



# CAROLINAS COLLEGE OF HEALTH SCIENCES

The College is closed Good Friday, April 3.

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## HAPPY MEDICAL LABORATORY PROFESSIONALS WEEK!



Carolinus College, along with the four laboratory programs' students and faculty members (Histotechnology, Medical Lab Science, Specialist in Blood Banking/Transfusion Medicine and Phlebotomy) celebrates Medical Laboratory Professionals Week, **April 19 to 25**. Medical Laboratory Professionals Week is an annual celebration of the laboratory professionals who play a vital role in every aspect of healthcare. Since they often work behind the scenes, few people know about the critical testing they perform every day. Lab week is a time to honor the more than 300,000 medical laboratory professionals around the country who perform and interpret more than 10 billion laboratory tests in the US every year.

### 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

**Special Computer Lab Hours:**  
No lab staff support April 3.

### 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 AHEC Hours

The library will be closed on all day April 3 & 14; closing at noon on April 10.

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

Congratulations Amy Williams, the April Student of the Month. Amy, a nursing student, is a member of SNA, PTK and is a peer tutor. She served as the outreach coordinator prior to her election as PTK president. She is actively involved in community service activities and attends every PTK meeting. Amy is committed to her success in the nursing program and will graduate in May 2015. She represents the core values of Carolinas HealthCare System on many levels. The caring, commitment, integrity and teamwork she displays on a daily basis with her patients, peers, instructors and other members within CCHS is outstanding. Although her schedule is busy, Amy keeps her commitments and leads the way by example. She is always positive and willing to help. She makes the time to give back to the community and always has a smile on her face.

Originally from Cessna, PA, Amy graduated from West Virginia University in 1993 with a Bachelor of Science degree in Economics. During her senior year at WVU, she was the media coordinator for WVU Student Services. She was responsible for creating print ads and purchasing radio and TV ads for events on campus. This internship allowed Amy to interact with big-name musician promotion teams and leverage her creative side. After graduating from WVU, Amy moved to Weehawken, NJ to pursue a career in banking in New York City. The interview she attended for that job was in the original 4 World Trade Center, which was heavily damaged in the 9/11 attacks and later demolished. Amy has lived in Charlotte for 15 years. She is married and a step-mom to three, ages 19 to 24. She also has two fur-babies who are very spoiled! Even with her busy schedule, Amy is employed as a PRN healthcare tech on 9 Tower at CMC Main. Congratulations Amy!

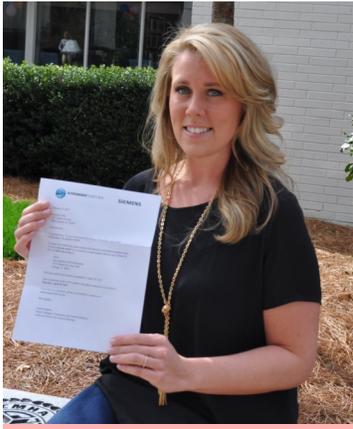


Amy Williams

Connect with CCHS



## PHLEBOTOMY ALUMNUS WINS SCHOLARSHIP



Kiersten Coady

Kiersten Coady, a November 2014 graduate of the CCHS Phlebotomy program, has been awarded a \$500 scholarship from the American Society of Clinical Laboratory Pathology. It was open to currently enrolled in or a recent graduate of (within the last 9 months from the date the application is filed) an approved phlebotomy training program. There are several scholarships supported by Siemens and ASCP for the various medical laboratory students, including phlebotomy. Selection was based on professional goals, leadership abilities and community activities. Kiersten was an outstanding phlebotomy student. Her skills and customer service attitude will make her an excellent addition to the CHS laboratory. Congratulations Kiersten!

## IT'S A BOY!

Dr. Lori Bequette, Provost, and husband Tony welcomed Ryan Marshall Bequette on March 15. Said Dr. Bequette, "Both during labor and post-partum, I have been under the care of Carolinas College alumni and couldn't be happier with the excellent care I am receiving." Congratulations Lori!



Dr. Bequette and Ryan

## GRADUATION IS JUST AROUND THE CORNER!

Congratulations to all nursing, radiologic and surgical technology students who will be graduating on **May 8** at 7:00 p.m. The ceremony will be held at Pritchard Memorial Baptist Church at 1117 South Blvd. All are welcome to attend.

