



## Carolinas College of Health Sciences | May 2016



**CCHS Hours of Operation**  
**Mon - Fri, 7:30 a.m. to 4:30 p.m.**  
**Student badge access 24/7.**

**CCHS Computer Lab**  
**Staffed Hours**  
**Mon-Thurs, 7:30 a.m. to 7:30 p.m.**  
**Friday, 7:30 a.m. to 4:30 p.m.**  
**(No after-hours staff on Fridays.)**  
**Saturday, 11 a.m. to 4 p.m.**  
**Sunday - No staff support.**  
**24/7 access with CCHS badge.**

**There will be no staff support in the computer lab on May 30.**

**CCHS Nursing Skills Lab**  
**Staffed M-F, 7:30 a.m. to 4 p.m.**

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

**AHEC Library will be closed May 30 in observance of Memorial Day.**

**Connect with CCHS**



### 2016 PHONE-A-THON FUNDRAISER

For three nights in April, offices throughout CCHS were full of students (pictured above) 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 \$19,080. Three students topped the fundraising charts and won nightly prizes: Brittani Montes, Delaney Patterson and Lori Lantos. Congratulations and thank you ALL for your help and support of the 2016 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...your support was invaluable!

### STUDENT OF THE MONTH - Caitlin Panter

Congratulations to Caitlin Panter, the May Student of the Month. Caitlin is a nursing student in her first semester which makes this story all the more compelling. On a recent clinical rotation on 9T, Caitlin was assigned a patient on isolation precautions, requiring a gown and gloves with every entry into the room. Unfortunately, sometimes these precautions are not followed by others, so the Nursing 101 faculty always invite the infection control nurse to speak to students and provide them with information on the importance of the precautions to patient and teammate safety. The nurse also talks about how to handle the situation when others are not being compliant. The importance was not lost on Caitlin. She witnessed a physician entering the room without a gown and gloves. In a remarkable show of courage and commitment, she approached the physician about the isolation precautions and the variety of reasons why it was important that these protocols be followed. According to nursing instructor Meredith Hirsch, "The physician was very respectful and told her she was right and that he will be more compliant going forward. Made my day! Needless to say, I was very proud... not to mention impressed. This is not an easy thing to do for anyone, especially a first year student." Caitlin comes to Carolinas College with a bachelor of fine arts degree in photography from Lesley University in Massachusetts. As you see her on campus, thank her for her commitment to patient safety and congratulate her on this award.



**Caitlin Panter**

## CCHS ANNOUNCES BIG CHANGES IN PERSONNEL



**President Ellen Sheppard**

After 22 years of service, Dr. Ellen Sheppard is retiring on June 30, 2016, as the second president of Carolinas College. When Sheppard joined the college, it offered just one program: nursing. Today it enrolls students in 12 different credit and non-credit programs, all directly related to Carolinas HealthCare System's current and anticipated workforce needs.

Tragedy pulled her onto the path of healthcare education. In 1993, Dr. Sheppard's mother died from sepsis after she had minor elective surgery in a small army hospital. According to Dr. Sheppard, there "was no autopsy; there were no apologies." A year later Dr. Sheppard decided to leave the American Business and Fashion Institute. "I just thought, there's got to be a greater purpose than fashion. I think I can make a difference somewhere."

That somewhere was Carolinas College of Health Sciences. She first served as dean of student services and enrollment management before assuming the role of president in 2001. "Dad was so proud of me," Dr. Sheppard says. "When he got lung cancer he would introduce me to all his doctors by saying things like 'Yeah, she runs a medical school.'" She laughs. "Never mind that it wasn't entirely accurate."

A career educator, Sheppard finds the intersection of healthcare and education particularly rewarding. "Our team of amazing faculty provides students – many of whom have prior degrees and previous careers – the skills and knowledge they need to be successful in a purposeful, rewarding profession." Sheppard gives much credit to the rich clinical experiences provided by Carolinas HealthCare System (CHS) and the role modeling students receive from CHS preceptors and clinicians. "Our students don't learn only what's in textbooks. They hear how an inter-professional team communicates; they observe innovation in action; they participate in patient safety and infection prevention activities. To an educator, nothing is more rewarding than knowing that what you're teaching really matters."

Sheppard has focused on building strong relationships, locally and globally, and on providing new opportunities for her students. A personal passion is travel, resulting from following her army aviator father around the globe and living in places like Taiwan, Bavaria and Anchorage.

