



CAROLINAS COLLEGE OF HEALTH SCIENCES Monthly News

SEPTEMBER 2014

A smile is a little curve that sets a lot of things straight.
- Unknown

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FROM THE REGISTRAR'S OFFICE

Congratulations to students named to the Dean's List at the conclusion of summer semester, 2014. To be eligible for the Dean's List, a student must earn a semester GPA of 3.50 or higher and be enrolled in a for-credit healthcare program or general studies (including pre-nursing) with 6 or more semester credits.

General Studies: Karen Beltz & Justin May

Histotechnology: Erika Caceres, Linsey Etz, Kevin Hayes & Scott Kramer

Nursing: Lisa Brians, Catilin Burt, Haley Conner, Harding Cranford, Laurel Farley, Donnelle Gaston, Kyleen Gilliland, John Gundel, Marina Hess, Taylor Heybruck, Amanda Hoyle, Jihye Kim, Jessica Logerfo, Kayla Lowe, Rebecca Moody, Hana Munkittrick, Miles Nelson, David Owens, Christine Perzinski, Destiny Queen, Kelsey Rochford, Hallie Sanchez, Katherine Swennes, Rachel Teague, Carol Trnavsky, Laura Turpin, Kimberly Vazquez, Amy Williams & Julie Zimmerman

Pre-Nursing: Josephy Acquarulo, Mary Albright, Emilie Baptista, Carly Bell, Lauren Cline, Emilee Escher, Margaret Eubank, Jennifer Farah, Meghan Harrison, Benjamin Hensley, Christine Hughes, Kristine Keathley, Madison Lombardo, Taylor McGovern, Emily Michel, Marie Nolan, Tiffany Ospina, Kristen Pacitto, Emilia Pena, Kristen Rice, Nathan Robertson, Danielle Roy, Esther Rummel, Ariel Tunson & Karlene Walker

Radiologic Technology: Courtney Britton, Matthew Cook, Heather Darnell, Daniel Dubick, Ashley Jagielnicki, Michelle Kemp, Shanelle Lemon-Mushatt & Emily Olds

Surgical Technology: Julie Delaney, Jerrica Garrison, Kiara Johnson, lashea Simmons & Tyrone Sturgis

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.

Connect
with CCHS



Financial aid refund checks for those with a completed financial aid file will be available starting on **Sept. 9** at 10 a.m. in the business office (suite 208). Your CCHS student ID must be presented to pick up a check. CHS Educational Loan Promissory Notes will also be available for signature at this same time.

STUDENT OF THE MONTH



Cathy Beers

Congratulations to Cathy Beer, CCHS Student of the Month for September. Cathy is enrolled in Nursing 202 this semester. Cathy's commitment and caring for Carolinas College of Health Sciences was evident during the annual phone-a-thon this past year. Cathy received a prize for raising the most funds on the night of her participation. Instead of using the movie passes and refreshment gift cards, she donated these items to an alumnus who she spoke with the night of the phone-a-thon. The kind words she wrote to the alumnus thanking her for her time and financial gift to the college, along with the movie passes, demonstrates Cathy's selflessness and willingness to give back to others. Cathy holds a bachelor of Arts from Shippensburg University.

NATIONAL SURGICAL TECHNOLOGY WEEK



September 21 - 27 is National Surgical Technology Week. CCHS students enrolled in surgical technology will provide an informal overview of the program and career for staff, faculty, and students enrolled in other programs. Happy Surgical Technology Week to students and kudos to the preceptors and staff for providing an excellent educational experience! The CCHS School of Surgical Technology offers three curriculum options, an 18-month AAS degree, a 1-year diploma, or a variable length diploma-to-degree bridge.



Dr. Ellen Sheppard

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, **Sept. 4**, 2 - 2:45 p.m. and Monday, **Sept. 22**, 12-12:45 a.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.