### Post-Graduation Medical Insurance

Have you thought about post-college medical insurance requirements? It's now the law that you have medical coverage and as you leave CCHS your eligibility for student insurance may cease. Good news: Graduation is a life mile marker that triggers a "Special Enrollment Period." A special enrollment period allows a 60-day window for new graduates to sign up for medical coverage in the marketplace, even though it's not a typical open enrollment period.

Graduating students who don't have insurance through a job, a spouse/partner or a new educational opportunity have two opportunities:

- ☞ Find a plan on the marketplace at [www.healthcare.gov](http://www.healthcare.gov).
- ☞ Stay on your parent's plan if you're 26 or under.

What you cannot do is simply "ride it out" hoping for no accidents or illness. So, unless you're covered by your parents' plan or a spouse's/partner's plan, you need to either have a job that provides coverage, or select a plan from the Marketplace within two months of graduating. For more information, go to the college information portal (Moodle) under the section on graduation.

## EMERGENCY NOTIFICATION TEST

The college will conduct a test of the emergency response communication system on **April 9** at 3:00 p.m. At this time a blast voicemail message will be sent to the primary and secondary phone of all students, faculty and staff. This test is conducted twice each academic year to ensure that the emergency response system is functioning properly. Once tested, this system is only activated in accordance with the college's Emergency Response Plan and at the discretion of select members of the campus' Emergency Response Team.

When you receive the call, please answer the call and respond to the appropriate prompts. The system is designed to call several times if it does not receive an answer. For more information regarding the emergency response communication system and other safety information at Carolinas College, please contact Dean Hampton Hopkins in student services.

Carolinas College uses text messaging for emergency communication with students. To initiate this service follow these 5 easy steps: **1)** Log on to Sonis-Web using your existing e-mail & PIN; **2)** Click on the "Update Bio" link at the top of the page; **3)** Enter your cell phone number & your provider; **4)** Check the "Text Me" Flag; **5)** Click "Submit" at the bottom of the page. *While there, check to make sure all of your phone numbers, as well as well as your address, are correct.* We will test the Sonis text messaging system on November 6, so please enter the information above by to participate.

## 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 monthly President's Forum. Attend and let your voice be heard! Dr. Sheppard will be available **April 6**, room 137, 10 to 10:45 a.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](mailto:Ellen.Sheppard@CarolinasCollege.edu). Open Forum topics last month included the need for "email etiquette" reminders for students, requests for more college t-shirts, concerns about Avenue C so frequently losing credit card capability and the need for greater teamwork among students of different programs.

## TEAMMATE SPOTLIGHT - Shelley Palmer

Shelley Palmer joined CCHS in the fall of 2008. She double majored in journalism/mass communication and English at UNC Chapel Hill and earned her MA in English, with a concentration in rhetoric and composition from UNC-Charlotte. Shelley was the former English and communications department chair at Rowan-Cabarrus Community College, where she spent 13 years. In addition to teaching English composition, early American literature and now research and evaluation online at Carolinas College, she currently teaches first and second year composition courses at Catawba College in Salisbury, NC.

She is married to husband, Jon, and the two are very active in the historic community of Salisbury. They have been restoring a 1905 home there for the last three years. The house was the former home of the chemist that invented the formula for Cheerwine. At their home, they also have a "little free library" in their front yard. Little free libraries are repositories of books for all ages that are free, modeled on the "take a book, leave a book" system. The library is always circulating new things for people to read. They love to see how many visitors they get! You can read more about little libraries here: <http://littlefreelibrary.org/>. Shelley also serves on the Salisbury City Council's Community Appearance Commission and the Fulton Heights Neighborhood Board. She is mom to 4 boys, ages 15, 7, 5 and 18 months.



Shelley Palmer

## CCHS TST CLINIC

One benefit of attending Carolinas College: 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 **April 13**, 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 room entrance. Your free TST is available there M - F, 7:30 - 4:30.