Not only has the alumni association grown under her leadership but also the college's endowment fund. Since 2000, the fund has grown by \$2.1 million and over 20 new scholarships have been added. Through various fundraising campaigns, grant awards and alumni connections there have been over 4,759 gifts to the college. In 2003, Dr. Sheppard was instrumental in securing a \$356,983 grant from The Duke Endowment to increase program

enrollment and build an energized lab for the radiology program. In 2005, Dr. Sheppard received another \$318,160 grant from The Duke Endowment to start the Carolinas Simulation Center.

Dr. Sheppard's proudest achievement as president of Carolinas College of Health Sciences is every single graduation. "It sounds cheesy, but seeing people walk across that stage – to see their joy and know that they will go home every day with the knowledge that they touched lives – is such an amazing feeling."

So what's next for Dr. Sheppard? "I plan to just enjoy life," she says. She and her husband Bob will be spending more time with her sons and grandchildren, in addition to buying an RV and travelling the country. But, she says, there's no doubt she'll miss the students and faculty at Carolinas College of Health Sciences. "I've loved every minute of my time at this college," Dr. Sheppard says. "I feel so honored that I was able to be part of the healthcare of tomorrow and all of these people's lives, which are enriched by the decision to be here."

You are invited to celebrate the many contributions Dr. Sheppard has made to the college and the community at a Retirement Celebration Drop-In on Friday, June 10, from 1 to 4 p.m. at the college.

## TWO TREASURED TEAMMATES RETIRE

The Department of Student Services is sad to announce that both Sue Roux, registrar, and Nancy Watkins, student success coordinator, are retiring; Sue on May 27 and Nancy on June 17, 2016.



**Sue Roux**

Sue has been an integral member of the CCHS team for many years starting in academic affairs and moving into her current role as the registrar. She has been a key part of many projects including the College's 2010 SACS COC Reaffirmation of Accreditation, move to more online services, partnership with Mercy SON as they come to a close, and most recently, implementation of e-transcripts. She has provided strong leadership in the student services department and has been a wonderful mentor, role model and friend to many.



**Nancy Watkins**

Nancy's passion for and support of student success and ensuring students were placed following graduation has been a key reason the college has been so successful in graduation and placement rates over the years. She started as a part-time faculty member in 2003 and assumed the student success role as part of a grant-funded initiative on a temporary basis. Her passion for this work was quickly discovered and the college created the permanent, full-time student success coordinator position she currently holds. They will both be missed greatly.



**Dr. Debbie Blackwell**

## CCHS CHANGES, Cont'd.

The closing of Mercy School of Nursing has necessitated personnel changes at Carolinas College of Health Sciences with the elimination of the dean of nursing position shared by both schools. As a result, Dr. Debbie Blackwell, who currently holds this shared position will leave at the end of May 2016. A 15-year teammate at the college, she has lead the program through curriculum changes, new initiatives, growth, and successful accreditation reports and visits, all while maintaining excellent quality program outcomes. Thank you, Dr. Blackwell, for your contributions to the success of the nursing programs and all that you've done, and will continue to do, to support the nursing faculty and students. You will be missed.

## FINANCIAL AID UPDATE

Students interested in financial aid for the 2016-17 academic year should complete the 2016-2017 Free Application for Federal Student Aid (FAFSA) at [www.fafsa.gov](http://www.fafsa.gov). Remember to include the Federal School Code for Carolinas College (031042) so the financial aid office will have access to your processed FAFSA results. If additional information is required, you will be notified by the financial aid office regarding the details you will need to provide. If you are enrolled in an eligible program and want to participate in the Carolinas HealthCare System Educational Loan Forgiveness Program, please complete and return a Participation Request Form. Forms can be found on the information portal (click on *Financial Aid* under CCHS Quick Links, then scroll down and click on *Financial Aid Forms*) and in the Carolinas College Financial Aid Office (208). Contact the financial aid office at 704.355.8894 if you have any questions.

