



# CAROLINAS COLLEGE OF HEALTH SCIENCES

OCTOBER 2014

## OCTOBER IS BREAST CANCER AWARENESS MONTH

### INSIDE THIS EDITION

CCHS TST Clinic, Open Forum, Scholarship Reception, Nursing Faculty Saves the Day, Student Wins Scholarship, Compliance Corner

Stop the Flu, Nursing Students Create Poster Presentation, Computer/Xerox Problems, Students Spend Saturday with SVP, CCHS Aces Fire Drill

HR Event for Veterans, Enhanced Wi-Fi Comes to CCHS, Mercy School of Nursing Closes, Communicable Disease Response Plan

Teammate Accolades, Teammate Spotlight, CHS Ambassador Opportunities

Student Nurses Association Update, Phi Theta Kappa Update, NUR152 Students Volunteer

LiveWELL Exercise Schedule, Graduation Photos, Fall Festival Date

Student Success Center, Continuing Education Opportunities

Capping Date, Important Dates to Remember, WOW Card & KEAP Bonus Recipients

### CCHS Hours of Operation

Mon - Fri, 7:30 a.m. - 4:30 p.m.

### CCHS Computer Lab Hours

24 hours a day, 7 days a week  
via student badge access

### Computer Lab Staff Support Hours:

Mon - Thurs, 8 a.m. to 7:30 p.m.  
Friday, 8 a.m. to 4:30 p.m.  
Saturday, 11 a.m. to 2 p.m.

### AHEC Library & Study Rooms

Medical Education Building (MEB)  
Mon - Fri, 8 a.m. - 5 p.m.  
Badge access to MEB and to the 2nd floor study rooms is available 24/7.

### AHEC Library Special Hours:

Closed October 20 at noon.

Connect  
with CCHS



# PINK DAY!

## Thursday

# October 16th

Breast Cancer Awareness Month



FREE!  
Pink Goodies  
all day in the lobby!

Costumes encouraged! Gather by CCHS flag pole at noon for photos & costume judging. Most outrageous costume wins one month preferred parking!



**WEAR YOUR  
Most OUTRAGEOUS PINK!  
"BEST Pinker" gets  
2 weeks of LEGAL Parking  
in the V LOT!**

## MOST CONVENIENT MAMMOGRAM EVER!

According to the American College of Radiology and the American Cancer Society, 1 in 8 women are affected by breast cancer in their lifetime. Receiving regular mammography screenings is especially important for women over 40. More than 90 percent of those diagnosed early survive. Please join your fellow students and CCHS staff & faculty in celebrating Breast Health Month. **Oct. 28** and **Nov. 21**, a mobile mammography van will be outside CCHS. What could be more convenient? This is covered with no deductible by MedCost and many other insurance companies. Ask your carrier about coverage and then call 704.403.1729 for an appointment. Be sure to bring your insurance card with you to the appointment.



lashea Simmons

## STUDENT OF THE MONTH

Congratulations to lashea Simmons, the October Student of the Month. lashea, president of the Student Government Association has done a phenomenal job. At a recent event she came in early, before class, to blow up and construct balloon columns that really added to the excitement of student orientation making it a classy and well planned event. In addition, she rallied student support for two functions: the recent ALS Challenge and NCMOM Free Dental Clinic. Her commitment, school spirit, and magnetic smile encourages others to get involved. Her dedication and enthusiasm are contagious!

## 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 **Oct. 20, 11:15 to noon**. 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.

## 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 Thursday, **Oct. 9, 2 - 2:45 p.m.**, room 135 and Monday, **Oct. 27, 12 - 12:45 p.m.**, room 137. Unable to fit this into your schedule, no problem! Stop by her office (room 110) or send her an email: Ellen.Sheppard@CarolinasCollege.edu.

## ANNUAL SCHOLARSHIP RECEPTION

The annual scholarship reception for recipients of CCHS scholarships will be Thursday, **Oct. 16** at Byron's South End, Design Center of the Carolinas, 101 W Worthington Ave. Heavy hors d'oeuvres served at 6:00 p.m.; program at 6:30 p.m.