WELCOME NEW FACULTY AND STAFF

Dr. Eric Mullis has joined the college to teach PHI 102: Ethics as an online course. This is a required course in the curriculum of both the associate degree programs in Radiologic Technology and Surgical Technology and will meet the elective requirement for students in other academic programs. Dr. Mullis received his PhD in Philosophy from the University of South Carolina in 2005. Since then he has been teaching philosophy at Queens University of Charlotte. He teaches courses in ethics, logic, Chinese philosophy, philosophy through film, and philosophy of art. He has published essays on a wide range of topics in academic journals such as: *Journal of Speculative Philosophy*, *Dao: A Journal of Comparative Philosophy*, *Journal of Aesthetics and Art Criticism*, and *Journal of Aesthetic Education*. Eric is a co-founder of a Charlotte-based independent performing arts group called the Triptych Collective. The group is committed to bringing a fusion of modern dance and live music to unconventional performance spaces and its work has been funded, in part, by grants from the Arts and Science Council and the Knight Foundation.



Dr. Eric Mullis



Kisha Choice

Kisha Choice, formerly with Carolinas Simulation Center, has transferred to CCHS as the new Learning Technology Specialist overseeing the computer lab and online Moodle instruction. Kisha received her Bachelor's in Information Systems from Monroe College in 2010. A native New Yorker, Kisha worked as an information specialist for the Archival Reference Library at CBS News before moving to Charlotte in 2011 for a better quality of life for her and her son Ethan, who is now 4. An interesting tidbit about Kisha, her aunt was the featured violinist with Yanni for six years and Kisha accompanied them on tour.

Joining the business office as the new business office staff assistant is Reeshenah (Shenah) Agee. She will serve both Mercy School of Nursing and Carolinas College. Originally from Charleston, Missouri, she moved to Charlotte about nine years ago from the Raleigh area. She is a single mother of a very active 4-year-old little girl. Shenah has been with Carolinas HealthCare System for six years, formerly as a quality specialist in medical records at Carolinas Rehabilitation. She is very excited about starting her new adventure here at the college and hopes to be here for many years to come.



Shenah Agee

VOLUNTEERS NEEDED FOR FREE ADULT DENTAL CLINIC

The North Carolina Missions of Mercy (NCMOM) portable free dental program is an outreach program of the North Carolina Dental Society. Clinical and non-clinical volunteers are needed to assist in a weekend event offering free dental services to those adults in need at the Charlotte Convention Center on **Sept. 4, 5 and 6.**

AREAS OF NEED:

Community Volunteers: Set-up, patient orientation, patient registration, Spanish-English translators, patient escorts, check-out, data entry, runners/errands and trash disposal. For these positions please sign-up on the Community Volunteer Form.

Medical Professionals: Medical screening (health history review, blood pressure, etc.) Other options are available in Radiography, Sterilization and Supplies. Please sign-up on the Medical Professional Volunteer Form.

To Sign Up: Log on to the CHS Community Involvement site via PeopleConnect and search for Project 10 13010. Once you sign up, an email will be sent to you for further instructions on how to register. For more information, contact CHS Corporate Community Benefit at 704-631-1000.



VOLUNTEER AND INTERNSHIP OPPORTUNITIES TO ASSIST SURVIVORS OF HUMAN TRAFFICKING

Did you know that every year thousands of men, women and children are trafficked in the United States? North Carolina is ranked 12th in the country for human trafficking cases. Want to make a difference in the fight to stop human trafficking? Interested in internship and volunteer opportunities to work with survivors of human trafficking? Lily Pad Haven is a Charlotte-area non-profit organization that provides healing homes and coordinates transitional services for survivors of human trafficking. Lily Pad Haven works directly with law enforcement agencies and community resources to provide coordinated care and comprehensive victim assistance for guests, including case management, counseling, victim assistance, behavioral health and medical assistance, and life skills training. Volunteers with interests in nursing, case management, and social work are needed.

Interested? Visit WWW.LILYPADHAVEN.ORG and click on [HOW CAN I HELP?](#) or call us at 704-312-2011.

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 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 CCHS Student Ambassador. See Rhoda Rillorta in Student Services for more information about becoming a Student Ambassador.)