## FROM THE ENVIRONMENT OF SAFETY COMMITTEE

Your personal safety is the utmost concern to all of us at CHS and CCHS! Please keep the following in mind:

- ☞ When walking from the MMP parking deck, walk along the designated path on Blythe Blvd. and always try to walk with a friend. After 3:00 p.m. and on the weekends, you have access to the V lot (next to the college) but if you're parked in the MMP deck and a walking companion is not available after dark, contact CHS Security at 704-355-3333 and an escort can be provided - day or night.
- ☞ Use the designated sidewalks and cross walks when crossing the street. Stop, be vigilant and never assume that an oncoming driver is aware of you.
- ☞ Always be aware of your surroundings. Walk on well lit paths. If you notice anything suspicious, contact CHS Security immediately.
- ☞ Be vigilant when approaching your parked car and make a visual inspection to be sure that all is in order and the car is unoccupied BEFORE you enter your car. If you have any apprehensions as a pedestrian on CHS grounds or the parking garage, please call security at 704-355-3333 or go to the nearest blue security phone located in the parking garage.



**April showers bring May flowers and.....Carpenter Bees??** Yes it's true - our entomologic friends are back as evidenced by the sightings around campus of "bumblebees." Although carpenter bees do resemble their cousins, they are distinctly different particularly in their domiciliary preferences. You have probably seen the tunnel holes in wood, most notably in the gazebo out back in the courtyard. Those holes are entrances to the tunnel homes constructed by these bees. Carpenter bees like to return to previous residences and in some cases may winter over. Will they sting? Well, it's next to impossible for the male because he has no stinger BUT the female will sting if you try to catch it. Otherwise the male flies around marking his turf and being curious and the female sticks close to the "wood tunnel house," decorates and pretty much chills out. There you have it regarding our "C-Bee flying friends." From a safety perspective, don't swat them and they won't sting you!

**RAD (Rape Aggression Defense for Women) Course.** This course is available to all female staff, faculty and students of Carolinas College. The course is taught by certified instructors from our CHS Security force and according to feedback we received from faculty members who participated in last November's course.... it is well worth the time invested! Course date/location will be announced in April.

## COMPLIANCE CORNER - Code Sepsis Protocol

Medical Sepsis is a very serious illness for patients who develop it and are admitted through the emergency department. Noting the incidence, the risk of mortality, increased length of stay and costs associated with it, CHS has found good results in a Sepsis Initiative Protocol. Using evidence-based practice, several markers are used to identify patients at risk of sepsis. The hope is that through early identification of "at risk" patients, the early activation of "Code Sepsis" protocol will allow for standard specific care management. The Code Sepsis protocol is already in place at CMC and the goal is to disseminate it to all system emergency departments by the end of this year. Early goal-directed therapy includes monitoring lactate levels, obtaining blood cultures, starting appropriate antibiotics and beginning large amounts of intravenous fluid. In 2014, because of compliance with the "Code Sepsis" protocol, survival from sepsis has increased, length of stay and readmissions have decreased, and collaboration of care has improved.

## 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:

### Students:

**Nursing:** Catherine Fulginiti & Chris Yen

### Faculty/Staff...

**Academic Affairs:** Janice Bellamy, Kisha Choice & Kathie Park

**Business Office:** Ann Keathley

**Continuing Education:** Millie Alexander, Lakisha Bennett & Carol

Vardian

**Nursing:** April Davis, Mary Griffin, Claudette Kaveler, Terri Lynch, Dana Mangum, Karen Miller & Sherlene Robinson

**Radiologic Technology:** Doug Frankenburg

**Student Services:** Charlene Bynoe, Joy Godwin & Chrisanne Rancati

**Surgical Technology:** Kali Simien



### Success Tip of the Month - Prepare Ahead for Final Exams!

- ☞ Start studying early, reviewing a portion of the course material each day.
- ☞ Maintain a balance in your life with exercise, healthy diet and sufficient sleep.
- ☞ Don't just hope you know it: KNOW you know it by pre-testing yourself. Use practice test questions and scenarios or create them and test yourself alone or with a study buddy. Better yet, teach the material to your buddy and answer follow-up questions. If you can teach it, you probably know it.
- ☞ Create a testing affirmation for yourself. Attitude is everything, and you can do a lot to create a winning attitude to take into your testing room. Develop an affirming statement such as, "I'm capable, I'm prepared and I'm ready to blow this test out of the water!" Repeat it to yourself regularly, using it to replace negative thoughts. Contact Nancy in the Student Success Center or call the Employee Assistance Program, 704-355-5021, if stress is really getting in your way.