## NURSING FACULTY MEMBER SAVES THE DAY, AND A LIFE!

On a quiet Monday evening two weeks ago, many of us were preparing dinner or pulling out the books to study. Not CCHS nursing instructor April Davis (Nursing Fundamentals). Instead, she was using her extensive CPR training and her quick critical thinking skills to bring life back to a patron who'd fallen, unresponsive, at the YMCA in Ft. Mill, SC, where she teaches yoga.

Read all about it, here.... <http://www.heraldonline.com/2014/09/19/6342377/quick-action-at-fort-mill-ymca.html#>.

Thank you April, for having the knowledge, courage, and willingness to step in and make a difference. ALL the difference in the world. We're so proud of and grateful for you!



April Davis



L to R: Scott Kramer (CCHS Student & scholarship recipient) with Michael Welch (Newcomer Supply).

## STUDENT WINS HISTOTECHNOLOGY SCHOLARSHIP

Scott Kramer, Histotechnology student, was awarded a student scholarship through the National Society for Histotechnology in August, 2014. The scholarship, sponsored by Newcomer Supply, a Histology Laboratory Supply company, is presented to a first time convention attendee from the Region III area. Region III consists of Tennessee, Mississippi, Alabama, Florida, Georgia, South Carolina, North Carolina and Puerto Rico. While at the convention, Scott served as a workshop ambassador and took numerous Histotechnology workshops such as Digital Pathology for the Histotechnologist, HTL Certification Exam Review, Surgical Pathology Gross Dissection, Writing a Scientific Paper for Publication, Next Generation RNA in situ Hybridization and Special Stains for Connective Tissue in the Clinical Laboratory. Congratulations Scott!

## COMPLIANCE CORNER - ELECTRONIC COMMUNICATION/SOCIAL MEDIA

This month's Compliance Corner revisits safe practices regarding electronic communication and social networking. When working in the healthcare environment, it is crucial to protect patient information in every way, including remembering not to email others about patient issues or status. Recently CMC offered a conference to remind some employees and enlighten others about the pitfalls of social media with respect to patient interactions. Some important points to remember include:

- ☞ Do not friend current or former patients or their families on Facebook. Remember that your knowledge of their care originated in a professional capacity not a social one.
- ☞ Be mindful of what you post on your Facebook page and your connection to the healthcare system.
- ☞ Be careful not to offer suggestions online regarding care that could be interpreted as you prescribing or directing care and, therefore, working outside your scope of practice.
- ☞ Do not text or tweet about work related issues - you may have little control over its safety.

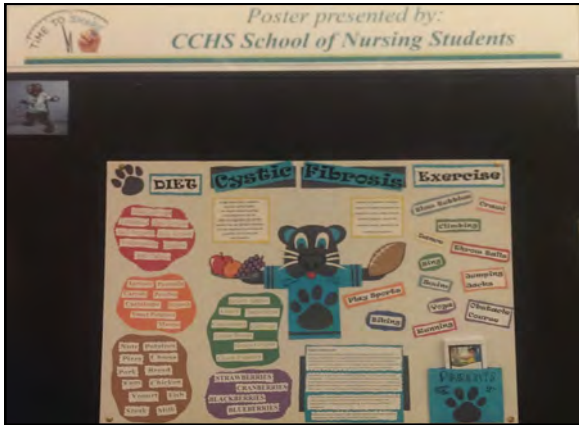
Participating in social media practices has become second nature for most people, but remember the responsibility to conduct yourself professionally and abide by the restrictions set in place by your employer and the law.