- ☞ Saturday, **Sept. 6, 8 AM:** [2014 Running Symposium](#) - Hosted at DoubleTree Suites in SouthPark, this free symposium will feature information on therapy techniques, running shoes, strength training and common runner mistakes. CHS Ambassadors set up, greet guests, and staff the information table. (South Charlotte)
- ☞ Thursday, **Sept. 11, 10 AM:** [Diabetes Prevention Program](#) - Free diabetes risk assessments and screenings will be provided. Ambassadors needed to serve during following three shifts: 10 AM to noon; noon to 2 PM; 2 to 4 PM. (Sun City Carolina Lakes Community, south of Ballantyne).
- ☞ Thursday, **Sept. 11, 5:30 PM:** [Anne Springs Close Greenway Summer Concert Series](#) - This monthly concert series encourages participants to make healthier lifestyle decisions. Set up, greet guests, and staff information table. (Ft. Mill).
- ☞ Saturday & Sunday, **Sept. 13 - 14, 12 PM:** [Festival of India](#) - Taking place in uptown Charlotte, this cultural event will feature authentic food, dance performances and family activities. Representatives from Carolinas HealthCare System will perform free diabetes screenings. Staff information table & greet guests (Uptown Charlotte).
- ☞ Friday, **Sept. 19, 6 PM:** [Anne Springs Close Greenway Fiddle 'n Pig Shindig](#) - This annual festival features live bluegrass music and a BBQ competition. Staff information table and greet guests. (Ft. Mill).
- ☞ Saturday, **Sept. 20, 10:30 AM:** [Anne Springs Close Greenway Fiddle 'n Pig Shindig](#) - This annual festival features live bluegrass music and a BBQ competition. Staff information table and greet guests. (Ft. Mill).
- ☞ Saturday, **Sept. 21, 1 PM:** [Ballantyne Country Club Rally for the Cure Walk and Wag](#) - As part of the Susan G. Komen Rally fundraising week, this family-friendly event features food vendors, pumpkin painting and a pet walk. Ambassadors are needed to staff our information table.
- ☞ Tuesday, **Sept. 23, 8 AM:** [York Regional Chamber Golf Tournament](#) - Ambassadors needed to greet guests and staff the information table. (Rock Hill Country Club)
- ☞ Tuesday, **Sept. 23, 8 AM:** [CMC-Pineville Health Talk](#) - As part of this ongoing series, Blair Morse, CDE, of CMC-Pineville will present the topic, Diabetes 101. Carolinas HealthCare System representatives will be present to provide diabetes risk assessment. Ambassadors needed to help set up and greet guests.
- ☞ Wednesday, **Sept. 24, 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 needed to greet guests.
- ☞ Saturday, **Sept. 27, 9 AM:** [Olde English Battle of the Bands](#) - Held in downtown Rock Hill, this annual competition features over 50 high school bands. Ambassadors needed to staff information table.
- ☞ Saturday, **Sept. 27, 10 AM:** [Indian Land Fall Festival at City of Lights](#) - This annual festival features live music, a chili cookoff and activities for children. Ambassadors are needed to greet guests and staff our information table.
- ☞ Monday, **Sept. 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.

PHI THETA KAPPA (PTK)

On August 22 five PTK members helped sort items in the “free store” at Crisis Assistance Ministry; thank you to those able to participate. 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); cost is \$9.90 ea.

Upcoming Events:

Sept. 5: Bake Swap, 8 a.m. to Noon in the CCHS lobby. All donations support The Men's Shelter of Charlotte. Please bring your donations (or money) and we will trade you for a baked treat. PTK members: please sign up on the information portal to help with working the table or bringing baked goods. Acceptable Items include:

- Toiletry items: Soap, shampoo, razors, shaving cream, toothbrushes, toothpaste, dental floss, etc., (small hotel/travel sizes preferred).
- Men's clothing/shoes – any & all sizes (NEW socks & underwear only please)

Sept. 26: Next PTK Meeting, 11:00 a.m., room 158. New members welcome.

Save the Date:

Oct. 2: Men's Shelter of Charlotte, 5:30 to 7 p.m. Volunteers need to serve dinner or help pass out donated items. No set up or clean up required. Sign up via the information portal. Space is limited so sign up today. (PTK fellowship to follow; sign up via the information portal.)

Oct. 23: Fall PTK Induction

STUDENT NURSES ASSOCIATION (SNA)

CCHS' Student Nurses' Association welcomes all new and returning students and hopes you had a great summer. The new semester started off with SNA members welcoming and providing lunch for the approximately 70 new nursing students during orientation (pictured at right). SNA has been busy scheduling events and interesting opportunities for you to get involved during your time at CCHS.