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 "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.

**If you missed the Continuing Education Fair on March 16.** Some of the materials distributed by vendors at the fair are available in the Student Success Center. Come by and have a look through the file cabinet for information about programs you may be interested in.

**Student Employment Opportunities** - Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS Human Resources Recruitment Specialist, will be on campus **April 6**, 10 a.m. to noon, and is available to you at 704.631.0314 or morgan.mustian@CarolinasHealthcare.org. As of newsletter press time, there are still appointments times available, but you'll want to sign up ASAP!

### 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.

Don'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. If that doesn't work contact Nancy Watkins in the Student Success Center. We'll find answers for you!



## ANNUAL SPRING FLING IS HERE!

The college will host its annual spring fling on Monday, **April 20** from 11 a.m. to 1:30 p.m. in the courtyard/gazebo area. Lunch will be provided and catered by La'Wan's Soul Food.



## 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. Listed below are some of the current month's days of cultural and spiritual significance.

**April 2: Maundy Thursday [Holy Thursday] – Christianity (Western churches).** The remembrance of Jesus' last supper with his disciples and his institution of the "love commandment" (the term "Maundy" comes from the Latin word for "commandment") while he washed their feet as a servant.

**April 3: Good Friday – Christianity (Western churches).** A commemoration of the passion of Jesus of Nazareth, i.e., his death by crucifixion. At sundown some churches begin the Easter vigil either this evening or on Holy Saturday (April 4). **Eve of Pesach [Passover] – Judaism (ends on April 11).** The beginning of an eight-day festival celebrating God's deliverance of the Israelites from slavery in Egypt. The story is told during a Seder meal at sundown, including readings from a book known as the Haggadah. Some Jews refrain from work on the first two and the last two days of this holiday. **Mahavira-jayanti – Jainism.** Celebrating the birthday of Lord Mahavir (Great Hero), the 24th Tirthankara (and last of this time cycle). Jains remember their most important prophet with prayer and fasting.

**April 4: Lazarus Saturday – Christianity (Eastern churches).** A commemoration of Jesus' miracle of raising his friend Lazarus from the dead, celebrated on the eve before Palm Sunday. **Theravadin New Year – Buddhism.** The New Year festival for Theravadin Buddhists, celebrated for three days beginning on the first full moon day in April. **Hanuman Jayanti – Hinduism.** A celebration of the birth of Hanuman, the faithful servant of the god Rama who can assume any form in order to conquer evil. Believers visit temples and apply sindoor (red powder) to their foreheads, since Hanuman is often portrayed as a red half-monkey, half-human.

**April 5: Easter Sunday – Christianity (Western churches).** Celebrating God's raising of Jesus of Nazareth from the dead, this day is the oldest and most central festival in the Christian year and initiates the fifty-day period culminating in Pentecost. **Palm Sunday – Christianity (Eastern churches).** The remembrance of Jesus' entrance into Jerusalem, when crowds spread palm fronds on the ground as Jesus rode into the city. Palm Sunday marks the beginning of Holy Week. **Qingming – Chinese traditional.** Often called Tomb Sweeping Day, it is a day to honor one's ancestors and visit their grave sites, as well as to welcome the coming of the spring season.

**April 12: Holy Pascha – Christianity (Eastern churches).** Celebrating God's raising of Jesus of Nazareth from the dead, this day is the oldest and most central festival in the Christian year and initiates the 50-day period culminating in Pentecost.

**April 13: Vaisakhi – Hinduism.** The first day of the solar year and an important harvest festival in northern India. Vaisakhi [or Baisakhi] – Sikhism. On this date in 1699 C.E., Gurū Gobind Singh, the tenth Guru, created the Khalsa Panth, the Brotherhood of the Pure. Khalsa brothers are given the name Singh (lion), and sisters are named Kaur (princess).

**April 18: Birthdays of Gurū Angad Dev and of Gurū Tegh Bahadur – Sikhism.** Gurū Angad Dev (1504 – 1552 C.E.) was the second and Gurū Tegh Bahadur (1621 – 1675 C.E.) was the ninth of the Sikh Gurūs.

