear of the building.
	<u>Thursdays</u> Pilates Socacise	5 - 6 p.m. 6 - 7 p.m.		
From the new Tijuana Flats restaurant on East Blvd., head toward South Blvd. It's before the Greek Orthodox Church on the right. Park in the back or on East. Badge required.	<u>Mon & Wed</u> NEW "Quick Fit" Small group training with Jeremy Sinclair	4:30 - 5:10 p.m. OR 5:20 - 6 p.m.	For Quick Fit the charge is \$50.00 for 4 weeks (8 sessions)	Some CHS units and some professions now require "fitness testing" as part of the hiring process. They want to assure your lifting and bending abilities meet the job specifications. Not sure you can easily lift 50 pounds? Start bending & lifting now!
Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.				Call Carol Tyndall 704.446.1645 Spaces very limited.

WEAR RED on FEBRUARY 11: IT'S HEART HEALTHY MONTH

February 11 - All staff and students are encouraged to wear **RED** to celebrate the American Heart Association's National Wear Red Day. Heart disease is the leading cause of death in the United States. Some of the factors that put you at risk for heart disease can't be controlled, but other factors are easily controllable. Practice these heart-healthy behaviors to reduce your risk of heart disease:

- ☞ Make healthy food choice.
- ☞ Exercise for 30 minutes per day, most days of the week.
- ☞ Reduce stress.

- ☞ Limit fat, sodium, sugar, and caffeine.
- ☞ Maintain healthy weight, cholesterol and blood pressure levels.
- ☞ If you smoke - QUIT!
- ☞ Visit your primary care physician for regular check-ups.



CONTINUING EDUCATION OPPORTUNITIES (Don't just read about it; Do it!)

BCLS Online - Part 1

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

BCLS Online Skills Check - Part 2

Feb. 4, 11, 18 & 28, 1 - 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).

Introduction to Basic IV Therapy Workshop

Feb. 4, 8 to 11:30 a.m. or 12:30 to 4 p.m. Cost: \$79. CEU Credit: 0.35; equivalent to 3.5 class hours. Location: CCHS campus. This IV refresher/orientation course is offered to RNs and LPNs (and student nurses) in response to the growing demand for an introduction to intravenous therapy skills/refresher. For information, contact Lakisha Bennett at Lakisha.Bennett@carolinashealthcare.org or 704-355-2663. Fliers located at www.CarolinasCollege.edu > Continuing Education > Workshops

CCHS Admissions Information Sessions

Feb. 10 & 24, 4 - 5 p.m. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

Healing Touch (Chaplain's Grand Rounds)

Feb. 19, noon to 1 p.m., Suzanne Freeman Auditorium. The interface between inspiration and healing can help patients tap their vast resources for strength and endurance, leading to improved medical outcomes. CHS's Spiritual Care Division sponsors an annual lecture series and in 2015 the focus is on *Integrative Health: Mind, Body and Spirit*. It's **FREE** to CCHS students and teammates. Each topic stands alone so it's OK to come to just one. February's session on Healing Touch is presented by Greg Wright, RN. Bring your lunch and enjoy! The Suzanne Freeman Auditorium is in the Cannon building at the top of Loop Road. See Joy for help. The Charlotte Observer's coverage of this series is here: <http://www.charlotteobserver.com/2014/11/03/5287040/carolinas-medical-center-hosts.html>

Basic Phlebotomy Skills for Healthcare Professionals Workshop

Feb 20, 8:30 a.m. to 4:30 p.m. Cost: \$169. Learn the "WHY behind the HOW" for a standard adult venipuncture, basic lab tests, test tubes, the correct order of the draw, anticoagulants and MORE! Come for a fun hands-on class. Contact Lakisha Bennett for a registration form. Lakisha.Bennett@carolinascollege.edu or 704-355-2663.

Healing Touch Level 1 (not to be confused with the Grand Rounds course)

Feb. 21 to 22, 8:30 a.m. to 6:30 p.m. Cost \$375 (CHS employees) \$ 295 (full-time student). Healing touch is a nursing-based continuing education program for registered nurses, physicians, body therapists, counselors, psycho-therapists, other health professionals and all individuals desiring an in-depth understanding and practice of healing work using energy based concepts. Level 1 begins with 18 continuing education contact hours of instruction, allowing persons with varying backgrounds to enter, acknowledge their previous learning and to further develop concepts and skills in energy-based therapy. A strong commitment to personal growth is required. Participants will receive 18 CEUS. For information, contact Lakisha Bennett at Lakisha.Bennett@carolinashealthcare.org or 704-355-2663.

BCLS for the Healthcare Provider

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

Organization, Time Management and Goal Setting (Webinar)

Feb. 25, Noon to 1 p.m. Participants will learn tips for organizing your home and office; understand the goal setting process and different types of goals; learn ways to enhance your time management skills. 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.

CULTURAL & RELIGIOUS DIVERSITY: Understanding and respecting others' beliefs.