## YOUR COMPLAINTS & CONCERNS ARE WELCOMED!

CCHS only gets better through your input. Examples abound of how student input makes us better, and you often read about them in this newsletter. But what if you use Open Forum, Popcorn and Conversation, course evaluations, and other venues for input and you don't see improvement? There are other forms of recourse. First and foremost is the Student Complaint/Grievance/Appeal process, described in a policy of the same name found on the College information portal and on the website (where all college policies can be found), in the section titled Academic/Student Policies. There's been just one appeal filed in the past three years, and only a few complaints and grievances; the College takes them quite seriously. You may also file a complaint with the college's institutional accrediting body or with any of the program-specific accreditors. Their addresses can be found on the College [web site](#). Finally, you may file a complaint with the Consumer Protection Division of the North Carolina Department of Justice, please visit the State Attorney General's [web page](#). North Carolina residents may also call (877) 566-7226. If you live outside of North Carolina, please call (919) 716-6000. If you choose to mail a complaint, please use this address: Consumer Protection, Attorney General's Office, Mail Service Center 9001, Raleigh, NC 27699-9001.

	Monday, May 2	Tuesday, May 3	Wednesday, May 4	Thursday, May 5	Friday, May 6
7:30 am		<b>RAD 203/213</b> Room 201	<b>RAD 111/112</b> Room 240		
8:00 am		<b>NUR 152</b> Room 190			
9:00 am	<b>NUR 101</b> Room 190	<b>NUR 151</b> Room 218	<b>NUR 153</b> Room 190	<b>BIO 101</b> <b>(All Sections)</b> Room 190	
	<b>RTT 211</b> Room 240	<b>NUR 155</b> Room 157	<b>NUR 154</b> Room 161		
	<b>SUR 201</b> Room 157				
11:00 am					<b>BIO 102</b> <b>(All Sections)</b> Room 190
1:00 pm			<b>MAT 101</b> <b>(Sect 01)</b> Room 161		

## FINAL EXAM SCHEDULE - SPRING 2016

## CONGRATULATIONS GRADUATING STUDENTS



Rep. Carla D. Cunningham

Congratulations to all nursing, radiologic technology and surgical technology students who will graduate on **May 6** at 7 p.m., Pritchard Memorial Baptist Church, 1117 South Blvd. The College will also recognize graduates from 1956 and 1966 on the occasion of their 50th and 60th anniversaries. All are welcome to attend. Our commencement speaker will be Representative Carla D. Cunningham, North Carolina House of Representatives, District 106. Rep. Cunningham is a registered nurse and has served in the House of Representatives for two terms. She is a staunch advocate for health care, education, mental health, seniors, women, and children.

## POST-GRADUATION MEDICAL INSURANCE

Have you thought about post-graduation 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.

## FROM THE ADMISSION'S OFFICE

**New incoming students** - Student Ambassadors will be calling to welcome you the week of **May 9** with reminders about new student orientation.

Congratulations to the following graduating Student Ambassadors: Ashley Allen, Hannah Cook, Amy Decoste, Kinley Fields, Nicole Gaiter, Kelsey Leggett, Megan Mullis, Olivia Myers, Amber Smith, and Chris Yen. Your assistance throughout your time here has been invaluable.

The college's new uniform vendor, Flynn & O'Hara, will be on campus **May 11** and **27** from 10 a.m. to noon. Stop by the main lobby if you are interested in ordering new clinical scrubs.

Group advising for new Radiological Technology and Medical Laboratory Science students is **May 11** at 9 a.m. in room 161. Group

advising for new Nursing student is **May 27** at 8:30 a.m. in room 190.

**SIGN UP NOW!!** Mental Health First Aid is a required course for all new students entering a clinical program. Training dates are listed on the New Student Onboarding page of the information portal.

## MANY THANKS FOR THEIR SUPPORT

They may have answered your questions over the phone...they may have guided you to an advising session... they may have helped you fill out important forms... they may have processed all of your paperwork...they may have graded or proctored your exams...they may have even listened at a stressful time. Administrative Professional's Day was April 27. Much of their support is behind the scenes, but it is critical to student and teammate success.



Pictured from left to right (top row): Reeshenah Agee (Business Office), Janice Bellamy (Academic Affairs), Lakisha Bennett (Continuing Education), Christy Dull (Center for Life Support Education). Middle row: Joy Godwin (Student Services), JoAnne Gunter (CRNA), Anna Hunter (Simulation Center), Claudette Kaveler (Nursing). Bottom row: Ann Keathley (Business Office), Pat Lewis (Administration), Yvonne Mobley (CRNA), and Chrisanne Rancati (Student Affairs).

The College thanks each and every one of them for their hard work, dedication and all that they do to make a difference on this day, and every day.