**April 20: Eve of Ridván – Bahá'í (continues through Saturday, May 2).** Commemorating the twelve days that Bahá'u'lláh spent in the garden of Ridván during his exile in Baghdad and when he proclaimed himself as the one announced by the Báb, which occurred in 1863 C.E. On the first (4/21), ninth (4/29), and twelfth days (5/2) of this festival, work is suspended. The festival begins at sundown.

**April 30: Ghambar Maidyozarem begins – Zoroastrianism (continues through Monday, May 4).** Celebrating the creation of sky and the harvesting of the winter crops.

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](http://www.interfaithcalendar.org).

## ANNUAL PHONE-A-THON FUNDRAISER AN UNQUALIFIED SUCCESS!

For three nights in March, offices throughout CCHS were full of students from 6 to 8 p.m. each evening. Students were treated to dinner and a brief training session, then hit the phones, where they practiced saying, with a smile, "Can we count on you for a gift this year?" To their surprise, many alumni said YES! Pledges are still coming in, but at last count the proceeds - which support college programs, equipment and scholarships, totaled \$14,525. Three students topped the fundraising charts and won nightly prizes: Zach Wright, Jazmin Hermsillo Aguilar and Whitney Wiles.

Thank you ALL for your help and support of the 2015 Phone-a-thon. Whether you were a volunteer student caller, a volunteer team captain, a runner, floater or any other event volunteer - or you cleared your desk and left encouraging notes for the callers...it takes a village to pull off this annual fundraiser - and we have the best villagers around!



## NEED A QUIET PLACE TO STUDY?

- ☞ Nine study carrels near room 122-A are first come, first served. Remember to turn off the lights when done.
- ☞ Weather nice? Try the gazebo or tables in the courtyard, or the three tables and benches in the pavilion. (Ask Joy.)
- ☞ Rooms 231, 232 & 233 are quiet study areas, though they may occasionally be reserved for small course groups and individual testing. Anatomical models and text resources are maintained in room 231 for your reference.
- ☞ Room 137 is available for quiet student study, but occasionally committees take priority.
- ☞ Six tables in the locker room allow for quiet study.
- ☞ Any classroom not in use may be used for quiet study or group work, though you'll need to vacate if a class is scheduled to meet. Exceptions: rooms 201 and 223, which are nurse anesthesia rooms.
- ☞ The computer lab and computer annex (rooms 153 and 154) available 24/7 with badge access.
- ☞ The AHEC Library (Medical Education Building) provides multiple quiet spaces available 24/7 for students. The building is badge accessed after 4 p.m. Take the elevator to the 2nd floor and turn right.
- ☞ The Student Success Center, room 214, is a great place to study.



## PHI THETA KAPPA (PTK)

Thanks to all who volunteered at the Men's Shelter last month; 11 volunteers served more than 100 men! The spring bake sale was a sweet success. Thanks to all who donated goodies, manned the table or stopped by to enjoy a delicious treat! Over 30 birthday bags were donated to Bright Horizons and \$100.00 was donated to The Men's Shelter along with various toiletries.

### Upcoming Events:

- ☞ **April 23:** PTK meeting, 8 a.m., room 151. PTK members are encouraged to attend as new board members will be voted in. Interested in becoming a board member? Board position descriptions are available via the PTK page on the information

portal. After the meeting, sandwiches will be made to benefit Urban Ministries.

- ☞ **April 29:** PTK volunteers at the Men's Shelter of Charlotte, 5:30 to 7 p.m. Members will serve dinner or help pass out donated items. No set up or clean up required! Signups available via the information portal. Space is limited so sign up today!

### Save the Date:

- ☞ **May 28:** Summer CCHS Blood Drive

PTK t-shirts available for purchase. See Cathey Miller in room 252 to get yours today! Sizes are available in S, M, L, and XL for only \$9.90.