Panel Discussion for Nursing 101 Students: Feeling overwhelmed? Need some help and advice? Join SNA members on Monday, **Sept. 22**, 1:00 p.m., room 190 for a panel discussion with intermediate level students. Hear valuable advice on how to be successful in 101! All questions welcome.

Want to Be More Involved? Two positions are available on the SNA Board (president and membership chairperson). Interested? Contact Ashton Pope, Ashton.Pope@cchsmail.org OR Brenda

Vasquez, faculty advisory, Brenda.Vasquez@carolinashealthcare.org.



SNA Board Members, L to R: Ashton Pope, Laura Turpin, Meg Jones, Kelsey Graham, and Brenda Vasquez (faculty advisor)

Welcome to the Newest Members of SNA: Nicole Valcourt, Christopher Yen, Mary Warren, Taylor Hayworth, Alesia Hamilton, Erin Holland, Ashley Suddreth, Sara Atkin, Teresa Greene, Maggie Austin, Abby Malloy, Brittany VanDerMeid, Brittany Baer, and Jennifer Edwards. Don't be left out – you too can join for a one-time fee of \$10.

Missed the opportunity to purchase an SNA t-shirt/sweatshirt? Contact any of the SNA board members (pictured left) for information about future sales.



CAROLINAS COLLEGE SUPPORTS VETERAN STUDENT SUCCESS

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

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

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

- ☞ Coordinating veteran services between the student services department and the business and finance departments;
- ☞ Developing a veteran area on the student support page of the college's information portal;
- ☞ Partnering with Carolinas HealthCare System in promoting veteran's day activities and programs; and
- ☞ Designating a space in the college's student success center for veteran students to meet, study, and socialize.

“We are committed to the success of all students, especially those who have served our country or whose family members have served,” said Dr. Hampton Hopkins, dean of student affairs and enrollment management at Carolinas College. “We believe in the importance of ensuring veterans receive the best possible experience and achieve their educational goals.”

TEAMMATE SPOTLIGHT - LUCY DAVISON

Lucy Davison is the clinical coordinator for the School of Radiologic Technology. She graduated from Charlotte Memorial Hospital School of Radiologic Technology in 1979 and worked in radiology as a staff technologist and senior (lead) technologist. She began her career in general radiography but specialized in myelography, tomography, and skull radiography and was education coordinator for the department of radiological services for three years. In 1985, she joined the School of Radiologic Technology as a clinical instructor and has been with the school for over 25 years. She received her Bachelor's Degree in Radiologic Science from Queens University where she graduated summa cum laude. Her greatest accomplishment is the success of her students who have had a 100% pass rate on the national registry exam for over 27 years.



Lucy Davison

Lucy was born in Kinston, NC, and grew up in Greensboro where most of her family still lives. She was an athlete in high school and was co-captain of the women's basketball team and a distance runner on the track team. She met her husband, Ron, at UNCC and they are both avid supporters of 49er athletics. She has two cats (her children) and enjoys reading, spending time with friends and family and traveling. Some of her favorite trips have been to Japan, Switzerland, Yellowstone National Park and Hawaii but her all-time favorite vacation destination is Disneyworld.

LIVWELL 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.	Free to CCHS students and CHS teammates. Badge required.	Live-wellevents@carolinashealthcare.org or 704.446.1645.	
	Total Workout New Cardio Funk with Q!	Tuesday 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. ∞ 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!	
	Body Sculpt Yoga	Wednesday 5 - 6 p.m. 6 - 7 p.m.			
	Pilates Socacise	Thursday 5 - 6 p.m. 6 - 7 p.m.			
	New "Quick Fit" Small group training with Jeremy Sinclair	Mon & Wed 4:30 - 5:10 p.m. OR 5:20 - 6 p.m.			\$50.00 for 4 weeks (8 sessions)

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 using with your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever. Pictures will be taken in late January 2015. Watch for more details in the coming student newsletters. A sign up sheet will be posted in the main lobby in early December.