## PHI THETA KAPPA (PTK) UPDATE

Thanks to all who supported the PTK spring bake sale. The total raised, \$165.64, will support PTK scholarships. Thanks also to all the bakers and the three students who staffed the table: Brittani Montes, Teresa Greene, and Erin Lance.

Thanks to the eight volunteers who served dinner at the Men's Shelter on April 22: Cathey Miller, Cathy Borysewicz, Jenna Bryson, Kylie Crawford, Caleb Harbison, Jerrod Oliver, Emiley Peterson and Jonathon Stephenson. Eighty-seven meals were served and everyone had a great time.

Graduating members of PTK may borrow PTK stoles and tassels to wear with their graduation regalia. Cathey Miller and Cathy Borysewicz will distribute the stoles and tassels at the graduation breakfast on **May 6** and they must be returned immediately following the graduation ceremony.

The next PTK sponsored event is the CBCC Blood Drive on **May 25**.

New blue PTK t-shirts are available for purchase. See Cathey Miller in room 252, to get yours today! Sizes available: S, M, L & XL = \$9.90 (Green) and \$10.50 (Blue). Please visit the PTK site on the information portal for the latest information, updates, and upcoming events! Faculty advisors are Cathey Miller and Cathy Borysewicz. PTK is a national honor society, which recognizes and encourages the academic achievement of 2-year college students and provides opportunities for individual growth and development through participation in honors, leadership, fellowship, and service programming. For questions, please contact President Kathryn Gorham.

## STUDENT NURSES ASSOCIATION (SNA) UPDATE

A huge thank you to members of SNA who helped with the Special Olympics! It was a fun event to learn about this population of individuals and all that goes into supporting the event.

The panel discussion held for rising intermediates on April 4 was a great success! Current intermediate students shared their knowledge and provided tips to help prepare NUR 101 students in their upcoming classes.

Looking for a way to get involved? SNA is looking for up-beat students to join its Board this fall. Board members meet monthly and help with various SNA activities. Please email [April.Davis@CarolinasCollege.edu](mailto:April.Davis@CarolinasCollege.edu) or [Diahanne.Holandez@CarolinasCollege.edu](mailto:Diahanne.Holandez@CarolinasCollege.edu) if you are interested in this great opportunity!

Interested in becoming an SNA member? Membership is a one-time fee of \$10. Contact [Esther.Aguayo@cchsmail.org](mailto:Esther.Aguayo@cchsmail.org) for information.



SNA Members at the Special Olympics - L to R: Logan Nail, Tracy Mulligan, Ashley Meissner, Rachel Williams, Steven Cuzmenco, Karen Jenkins, Cameron Monie, Rebecca Moody, and Esther Aguayo



First row-Brittani Montes and Yancy Guzman. 2nd row- Erin lance, Summer Nunn, and Natasha DeMaio. 3rd row- me, Diahanne Holandez, and Alison Campbell.



Intermediate Student Panel Discussion - L to R: Kyle Tilly, Rachel Williams, Brittani Montes, Alison Campbell, April Davis, Steven Cuzmenco, and Esther Aguayo

## FACILITY UPDATES

**Building Exterior** - The exit gate on the V Lot was recently replaced to provide a more modern look and functionality. The previous gate was old and in disrepair. Additionally, expect to see the exterior of the building power-washed in the coming weeks as well as some minor repairs to the stucco in various places. Administration continues to work closely with the building management company, Lincoln-Harris, to ensure that the college is a fully functional and pleasing place to work and study.



Old Lab

**Renovated Lab** - To accommodate growth of the Medical Laboratory Science (MLS) program, the MLS students have a newly renovated lab (room 255) for their microbiology and hematology courses. The renovations included new sinks and cabinets, removal of a second door, and installation of new work benches. Located adjacent to room 240, take a look the next time you are in that area of the building... the MLS students would love to show off their new lab.



New Lab

## HIGGINBOTHOM ATTENDS YOUTH VIOLENCE CONFERENCE

CCHS and the CHS Youth Violence Committee partnered to sponsor Meredith Higginbotham, nursing student, to attend the annual Youth Violence Conference in April, 2016. This long running and well respected conference focused on violence in the media, and its impact on young people's behavior and psyche. Said Meredith, "All the speakers were great and I loved the break-out sessions I went to and hate there wasn't enough time in the day to go to all of them."