## FREE APRIL EXERCISE CLASSES FOR CCHS STUDENTS/TEAM MEMBERS

| LOCATION  | Day of the Week<br>(all month)   | DAY/TIME                                | FEE  | CONTACT   |
|---|--|---|--|---|
| Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!  | <b>Mondays</b><br>Zumba<br>Kick Boxing   | 5 - 6 p.m.<br>6 - 7 p.m.                | Free to CCHS students and CHS teammates with badge ID.   | Livewellevents@carolinashealthcare.org or 704.446.1645.   |
| ∞   |  |   |  | ∞   |
| All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.  | <b>Tuesdays</b><br>Total Workout<br>Cardio Funk with Dawn                            | 5 - 6 p.m.<br>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.  |
| ∞   |  |   |  | ∞   |
| 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. | <b>Wednesdays</b><br>Body Sculpt<br>Yoga   | 5 - 6 p.m.<br>6 - 7 p.m.                |  | 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.   | <b>Thursdays</b><br>Pilates<br>Socacise  | 5 - 6 p.m.<br>6 - 7 p.m.                |  |   |
|   | <b>Mon &amp; Wed</b><br>NEW "Quick Fit"<br>Small group training with Jeremy Sinclair | 4:30 - 5:10 p.m.<br>OR<br>5:20 - 6 p.m. | For Quick Fit the charge is \$50.00 for 4 weeks (8 sessions)   | Call Carol Tyndall 704.446.1645<br>Spaces very limited.   |

## BOOKSTORE - FREE SHIPPING

The summer semester booklist will be available **April 1** at <http://direct.mbsbooks.com/CarolinasCollege.htm>. Guaranteed buyback up to 70% off list price, rentals up to 60% off list price and used books - 25% off list price.

**Free Shipping on all orders over \$99 from April 26th - 29th!!!**



## CHS AMBASSADOR OPPORTUNITIES AVAILABLE

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. To participate in any of them, email [Devon.Smith@CarolinasHealthCare.org](mailto: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.)

**April 11 • 9:00AM.** United Way of York County Project Connect: Project Connect “Day of Caring” is a one-day event that offers immediate assistance and services to the homeless and low income families. 2015 marks the eighth year of the event in York County. Carolinas HealthCare System will provide free A1C screenings and Blood Pressure Screenings. Ambassadors are needed to greet community members and staff our information table.

**April 14 • 6:00PM.** Sun City Carolina Lakes: This monthly health talk series features Carolinas Healthcare System physicians to educate residents on important health topics and this month Debbie Deabate and Gwen Lambert will speak on Stroke Awareness. Ambassadors are needed to greet residents and staff our information table.

**April 16 • 6:30 PM.** Come See Me Festival-Parade: Starts at 135 S. Oakland Ave. and ends at Fountain Park. This parade kicks off the Come See Me Festival. Ambassadors are needed to ride on our float and represent Carolinas HealthCare System, families are welcome.

**Fridays in April • 5:30PM.** Blakeney Summer Concert Series: This family friendly concert series will feature live music weekly and an opportunity for families to relax. There is no admission fee for the event that is located between Brix and Bravo. Ambassadors are needed to greet community members and staff our information table.

**April 17 • 4:30PM.** Come See Me Festival- Musical Mania: Enjoy the new Fountain Park while the children learn and experience a wide variety of music. Hands-on music stations will thrill both old and young alike! At 6:30PM, the children are invited to join Glen and Glenda in a Kazoo Parade. Ambassadors are needed to greet community members and staff our information table.

**April 18 • 7:00AM.** Anne Springs Close Greenway Earth Day: Located at the Anne Springs Close Greenway. Attendees will enjoy a concert, kid’s zone, horse rides and a 5K all in support of Earth Day. Ambassadors are needed to volunteer to assist in various roles. The event is listed on the Community Benefit website Event #15588.

**April 19 • 2:00PM.** Come See Me Festival- Sundaes with Glen and Mother Goose: Located at the Glencarin Garden Mother Goose will share her own stories and families can indulge in some ice cream, face painting, balloon twisting and other kid’s activities. Ambassadors are needed to greet community members and staff our information table.

**April 23 • 5:30PM.** 2015 AK College, Career, and Wellness Expo: Located at Ardrey Kell High School, the 5th Annual Health Fair will be combined with a college and career oriented event for students and parents at Ardrey Kell High School. Ambassadors are needed to greet community members and staff our information table.