CONSTITUTION DAY

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

As part of your constitutional responsibilities, every citizen should vote. The leaders you elect make decisions that affect you - your job, your healthcare, your energy costs, your security, and more. Get registered; be informed; go out and vote on **Nov. 4**. The deadline to register to vote in North Carolina is **Oct. 10**; South Carolina is **Oct. 4**. For voter registration information, visit the web sites below:

Mecklenburg County: <http://www.meckboe.org>

North Carolina: <http://www.sboe.state.nc.us>

South Carolina: <http://www.state.sc.us/scsec>



PEDESTRIAN SAFETY

Carolinas Medical Center (CMC) is a busy place with a lot of vehicle traffic. When walking to and from the MMP, MCP, and Scott decks, please practice good pedestrian safety. First, the designated walking path is the sidewalk along Blythe Blvd. It is well-lit, has "blue light" emergency phones, and is patrolled by CHS Security. A map of this preferred path is available on the information portal in the "Student Resources" section. Second, pay attention to the traffic, especially at the intersection in front of CMC. Drivers may be distracted and not see you in the crosswalk. Finally, walk in pairs, especially at night. While CMC is a safe campus, walking in pairs provides an extra level of safety. Please remember that CHS Security is available to provide an escort should you need one - call 704-355-2093.

STUDENT PARKING

In order to manage the large volume of cars on the Carolinas Medical Center (CMC) campus, everyone has a designated parking lot. All students are assigned to park in the Morehead Medical Plaza (MMP) deck located at the corner of Kenilworth and Morehead streets. Students enter and park in the "Staff" section and have access to park in this deck 24-hours a day. This is effective for both class and clinical days. This deck is access-controlled and students enter by using their ID badge. After 3:00 p.m. and on weekends, students have access to the V lot (next to the college). Parking along Garden Terrace and Lombardy Circle or in a lot other than the MMP deck may lead to your car being ticketed or booted by Charlotte-Mecklenburg Police. In addition, parking in a lot other than the MMP deck may lead to your car being ticketed or booted by CHS Security personnel as well as being fined by the college. Continued violation of the parking policy may lead to disciplinary action.

CCHS TST CLINIC IS BACK!

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 Employee Health Office in the Annex Building across from the CMC ED. TST's will be administered in the college lobby on **Sept. 8**, 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.

Speaking of free immunizations....Influenza (flu) is a contagious respiratory illness caused by influenza viruses. The single best way to protect against the flu is by getting a flu **vaccination** each fall. Carolinas College, in conjunction with Carolinas HealthCare System, will offer **FREE** flu vaccinations to all students and employees at the College on the following dates:

- ☞ Wednesday, **Oct. 1** - 10:00 a.m. to noon
- ☞ Monday, **Oct. 6** - Noon to 1:30 p.m.
- ☞ Friday, **Oct. 10** - 11:00 a.m. to 1:00 p.m.
- ☞ Thursday, **Oct. 16** - 10:00 a.m. to noon

Protect yourself and those around you: Choose to get your flu vaccination!



COMPLIANCE CORNER - Pasero Opioid Sedation Scale (POSS)

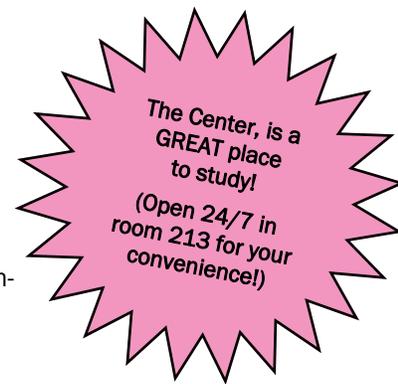
A recent Joint Commission Sentinel Alert highlighted a patient's risk of respiratory depression and respiratory failure from over sedation of opioids. According to the Joint Commission data, this nightly occurrence in hospitals nationwide has become a commonly ignored safety issue. In response, Carolinas Medical Center has recently instituted the use of the Pasero Opioid Sedation Scale (POSS) to be used on all adult inpatients receiving opioid therapy. The POSS is evidence-based and will help nurses to assess their patients more specifically prior to, and after, administration of opioids. The scale consists of five stages to assess a patients' level of sedation. Using the assessment tool, patients at risk can be quickly identified, closely monitored, and rescue efforts can be initiated in a timely manner. The POSS will not be used for end of life care, sedation used for procedure, or patients with patient-controlled analgesia (PCA), or patient controlled epidural analgesia (PCEA). Policies already in place for the care of those patients will be used to guide care. Documentation for electronic charting is found where pain assessments are documented and have been added to the vital sign flow sheets below pain and PRN response.