# STOP THE FLU STOP

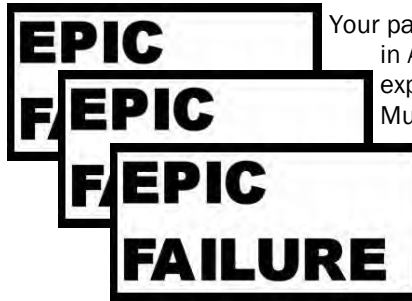
All CCHS students and teammates are required to receive the flu vaccine, which will be offered free of charge at CCHS on Monday, **Oct. 6** – Noon to 1:30 p.m., Friday, **Oct. 10** – 11 a.m. to 1 p.m. & Thursday, **Oct. 16** – 10 a.m. to noon

## SIR PURR GIVES HIS “PAW” OF APPROVAL



Students in NUR153, Child/Adolescent Health, created a poster on exercise and nutrition for display on the cystic fibrosis pediatric ward. Sir Purr, mascot to the Carolina Panthers, gave it his own “paw” of approval by autographing the poster.

## COMPUTER LAB PRINTER PROBLEMS



Your patience was amazing and much appreciated in August and September as the computer lab experienced epic failures of the printer/copier. Multiple visits from Xerox and the HVAC team (investigating whether high humidity as the problem) resulted in new parts, new adjustments, and much TLC. We're not sure which solution did the trick but currently all is well in the computer lab.

Thanks for your patience and for being conservative in your printing needs.

## STUDENTS SPEND SATURDAY MORNING WITH SENIOR VICE PRESIDENT



First row, L to R: Students Zach Wright, Rachel Horsman, Marian Cumming, & Meredith Pendleton with Senior Vice President and Chief Patient Excellence Officer Connie Bonebrake (far right). Second row: Vice President and Chief Learning Officer James McPherson.

On SATURDAY, September 27, a dozen CCHS students spent a “Morning with Connie.” Connie Bonebrake, a senior vice president with Carolinas HealthCare System, is also the CHS Chief Patient Experience Officer. As such, she ensures that patients at CHS receive excellent, effective, patient-centered care, always. This was the first in a series of interactive dialogues intended to help CHS leaders embrace and model robust “patient experience” behaviors. CCHS was pleased to be able to sponsor a dozen students for this special day. Said Meredith Pendleton, who provided this picture of a few of the attendees, “It was a great learning experience and a great way to meet representatives from various fields throughout CHS. What a wonderful system! It was an amazing experience whether you were a graduating student or a beginning student. Thank you so much for opening up this opportunity to us.”

## CCHS ACES THE FIRE DRILL

In order to assess the knowledge of and adherence to established protocols, the College conducted a surprise fire drill last Friday. The news is excellent! The building was evacuated in 2 minutes and 11 seconds (future goal is under 2 minutes). All wings of the building were properly evacuated, doors closed, and individuals accounted for. CHS Security and the Charlotte Fire Department were outstanding; they responded promptly, treated the situation seriously, and assisted throughout. Areas for improvement, as noted on the official paperwork, are:

- ☞ Though overall evacuation evaluation time exceeded goal, some students and staff need an increased sense of urgency in evacuating the building.
- ☞ There was some confusion about wing commanders and back ups. Recommend all teammates review the college's fire drill policy with special attention to wing commander assignments and backup.

Congratulations, CCHS. It should be noted that the evacuation time for 2014 was the best in the past eight years! Thanks for your cooperation and patience as the college strives for even greater levels of safety!

## Carolinas HealthCare System's EVENT FOR VETERANS



Carolinas HealthCare System is holding a military networking event on Friday, **Oct. 31**, 8:00 a.m. to 3:00 p.m., in the Center for Learning and Development at the Airport Center. Attendees will be able to network with Carolinas HealthCare System leaders and learn what Carolinas HealthCare System has to offer – some of its unique to veterans! CCHS students who are military service members, veterans, or the spouse of a veteran, are warmly welcomed. A flyer

listing the various sessions, as well as a map to the airport center, is available at the CCHS front desk.



## ENHANCED WI-FI COMES TO CCHS



Over the years, wireless access has become increasingly important to CCHS students and staff. Patients and families at Carolinas Medical Center, too, have clamored for enhanced Wi-Fi connectivity. But at the same time, the college and the healthcare system have a particularly high burden of responsibility for internet security, particularly when protected health information (PHI) or student information (FERPA) is involved. In 2009 and again in 2012 system upgrades, new wiring, and Wi-Fi boosters enhanced wireless connectivity. Still, there were many dead zones in the Rankin building, and frequent signal fluctuations. Weak and lost signals led to high frustration. Those days are gone! This week, new cable is being laid throughout the building. Wi-Fi connectivity should be significantly enhanced. Watch for “the tech guys” installing new ground cable in the hallways - and greet them warmly! By mid-October you should see a big difference in your Wi-Fi experience both at CCHS and at CMC.