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

The Iroquois Midwinter Ceremony (old fires are extinguished and new fires are lit) and the Hopi Holy Cycle (changing of the seasons and the sacred universe are celebrated) marks the approach of the new year and begins in January and February. In aboriginal spirituality, February is known as Buxwlaaks (the season of blowing needles) because the wind knocks loose the frozen evergreens foliage.

Feb. 1: Triodion begins (Christianity - Eastern churches) marking the start of the ten weeks preceding Holy Pascha (Easter). Also, Four Chaplains Sunday (Interfaith) commemorates four US Army chaplains who died while saving soldiers from drowning when their ship was torpedoed by a Nazi U-boat in 1943.

Feb. 2: Presentation of Jesus in the Temple in Jerusalem (Christianity) by Mary and Joseph, as required by Mosaic law. In Wicca tradition, it's Imbolc - Feast of Torches - a celebration of divine generative powers (i.e., the Goddess nurturing her young Son).

Feb. 3: On Setsunbun-sai (Shintō) the family celebrates the end of winter, throws beans for good luck and shouts "Devil out; Fortune in!" In Judaism's Tu B'Shevat, a joyous celebration of coming spring, begins at sundown. Trees are planted and fruits native to Israel enliven special meals.

Feb. 7: Mulk (Bahá'í) is the beginning of the 18th month of the Bahá'í year, the name "Mulk" means "dominion."

Feb. 8: Parinirvana (Buddhism, Mahāyāna tradition) is the anniversary of the historical Buddha's death (ca. 486 B.C.E.) and his entrance into Nirvana. Other Buddhist schools mark this event on February 15th as Nirvana Day.

Feb. 14: Valentine's Day (Western Christianity) a celebration of love honoring the Roman Christian martyr who died in 269 C.E.

Feb. 17: Mahashivratri (Hinduism) is for worshiping Shiva, whose dance creates and destroys and recreates the world.

Feb. 18: Ash Wednesday - Christianity (Western churches) The beginning of Lent, a forty-day period (excluding Sundays) in which Christians pray, repent, fast and reflect on Jesus' final journey to Jerusalem. It is a preparatory period for Holy Week and Easter; on this day, believers often receive an ashen cross on their foreheads to mark their repentance and mortality. Also, Losar (Tibetan New Year). Buddhism. Celebrating the beginning of the year 2142 in the Tibetan calendar.

Feb. 19: Chinese/Vietnamese/Korean New Year (Buddhism/Confucianism/Taoism). The first day after the new moon is a religious and cultural festival for Korean, Vietnamese and Chinese persons, marking the first day of the year 4713, the Year of the Sheep.

Feb. 22: Cheesefare Sunday (Forgiveness Sunday). Christianity (Eastern churches) This feast marks the last day of eating dairy products prior to Holy Pascha (also known as Easter). The Great Fast or Great Lent begins at sundown and is marked by 40 days of vegetarian fasting, intense prayer and almsgiving in preparation for Holy Week. The following day is known as Clean Monday.

Feb. 26: Ayyám-i-Há - Bahá'í (through March 1). Starting at sundown, this festival marks the beginning of the intercalary days for festivities, gift giving, and charitable actions. .

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

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

Feb. 2	HR Rep On Campus	Feb. 21-22	Healing Touch, Level I
Feb. 3	Graduation Picture Day Financial Aid Refund Checks Available for Pickup	Feb. 23	Belize Experience Information Session
Feb. 4	Graduation Picture Day BCLS Online Skills Check - Part 2	Feb. 24	CCHS Admissions Information Session
Feb. 5	PTK Volunteers at the Men's Shelter of Charlotte	Feb. 25	BCLS for the Healthcare Provider Employee Assistance Program Webinar - <i>Organization, Time Management and Goal Setting</i>
Feb. 9	CCHS Scholarship Application Link Sent to Student Emails Open Forum with President Sheppard	Feb. 26	Open Forum with President Sheppard
Feb. 10	CCHS Admissions Information Session	Feb. 27	PTK Bake/Swap Sale
Feb. 11	PTK Spring Induction Ceremony CHS/CCHS Wears RED for Heart Healthy Month BCLS Online Skills Check - Part 2	Feb. 28	FAFSA Day BCLS Online Skills Check - Part 2
Feb. 13	Deadline for Mauney Scholarship Applications PTK General Meeting	Save the Date:	
Feb. 16	Belize Experience Information Session Onsite TST Clinic	Mar. 1	Final Dates Announced for Belize Experience Trip
Feb. 17	AHEC Library Closed	Mar. 15	Deadline for Consent & Respect Training Module Completion
Feb. 18	BCLS Online Skills Check - Part 2	Mar. 18	Alumni Reception for May Graduates
Feb. 19	Kim Buchanan, Med Air, Speaks to SNA Members Chaplain's Grand Rounds - <i>Healing Touch</i>	Mar. 23 - 25	Alumni Phone-a-thon Fundraiser
Feb. 20	Basic Phlebotomy Skills Workshop	Apr. 1	Deadline for FELS and CCHS Scholarship Applications