STUDENT SUCCESS CENTER

Success Tip of the Month - What are you doing now to set yourself up for a successful semester?

Review this "To Do" list and add your own ideas:

- ☞ Personally introduce yourself to your instructors; let them know you're a serious student.
- ☞ Touch base with your faculty advisor; get answers to any questions you may have.
- ☞ Are you a social learner? If so, find a study buddy or group early.
- ☞ Complete your master calendar for the semester; develop a weekly study schedule. (There's a template on the Student Support page of the Information Portal.)
- ☞ Ensure your work schedule is reasonable, allowing you sufficient time to study.
- ☞ Talk with family and friends about any support you need from them.
- ☞ Believe in yourself!



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.

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 & Job Fair, Prizes! You must attend to be eligible!

Wednesday, **Sept. 3**, 2:00 – 4:00 pm. Every 15 minutes starting at 2:30, there will be a drawing for CMC meal tickets, movie passes, two weeks of parking in the "V" lot, and a CCHS fleece! Come to the fair and put your name in for a prize! AND...there is an awesome line-up of registrants! Don't miss this opportunity to talk with representatives from colleges and universities about their programs and some regional Human Resources personnel, as well.

Institutions currently registered to attend:

Adult-Gerontology Acute Care NP Program, Appalachian State University, Bayada Pediatrics & Adult, Cabarrus College of Health Sciences, Chamberlain University, Charlotte Radiology, Gardner-Webb University, Grand Canyon University, Lenoir-Rhyne University, NC A&T State University, Nurse Anesthesia, Pfeiffer University, Piedmont Medical Center, Queens University, Roper Hospital, Charleston, The College Network, University of Mt. Olive, UNC Charlotte, UNC Greensboro, UNC Wilmington, Walden University, Western Governor's University, & Western Carolina.

Mark your calendar! Don't miss this opportunity!

STUDENT GOVERNMENT ASSOCIATION

In response to the current trend on social media, nursing student Henry Truong asked the Student Government Association to sponsor an ice bucket challenge to raise ALS awareness. Challenge accepted!! Everyone, students and teammates, is encouraged to meet in the front circle on Thursday, **Sept. 4**, 1:30 p.m. At the conclusion, the gauntlet will be thrown down to Mercy School of Nursing and Cabarrus College of Health Sciences! SGA's hope is to create a wave of bucket dumpers all the way around the circle to be filmed and posted on YouTube. Don't miss out on the FUN!! Participants need to bring their own bucket. Contact Joy Godwin, 704.355.5051, by **Sept. 3** to sign up. All student participants will be registered for a V lot parking space drawing.

I Will Survive t-shirts still available for purchase. Contact Joy Godwin for details.



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: Jody Warren

Surgical Technology: Iashea Simmons

Faculty/Staff

Academic Affairs: Janice Bellamy & Kathie Park

General Studies: Carla Cozzen & Sue Thornton

Student Services: Joy Godwin, Sue Roux & Nancy Watkins

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

CONTINUING EDUCATION OPPORTUNITIES

Creative Ways to Strengthen Your Relationship (Webinar)

Sept. 23, Noon to 1 p.m. Hear strategies to reconnect with your spouse/partner and how to plan creative dates. 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.

CCHS Admissions Information Sessions

Sept. 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 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.

BCLS for the HealthCare Provider

Sept. 24, 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

Sept. 3, 10, 17 or 24, 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).

2014 CHAPLAIN'S GRAND ROUNDS: YOU'RE INVITED!

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; the September session, at the Suzanne Freeman Auditorium, is *Integrative Health for Healing*; presented by the Rev. David Carl. Join in; take your lunch with you, if convenient. **Sept. 18**, Noon to 1 p.m.