## OUR SISTER SCHOOL, MERCY SCHOOL OF NURSING, TO CLOSE IN 2016



Carolinas HealthCare System consistently evaluates its programs to identify ways to improve value of care delivery and to ensure patients receive the best possible care. This ongoing process recently included a review of its educational programs to understand how to best meet the demands of an evolving healthcare system and changing needs of patients.

Following this evaluation, the decision was made to restructure its nursing education programs and to continue to enhance the education provided at Carolinas College of Health Sciences and Cabarrus College of Health Sciences. As such, Mercy School of Nursing is no longer accepting applications for new students.

The decision was difficult. Mercy School of Nursing has a 108-year legacy of extraordinary nursing education. Said Dr. Mary Hall, a senior vice president and the system's chief

academic officer, “This is in no way a reflection of the educational excellence or of the outstanding healthcare delivered by Mercy School of Nursing faculty, staff, students and alumni. Providing quality education through our schools remains a priority for Carolinas HealthCare System, and we will continue to offer the best nursing education in the region and in the nation.”

Classes will be taught and faculty retained so that all students currently enrolled at Mercy School of Nursing have the opportunity to graduate following normal curriculum progression. Prospective students and applicants are being encouraged to explore other area nursing programs, including those here at Carolinas College of Health Sciences and at Cabarrus College of Health Sciences. Alumni services will continue.

College students and staff join the staff and students of Mercy School of Nursing in bidding farewell to this historical cornerstone of Charlotte's nursing education community.



## HIGHLY COMMUNICABLE DISEASE RESPONSE PLAN

With Ebola in the news, it is important for you to know that Carolinas HealthCare System and Carolinas College have plans in place to protect students from contact with dangerous communicable diseases. Students and faculty may be exposed to communicable and infectious diseases during the normal performance of clinical activities and interaction with patients. Such exposure, and the habituation of standard protective measures, is an important part of healthcare education. In all cases, regardless of the students' specific clinical placement, the College will observe standard precautions at least as stringent as those identified by Carolinas HealthCare System infection prevention policies and protocols. In the case of highly communicable disease, however, additional measures protect the student and limit the opportunity for spread. Because the College has a duty to reasonably protect its students, students are prohibited from engaging in the care of patients with highly communicable disease. If you are interested in learning more about CHS's plan for communicable disease control, log on to the CCHS information portal and click on the emergency response link. Located on that page is a Viral Hemorrhagic Fever (Ebola) Toolkit outlining processes and protocols.





Cathy Holton

## TEAMMATE ACCOLADES

Cathy Holton, associate dean of the CCHS School of Nursing, and Meredith Hirsch, CCHS nursing faculty member, are joint recipients of the inaugural Cato Excellence in HealthCare Scholarship. This award is given in support of the advancement of education and training of current nursing and allied healthcare professionals who display a capacity for advanced service. Cathy is pursuing her doctor of education in educational leadership at Wingate University. Meredith, a 2000 CCHS alumnus, is a student in Duke University's Family Nurse Practitioner program. Congratulations Cathy and Meredith!