## COMPLIANCE CORNER - CHG Bathing

CMC employs a policy of Chlorhexadine Gluconate (CHG) bathing in response to the prevalence of methicillin-resistant staphylococcus aureus (MRSA), and carbapenum-resistant enterobacteriaceae (CRE) infections. Chlorhexadine is an antibacterial, antiseptic solution used to reduce microorganisms on high risk patients. At Carolinas Medical Center (CMC), patients admitted to intensive or progressive care units, or patients with central lines need daily CHG baths. Patients with a past or present MRSA infection are required to have daily CHG baths for at least 5 days. Patients with CRE, and transplant patients must have continuous daily CHG baths. At CMC, CHG comes in two forms: Hibiclens solution, and Sage cloth packs. The cloth packs can be heated to a more comfortable temperature in warming units that come with the packs but the solution may not be warmed. CHG baths must be documented in the ADL's section of Cerner. The choice when charting can either be "daily bath" or "MRSA decolonization" and the number of the day of serial baths should be included. The only exceptions allowed to not providing a CHG bath is an allergy to CHG or patient refusal and those reasons must be documented as well. Furthermore, any teaching done with the patient or family regarding the need for CHG bathing needs to be documented on the Educational Teaching Record (ETR).



Meredith Higginbotham and trauma surgeon/conference sponsor Dr. David Jacobs.



Jared Smith

## WAY TO GO JARED!

Jared Smith, director of general studies, completed his masters of science degree in kinesiology from the University of Texas of the Permian Basin in December, and was selected by the faculty as the "Outstanding Graduate Student for Kinesiology." Congratulations Jared and thank you for serving as a positive role model for students and teammates.

## TEAMMATE SPOTLIGHT - Meredith Hirsch



Meredith Hirsch

Meredith Hirsch began her career in nursing right here at Carolinas College of Health Sciences, graduating in 2000. Upon graduation, she worked in a variety of areas, including cardiac, post-surgical care and school health. She went on to earn her BSN (2002) and her master's in nursing education (2011) from UNC Charlotte and is now pursuing a post master's family nurse practitioner degree at Duke University and will graduate in May 2017. Said Meredith, "I love teaching at CCHS where I am able to combine my love of patient care with education, working with the nursing fundamentals students."

Meredith has been married to husband Greg for 14 years and they have two boys, Jackson and Tucker. She enjoys traveling, camping, crafts, helping at her kid's school and most importantly spending quality time with her family.

**OPEN FORUM WITH PRESIDENT SHEPPARD** will be **May 23**, 2 to 2:45 p.m., room 137. This is but one of the opportunities CCHS students have for input into college decision-making. Others include service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc.

## RADIOLOGIC TECHNOLOGY STUDENTS IN SERVICE TO THEIR COMMUNITY & PROFESSIONAL SOCIETY

On April 14, Level II Radiologic Technology students volunteered at North Carolina MedAssist, a nonprofit organization that provides access to prescription medications, patient support and re-



lated services to uninsured North Carolina residents. They helped sort, organize, and pack medications for uninsured residents of Mecklenburg County. For more information on NC MedAssist, visit their web site at <http://medassist.org/>.

Thanks to the generous donations of alumni and friends of the program, Level II Radiologic Technology students attended the NC



Level II Radiologic Technology students with Stewart Bushong (wearing the hat in the middle) at the NCSRT Annual Conference.

Society of Radiologic Technologists (NCSRT) Annual Conference at the Great Wolf Lodge in Concord, NC on April 7 & 8. They participated in a mock registry exam in preparation for the national exam after they graduate in May. They also attended many presentations from patient care review, equipment operations review, radiation protection, image analysis, resume writing and interview skills, to RAD-AID International, and a physics review from Stewart Bushong, author of their physics textbook. The NCSRT Annual Conference provided each student with valuable information and allowed them to see the importance of professional organizations within the radiologic sciences.

## CLINICAL KEY AND CLINICAL KEY NURSING

The Charlotte AHEC Library invites you to an Open House featuring the research tools: Clinical Key and Clinical Key Nursing. The Open House will be in the lobby of the Medical Education Building, **May 3** from 8 a.m. until 12:00 noon. Please stop by for a hands on demonstration on Clinical Key and their newest research product Clinical Key for Nurses.