## NEW POLICY EFFECTIVE IMMEDIATELY

A new policy affects everyone with patient and student contact, so appropriate guidance is provided. Additionally, it affects all communities in Mecklenburg County. Public parks and greenways are now officially tobacco-free. CHS is fully supportive of this change and has partnered with Mecklenburg County to help with this transition, particularly along the portion of the greenway which goes through our campus. The county will have signs indicating the new tobacco-free policy and will have limited patrols by park rangers.

Our individual role as a college, staff and students, is to understand and communicate that the entire campus, including the greenway, is tobacco-free. There is no designated smoking area anywhere on campus, nor will there be because the college wants to visibly support CHS’ commitment to good health. Information can be provided to anyone seeking help to quit using tobacco products. Everyone has the responsibility to adhere to CHS guidelines as a tobacco-free organization. Please note that since the greenway is now tobacco-free, the public/community part of the campus is no longer available for tobacco use.



## 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. April 1, 8, 15, 22 & 29,** 1 to 3 p.m. Cost \$25.00. You must bring the Part 1 Course Completion Certificate (Passing) to Part 2. Be ready to check off on all BLS Skills. Complete skills check (Part 2) within 60 days of completion of online BLS (Part 1).

**Self-Compassion Practices (Chaplain's Grand Rounds). April 16,** noon to 1 p.m., Suzanne Freeman Auditorium. Presented by Elizabeth Morse, Faculty, Clinical Pastoral Education. 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. Bring your lunch and enjoy! The Suzanne Freeman Auditorium is in the Cannon building at the top of Loop Road. See Joy Godwin, Receptionist, for directions.

**BCLS for the HealthCare Provider. April 29,** 8 a.m. to 1 p.m. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.Dull@carolinashhealthcare.org.

**What to Expect From Your New Relationship (Webinar). April 29,** Noon to 1 p.m. Participants will explore expectations and obligations in healthy relationships; dismiss important myths about good relationships; and learn ways to strengthen your relationship. Sponsored by CHS Employee Assistance Program (EAP), 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.

## STUDENT NURSES ASSOCIATION (SNA)

Spring is finally here! Why not welcome the season with a treat from the bake-sale tables on **April 6**? Donations for the goodies will go directly to the SNA and will help fund snacks and supplies for speaker engagements and other SNA activities, as well as the Cynthia Favorite Scholarship. An email asking for help with baking and manning the tables - especially in the morning, will be sent to all SNA members as the next SNA board meeting is scheduled for that time.

The Cynthia Favorite Scholarship is a peer-nominated scholarship meant for graduating nursing 202 students. The \$250 scholarship is awarded during the breakfast ceremony before graduation. SNA has received four nominations so far. Know someone who deserves this award? Nomination forms are in April Davis' office, room 101.

Thanks to all the members who attended the first general meeting on March 19. Many great ideas and suggestions were shared with the board. Please consider attending the next general meeting on **April 6** so you can share your thoughts as well!

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

|          |   |               |   |
|----------|---|---------------|---|
| April 1  | Summer Semester Booklist Available<br>BCLS Online Skills Check - Pt. 2  | April 15      | BCLS Online Skills Check - Pt. 2  |
| April 3  | Holiday - College Closed<br>AHEC Library Closed   | April 16      | Chaplain's Grand Rounds - <i>Self-Compassion Practices</i>  |
| April 4  | Last Day to Withdraw - Full Spring  | April 19 - 25 | Medical Laboratory Professionals Week   |
| April 6  | Open Forum with President Sheppard<br>HR Rep on Campus<br>SNA Bake Sale & General Member Meeting<br>Spring II Midterm | April 20      | Spring Fling  |
| April 8  | BCLS Online Skills Check - Pt. 2  | April 22      | BCLS Online Skills Check - Pt. 2  |
| April 9  | Emergency Notification Test Conducted   | April 23      | PTK General Member Meeting  |
| April 10 | AHEC Library Closes at Noon   | April 28      | BCLS Online Skills Check - Pt. 2  |
| April 13 | Onsite TST Clinic   | April 29      | PTK Volunteers at the Men's Shelter<br>BCLS for the Healthcare Provider<br>EAP Webinar - <i>What to Expect From Your New Relationship</i> |
| April 14 | AHEC Library Closed   |               |   |

### Save the Date:

May 8 Awards Breakfast & Graduation Ceremony

Happy Easter!