Meredith Hirsch

## TEAMMATE SPOTLIGHT - CATHEY MILLER



Cathey Miller

Cathey Miller began her career in Radiologic Technology upon graduation from Charlotte Memorial Hospital School of Radiologic Technology in 1976. She earned her RT certification and embarked on a career that took her to Cocoa Beach, FL. She then moved to Houston, TX where she worked as a radiology coordinator at a metropolitan hospital for ten years. Eventually she returned to Charlotte where she worked as a supervisor in the radiology department at Carolinas Medical Center. After several years as a night shift supervisor and with the completion of her Bachelor's in Health Sciences, she joined CCHS in 2002 as a clinical instructor in the Radiologic Technology program. Cathey holds a Master's degree in teaching and continues to enrich the lives of Radiologic Technology students as a clinical and didactic instructor. Cathey is an active member of the American Registry of Radiologic Technologists and the American Society of Radiologic Technologists. In addition to her teaching responsibilities, Cathey is a PTK advisor, a member of the college's quality improvement committee, an advocate and volunteer at the Charlotte Men's Shelter, and served as the rad tech program's interim clinical coordinator from 2009-2010. Cathey enjoys NASCAR, Carolina Panthers football, and time with friends and family. She also serves as a Deacon in her church and serves many others through her annual church mission trips.

## ENERGETIC EXTROVERTS NEEDED TO REPRESENT CAROLINAS HEALTHCARE SYSTEM

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 CCHS students can help as ambassadors. Below is a list of events coming up in August. To participate in any of them, email [Devon.Smith@CarolinasHealthCare.org](mailto:Devon.Smith@CarolinasHealthCare.org) or call 704.222.0628. The only rule: If you sign up, show up; you are representing both CCHS and CHS! (This is different from being a CCHS Student Ambassador. See Rhoda Rillorta in Student Services for more information about becoming a Student Ambassador.)

- ☞ **SATURDAYS in OCTOBER** • 12 PM; **SUNDAYS in OCTOBER** • 1 PM. Fall Frolic and Corn Maze, Anne Springs Close Greenway. This festival features family-friendly activities including archery, horse rides, a corn maze, wagon rides, kayaking and canoeing. Ambassadors are needed to staff the activity stations.
- ☞ **THURSDAY, OCTOBER 2** • 5:30 PM. Elizabeth Lane Family Fitness Night, Elizabeth Lane Elementary School. This family oriented event encourages participants to make the right decisions that lead to a healthier lifestyle while being active with their children. Ambassadors are needed to set up and greet guests.
- ☞ **FRIDAY, OCTOBER 10** • 7 PM. Nations Ford High School vs. Fort Mill High School varsity football game. This rivalry began in 2007 and draws a very large crowd being a cross town rivalry. Ambassadors are needed to staff our information table and provide giveaways.
- ☞ **MONDAY, OCTOBER 13** • 6:30 PM. Southminster Retirement Community. This bi-monthly health talk series provided by clinicians encourages participants to make the right decisions that lead to a healthier lifestyle. Ambassadors are needed to set up and greet guests.
- ☞ **SATURDAY, OCTOBER 18** • 11 AM. 17th Annual Pineville Fall Fest. Sponsored by Carolinas HealthCare System, this two-day festival features continuous live music, carnival rides, games, food, crafts, children's art show, demonstrators and performers set against the beautiful backdrop of Pineville Lake Park. Ambassadors are needed to greet race participants and provide giveaways.
- ☞ **SATURDAY, OCTOBER 18** • 7 AM. Big South 5K Run/Walk, Blakeney Shopping Center. The race is followed by the 7th annual Ballantyne Boo! Bash featuring family-friendly activities. Ambassadors are needed to greet race participants and provide giveaways.
- ☞ **SATURDAY, OCTOBER 18** • 4PM. Oktoberfest in Old Town. Downtown Rock Hill. This is a Bavarian style street festival that highlights German culture. There is live music, arts & crafts, and a Kids Zone. Ambassadors are needed to staff our informational table and interact with community.
- ☞ **THURSDAY, OCTOBER 23** • 6 PM. CMC-Pineville Health Talk - "Current Trends in Breast Cancer." Join Dr. Terry Sarantou of Levine Cancer Institute as he discusses the current trends in diagnosing, imaging, pathology, genetics and treatment of breast cancer. A light dinner will be provided. Ambassadors are needed to welcome attendees and help with set-up.
- ☞ **FRIDAY, OCTOBER 24** • 7 PM. Friday Night Football "Pink Out" Game. Ardrey Kell High School vs. Phillip O. Berry High School varsity football game. This "Pink Out" game is designed to raise awareness of Breast Cancer. Ambassadors are needed to staff our information table and provide giveaways.
- ☞ **WEDNESDAY, OCTOBER 29** • 8:30 AM. Carolina Place Mall Walkers Health Talk. Following morning walking exercises, this monthly event incorporates a breakfast and health talk featuring Carolinas HealthCare System clinicians. Ambassadors are needed to greet guests.
- ☞ **WEDNESDAY, OCTOBER 29** • 5:30 PM. Sun City Health Talk. Sun City Active Living Community hosts this series of monthly health talks featuring Carolinas HealthCare System physicians. Ambassadors are needed to greet guests and staff our information table.