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

Sept. 3	Continuing Education/Job Fair BCLS Online Skills Check, Pt. 2	Sept. 23	Admissions Information Session EAP Sponsored Webinar, <i>Creative Ways to Strengthen Your Relationship</i>
Sept. 4	Open Forum with President Sheppard	Sept. 24	BCLS for the HealthCare Provider BCLS Online Skills Check, Pt. 2
Sept. 4 - 6	NCMOM Free Adult Dental Clinic	Sept. 26	PTK General Meeting
Sept. 5	PTK Bake Swap		
Sept. 8	TST Clinic		
Sept. 9	Financial Aid Refund Checks Available Admissions Information Session	SAVE THE DATE	
Sept. 10	BCLS Online Skills Check, Pt. 2 Fall Midterm	Oct. 1	Flu Vaccinations Available on Campus
Sept. 17	BCLS Online Skills Check, Pt. 2	Oct. 2	PTK Volunteers at the Men's Shelter of Charlotte
Sept. 18	Chaplain's Grand Rounds - <i>Integrative Health for Healing</i>	Oct. 6	HR Rep on Campus
Sept. 19	Last Day to Withdraw - Fall II	Oct. 10	Flu Vaccinations Available on Campus
Sept. 21 - 27	National Surgical Technology Week	Oct. 16	Flu Vaccinations Available on Campus
Sept. 22	Open Forum with President Sheppard SNA Panel Discussion		

ADMINISTRATION

PRESIDENT
 DR. ELLEN SHEPPARD
 ROOM 111, 704.355.5316
 ELLEN.SHEPPARD@CAROLINASCOLLEGE.EDU

ASSISTANT
 PAT LEWIS, 704.355.2029
 PAT.LEWIS@CAROLINASCOLLEGE.EDU

PROVOST
 DR. JANICE TERRELL
 Academic Programs, Online Bookstore; Technology; Faculty Matters, Moodle
 ROOM 212, 704.355.4305; JANICE.TERRELL@CAROLINASCOLLEGE.EDU

SUPPORT
 JANICE BELLAMY, 704.355.1550; JANICE.BELLAMY@CAROLINASHEALTHCARE.ORG
 KATHIE PARK, 704.355.0712; KATHLEEN.PARK@CAROLINASHEALTHCARE.ORG

TECHNOLOGY
 LARRY TURNER, 704.355-7577; LARRY.TURNER@CAROLINASHEALTHCARE.ORG
 KISHA CHOICE, 704.355.7572, KISHA.CHOICE@CAROLINASHEALTHCARE.ORG

STUDENT SUPPORT SERVICES

STUDENT SERVICES
 DR. HAMPTON HOPKINS
 ROOM 164, 704.355.5525
 HAMPTON.HOPKINS@CAROLINASCOLLEGE.EDU

ENROLLMENT MANAGEMENT, STUDENT AFFAIRS,
 SONIS, STUDENT LEADERSHIP

ADMISSIONS OFFICE
 RHODA RILLORTA/LAURA HOLLAND
 CHRISANNE RANCATI/JOY GODWIN
 ROOM 166, 704-355-5051
 RHODA.RILLORTA@CAROLINASCOLLEGE.EDU
 CHRISANNE.RANCATI@CAROLINASCOLLEGE.EDU
 LAURA.HOLLAND@CAROLINASCOLLEGE.EDU
 JOY.GODWIN@CAROLINASCOLLEGE.EDU

RECRUITMENT & ADMISSION,
 STUDENT ADVISEMENT, SUPPORT & BUILDING ISSUES

REGISTRAR
 SUE ROUX
 REGISTRATION, RECORDS, GRADES, TRANSFER CREDIT
 ROOM 166, 704-355-6676
 SUE.ROUX@CAROLINASCOLLEGE.EDU

STUDENT SUCCESS CENTER
 NANCY WATKINS
 ROOM 213, 704.355.4025
 NANCY.WATKINS@CAROLINASCOLLEGE.EDU
 HOURS: MONDAY TO FRIDAY, 8:30 AM - 5 PM
 TUTORING, PLACEMENT, AND STUDENT SUCCESS

ADMINISTRATIVE AND FINANCIAL SERVICES

BUSINESS OFFICE
 KIM BRADSHAW
 SUITE 208, 704.355.5584
 KIM.BRADSHAW@CAROLINASCOLLEGE.EDU
 SUPPORT: SHENAH AGEE, 704.355.5229
 REESHENAH.AGEE@CAROLINASHEALTHCARE.ORG
 REFUNDS, TUITION/FEES; CASH HANDLING; SONIS