## STUDENT NURSES ASSOCIATION (SNA)

Happy fall from the SNA! Thank you to everyone who came to the September general member meeting and information session for NUR 101 students. Your feedback and suggestions will help make SNA even better than it already is. Based on those suggestions, this is the fall lineup:

- ☞ **October 1**, 8:00 a.m., room 158. A panel discussion for NUR 202 students. Recent CCHS graduates answer your questions about the hiring and interviewing process and the realities of a job as an RN!
- ☞ **October 17**, Bake Sale, V Lot Parking Raffle ticket sale & NEW SHIRT DESIGN SALE! Ever forget breakfast when you're rushing out the door? Tired of walking from MMP to CCHS and would like to park closer? Already have some of the old SNA t-shirts and sweatshirts? Looking for something a little different? If you answered yes to all of the above questions make sure you put away a little mad money and score some sweet deals!
- ☞ **October 30**, 8:00 a.m., room 161. General member meeting featuring guest speaker Sherry Olson, MSN, RN. Sherry is a hospice nurse. Find out how you can make a difference in the quality of life for a terminal patient. You not only touch the patient's life, but their families as well. This special session will touch your heart and inspire you.
- ☞ **November 20**
  - 8:00 a.m., room 161. General member meeting featuring a special panel of nurse managers who will share insights as to what they look for when hiring new grads. Come hear differing viewpoints regarding qualifications (be it GPA, general work experience, NA experience, etc.) and critical thinking skills they look for in a new hire. All nursing students regardless of level are welcome and will find this informative.
  - 11:00 a.m., room 151. A panel discussion for rising NUR 202 students. Come hear current 202 students as they give the low down on what intermediate students should do to prepare for and succeed in NUR 202. Your questions are welcome!

**SNA Needs YOU!** Have a desire to get more involved? Want to help your community? It's a great way to beef up your resume! A life-time SNA membership only costs \$10. Several positions on the SNA board will be available at the end of this semester due to graduation. Contact any board member for more information on how you can become a member. Brenda Vasquez, SNA Advisory, is also available at [Brenda.Vasquez@CarolinasCollege.edu](mailto:Brenda.Vasquez@CarolinasCollege.edu) or call her at 704.355.5969. Current board members: President: Ashton Pope; Vice President: Meg Jones; Treasurer: Laura Turpin; 101 Rep: Christi Milledge; Fundraiser Chair: Kelsey Graham; Marketing Rep: Leah Wilson; Secretary: Kristen Mason; and Community Outreach Chair: Caroline Roberts.

## PHI THETA KAPPA (PTK)

The bake sale/swap held on Sept. 5 was very successful and raised \$250 which was donated to the Charlotte Men's Shelter. A lot of clothing and toiletry items were donated. The blood drive on August 25<sup>th</sup> was another success with 19 pints of blood collected; potentially saving the lives of 57 people! A very big thank you to those who participated in these two worthy endeavors. PTK t-shirts are still available for purchase. See Cathey Miller in room 252 to get yours today. We have new sizes available (S, M, L, XL) and the price is \$9.90.

### Upcoming Events:

- ☞ **October 2:** Men's Shelter of Charlotte, 5:30 to 7:00 p.m.. Volunteers are need to serve 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!
- ☞ **October 23:** Blood Drive, 11:30 a.m. to 3:30 p.m. Sign up will be posted in the CCHS lobby.
- ☞ **October 23:** New member induction ceremony, 5:30 p.m.
- ☞ **October 31:** General PTK Meeting, 11:00 a.m., room 219. Agenda includes officer elections, and discussion of service and community projects and volunteer opportunities. Please plan to attend if at all possible. Look for more information on the PTK page of the information portal. New members welcome!

## STUDENTS ROCK THE ANNUAL WOMEN'S INSTITUTE HOMECOMING

Students from CCHS School of Nursing joined a picnic and fun activities for children at the recent Women's Institute Homecoming event in Pineville Park. The Women's institute offers assisted reproductive technologies (ART). Homecoming is an annual event where patients can celebrate successes and fellowship with others who have conceived with the aid of ART.



Front row, L-R: Taylor Heybruck, Sophia Snellings, Sophie Brayne. Second row, L-R: Sharon Vinten (WI nurse), Jennifer Harris, Lindsay Tillis, Marissa Farrell, Julie Martinat, Marianne Sweitzer, Karen Green & Alicia Ramirez. Back row: Audra DeYoung & Tamarus Kornegay



## LIVEWELL EXERCISE CLASSES - FREE FOR CCHS STUDENTS

LOCATION	Day of the Week (all month)	DAY/TIME	FEE	CONTACT
<p>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!</p> <p>∞</p> <p>All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.</p> <p>∞</p> <p>From the new Tijuana Flats restaurant on East, head toward South Blvd. It's on the right before the Greek Orthodox Church. Park in the back or on East. Badge required.</p> <p>∞</p> <p>Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.</p>	Zumba Kick Boxing	Monday 5 - 6 p.m. 6 - 7 p.m.	<p>Free to CCHS students and CHS teammates. Badge required.</p> <p>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.)</p>	<p>Live-wellevents@carolinashealthcare.org or 704.446.1645.</p> <p>Park on East Boulevard or in the lot behind the LiveWell building. Enter through the door at the rear of the building.</p> <p>∞</p> <p>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 &amp; lifting now!</p>
	Total Workout <b>New</b> Cardio Funk with Q!	Tuesday 5 - 6 p.m. 6 - 7 p.m.		
	Body Sculpt Yoga	Wednesday 5 - 6 p.m. 6 - 7 p.m.		
	Pilates Socacise	Thursday 5 - 6 p.m. 6 - 7 p.m.		
	<b>New</b> "Quick Fit" Small group training with Jeremy Sinclair	Mon & Wed 4:30 - 5:10 p.m. OR 5:20 - 6 p.m.		



## 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. Pictures will be taken in late January 2015. Watch for more details in coming student newsletters. A sign up sheet will be posted in the main lobby in early December.

## FALL FESTIVAL IS JUST AROUND THE CORNER!

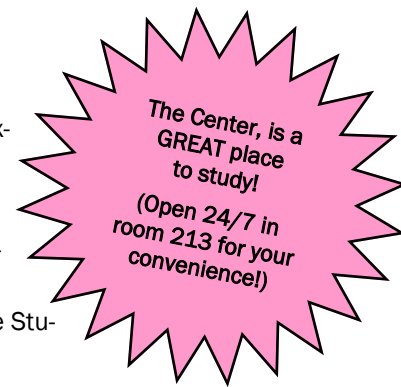
Fall Festival is scheduled for **October 20** from 10:30 to 1:30 in the "C" lot. Hot dogs with fixings, beans, chips, and cookies will be served. Guess the number of candy corn kernels in the jar and win a month parking in the "V" lot! Pumpkin decorating! Musical chairs for baked goods. There's something fun for everyone!



## STUDENT SUCCESS CENTER

**Success Tip of the Month** - The Importance of Why. Students often express frustration at lower than expected test grades, commenting that they “knew” the information. What does it mean to “know” the material for a test? Rarely is it enough to simply remember a simple answer to a question. Instructors expect students to look behind the simple answer and consider why the connection is important. How will you be expected to apply this information? How does it fit into the picture of the larger concept being addressed? How will this detail figure into clinical decision-making? WHY is it important?

For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Support page on the Information Portal. (Click on Student Resources, then on Student Support.)