FINANCIAL AID OFFICE
 JILL POWELL/MICHAL SINGLETARY
 SUITE 208, 704.355.8894
 JILL.POWELL@CAROLINASCOLLEGE.EDU
 MICHAL.SINGLETARY@CAROLINASHEALTHCARE.ORG
 SUPPORT: ANN KEATHLEY, 704.355.5486
 ANN.KEATHLEY@CAROLINASCOLLEGE.EDU
 CHS EDUCATIONAL LOAN FORGIVENESS, FEDERAL LOANS, GRANTS & SCHOLARSHIPS

ADDITIONAL SUPPORT SERVICES

CHARLOTTE AHEC LIBRARY
 MEDICAL EDUCATION BUILDING, 1ST & 2ND FLOOR
 704-355-3129

HOURS
 MONDAY - FRIDAY 8 AM - 5 PM. (2ND FLOOR: 24/7)

ON-LINE BOOKSTORE
[HTTP://DIRECT.MBSBOOKS.COM/CAROLINASCOLLEGE.HTM](http://direct.mbsbooks.com/carolinascollege.htm)
 CCHS LOGO STORE:WWW.CAROLINASCOLLEGE.EDU

PARKING, ACCESS CONTROL & ID BADGES
 ANNEX BUILDING
 (BEHIND MEDICAL EDUCATION BLDG, NEXT TO ED)
 704.355.3111

EMPLOYEE ASSISTANCE PROGRAM
 (PERSONAL & FAMILY COUNSELING)
 A FREE BENEFIT FOR CCHS STUDENTS
 704-355-5021

COMPUTER LAB
 ROOM 153, 704.355.7572
 NORMAL OPERATING HOURS*
 MONDAY & THURSDAY 8 AM - 7:30 PM
 TUESDAY, WEDNESDAY & FRIDAY 8 AM - 4:30 PM
 SATURDAY 11 AM - 4 PM
 SUNDAY CLOSED
 *EVENING & WEEKEND HOURS SUBJECT TO
 LAST MINUTE CHANGES; CALL AHEAD

IMPORTANT DATES FOR FALL 2014

FALL I MIDTERM	SEPTEMBER 10
LAST DAY TO WITHDRAW - FALL I.....	SEPTEMBER 19
FALL I CLASSES END	OCTOBER 3
FALL I FINAL EXAMS	OCTOBER 6-8
FALL BREAK - NO CLASSES (ADMIN OFFICES OPEN)	OCTOBER 13-14
FULL FALL MIDTERM	OCTOBER 15
FALL II CLASSES BEGIN	OCTOBER 15
LAST DAY TO WITHDRAW - FULL FALL.....	NOVEMBER 7
FALL II MIDTERM	NOVEMBER 12
LAST DAY TO WITHDRAW FALL II.....	NOVEMBER 24
HOLIDAY - NO CLASSES (ADMIN OFFICES OPEN)	NOVEMBER 26
HOLIDAY - COLLEGE CLOSED	NOVEMBER 27-28
FULL FALL & FALL II CLASSES END.....	DECEMBER 5
FULL FALL & FALL II FINAL EXAMS.....	DECEMBER 8-12
FALL COMMENCEMENT	DECEMBER 12
HOLIDAY - COLLEGE CLOSED	DECEMBER 25-26

IMPORTANT PHONE NUMBERS

COLLEGE'S MAIN NUMBER	704.355.5043
COLLEGE'S MAIN FAX NUMBER	704.355.5967
CPR/ACLS/PALS	704.355.5699
DISABILITY SERVICES.....	704.355.5585
EMPLOYEE ASSISTANCE PROGRAM.....	704.355.5021
TEAMMATE HEALTH	704.631.0206
STUDENT HOUSING (HOME MANAGEMENT).....	704.731.8096
HUMAN RESOURCES (EMPLOYMENT)	704.355.2101
INCLEMENT WEATHER.....	704.446.7854
PRESIDENT'S OFFICE.....	704.355.5316
GENERAL STUDIES & ASSESSMENT.....	704.355.3920
RADIATION THERAPY PROGRAM	704.355.6937
SCHOOL OF CLINICAL LABORATORY SCIENCES.....	704.355.4275
SCHOOL OF NURSING	704.355.5343
SCHOOL OF RADIOLOGIC TECHNOLOGY	704.355.7688
SCHOOL OF SURGICAL TECHNOLOGY.....	704.355.1547
SECURITY (CHS DISPATCH)	704.355.3333
SECURITY ESCORTS.....	704.355.2093