### Why do students serve as Peer Tutors?

- ☞ Flexibility! Tutors decide how much time they have and determine their availability.
- ☞ Review! Keeping past material fresh in your mind makes preparing for board exams less strenuous.
- ☞ Gifts! CCHS rewards Peer tutors with cafeteria passes.
- ☞ Experience! This volunteer leadership opportunity looks great on your resume.
- ☞ Satisfaction! How rewarding to help other students achieve their goals!

**Talk with Nancy now about becoming involved in the Peer Tutoring Program!**

### Student Employment Opportunities.

- ☞ Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS Recruitment Specialist will be **Oct. 6** 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.
- ☞ 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.

For more information on any of the items listed above contact Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@carolinashealthcare.org.

## CONTINUING EDUCATION OPPORTUNITIES

### CCHS Admissions Information Sessions

**Oct. 14 & 28**, 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 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

**Oct. 16**, 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. October's session is entitled **Acupuncture**, and is presented by the Jonathan Polsky, Acupuncturist with Carolinas HealthCare System's Alternative Medicine Department. Join in; bring your lunch with you.

### Holiday Budgeting (Webinar)

**Oct. 28**, Noon to 1 p.m. Get great tips for recognizing types of holiday stressors and hear 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

**Oct. 29**, 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.

### 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

**Oct. 1, 8, 15, 22 & 29**, 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).



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

October 1	Flu Shots Available in Main Lobby SNA Panel Discussion for NUR202 Students BCLS Online Skills Check - Part 2	October 22	BCLS Online Skills Check - Part 2
October 2	PTK Volunteers at the Charlotte Men's Shelter	October 23	PTK Blood Drive PTK New Member Induction Ceremony
October 6	Flu Shots Available in Main Lobby HR Recruitment Specialist on Campus	October 27	Open Forum with President Sheppard
October 8	BCLS Online Skills Check - Part 2	October 28	Mobile Mammography Van on Site Employee Assistance Webinar, <i>Holiday Budgeting</i>
October 9	Open Forum with President Sheppard	October 29	Admissions Information Session BCLS for the HealthCare Provider BCLS Online Skills Check - Part 2
October 10	Flu Shots Available in Main Lobby	October 30	SNA General Member Meeting
October 14	Admissions Information Session	October 31	PTK General Member Meeting HR Event for Veterans
October 15	BCLS Online Skills Check - Part 2		
October 16	Flu Shots Available in Main Lobby Wear <b>Pink</b> Day! Chaplain's Grand Rounds, <i>Acupuncture</i> Scholarship Reception	<b>Save the Date:</b> November 20	SNA General Member Meeting SNA Panel Discussion for Rising NUR202 Students
October 17	SNA Bake Sale/T-shirt Pre-Order	November 21	Mobile Mammography Van on Site
October 20	 Festival AHEC Library Will Close at Noon TST Clinic in the Main Lobby	December 10	Capping Ceremony
		December 12	Graduation



## DECEMBER CAPPING/PINNING/BLESSING OF HANDS CEREMONY

Some see the nursing cap as old fashioned, but for many, it represents the rich heritage of the nursing profession. CCHS' ceremony is less about the cap and more about a rite of passage. Graduating females are capped by an RN of their choice with the CCHS cap; male students receive a souvenir RN pin (not the class pin). All December nursing graduates received a survey in September asking about plans to attend. If you didn't complete the survey, contact President Ellen Sheppard to receive the survey link again. Only survey respondents will receive follow up information. The ceremony is planned for the evening of **December 11**.



## WOW! THESE FOLKS ARE AMAZING!

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

### Students

**Nursing:** Katie Deese, Megan Erwin, Tashia Eugene, Iashea Simmons & Lindsy Thomas

### Faculty/Staff

**Academic Affairs:** Kisha Choice & Larry Turner

**Continuing Education:** Kristin Olson-Kennedy

**General Studies:** Carla Cozzen

**Medical Laboratory Science:** Kimberly Yarborough

**Nursing:** Diahanne Holandez & Claudette Kaveler

**Student Services:** Joy Godwin, Chrisanne Rancati & Nancy Watkins

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