## COMMITMENT TO CARING CEREMONY

The ceremony will be **May 4**, 6 to 8 p.m. in the Suzanne Freeman Auditorium and will include the traditional pinning, lighting the Florence Nightingale lamp, and a "Blessing of Hands" by a member of the CHS Spiritual Care and Education department. A light reception will follow the ceremony. Graduates may invite a friend, family or faculty member who is a nurse to pin them; everyone may then receive a Blessing of Hands. Tickets are required for admission. Contact [April.Davis@CarolinasCollege.edu](mailto:April.Davis@CarolinasCollege.edu) or [Dianne.Holandez@CarolinasCollege.edu](mailto:Dianne.Holandez@CarolinasCollege.edu) for information or questions.



## MAY DATES/TIMES FOR COMPUTER LAB/ANNEX CLOSURES

To ensure the integrity of online exams, most will be offered in a proctored environment in the computer lab and/or annex. The size of the class will periodically necessitate the temporary closure of the computer lab and/or annex. During those periods, students will have access to a temporary computer lab set up in room 151 as well as continued access to computer resources in the AHEC Library. For planning purposes the lab closure days for May are listed below:

Date	Duration in	Client	Time	What is closed?	Where will an alternative lab be accessible?
Monday, May 2	8.5	CAP Testing	7:00am -3:30pm	Lab & Annex	Room 151 and AHEC library computer lab
Tuesday, May 3	9	CAP Testing	7:00am - 4:00pm	Lab & Annex	Room 151 and AHEC library computer lab
Thursday, May 5	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Thursday, May 12	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Tuesday, May 17	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Thursday, May 26	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Monday, May 31	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab

## WOW! THESE FOLKS ARE AMAZING!

Part of a culture of excellence is recognizing others. CCHS does that with WOW cards, Values In Action recognition and KEAP bonuses. Read the posted WOW cards on the WOW board to see what your classmates and CCHS teammates are being recognized for! These CCHS Stars were recognized recently:

- Students     Jazmin Hermosillo Aguilar, Lauren Bell, Jenna Bryson, Christine Cunningham, Brittany Lightner, Brittani Montes
- Teammates    Cheryl Pulliam, Nancy Watkins

## SCHOOL OF CLINICAL LABORATORY SCIENCES SALUTES THE FOLLOWING WINNERS!



**Catrina McMaster**

Congratulations to Catrina McMaster, Histotechnology student and recipient of the Lyle L. Baker Memorial Scholarship. This award is presented by the North Carolina Society of Histotechnology to an individual that embodies the qualities of dedication and devotion to the profession of Histotechnology and wishes to further their histology knowledge through educational offerings. Way to go Catrina!

Congratulations to Melissa Hughes, Medical Laboratory Science student and recipient of the Dr. Richard Early Award for Outstanding Scholarship in Clinical Laboratory Science. At the awards banquet in April, Melissa was recognized by the North Carolina local section of the American Association of Clinical Chemistry for her dedication, professionalism and academic excellence exhibited while in the MLS program at Carolinas College. Way to go Melissa!



**Melissa Hughes**

## STUDENT SUCCESS CENTER

By: Nancy Watkins, MS Ed  
Student Success Coordinator

**You are Awesome!** The following Peer Tutors will graduate on May 6. Thank you for your spirit of giving! Ashley Allen, Lydia Arthur, Katherine Barksdale, Hannah Cook, Amy DeCoste, Catherine Fulginiti, Erin Holland, Gary Humphries, Abby Malloy, Audrey Page, Christine Perzinski, Elizabeth Sutcliffe, Rachel Teague, Brittany VanDerMeid, Ellen Weddington and Christopher Yen.



Nancy Watkins

**Recruiting Peer Tutors!** Do you enjoy helping other students learn? Do you want to keep past course material fresh in your mind? Are you looking for a flexible service opportunity you can arrange around your schedule and priorities? Consider becoming a Carolinas College Peer Tutor! If you've earned an "A" or a "B" in a course and feel you could help another student with academic coaching, contact Nancy Watkins to become involved in the Peer Tutoring Program!

**Heads Up: Prepare for the Condensed Summer Semester.** If you are taking a full-semester course in the summer, you know the summer semester is shorter than the fall and spring semesters, increasing the need for strong organization and consistent weekly and daily study plans. Take advantage of any review sessions offered for your course(s), and be prepared to make changes at the first signs of difficulty. If you wish, see Nancy Watkins to discuss your plan for success. 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 *Quick Links*.)

**Student Employment Opportunities.** If you're interested in part-time/prn employment with CMC, sign up for a fifteen minute appointment with CHS Recruitment Specialist Clifton Chapman in the lobby between 10:00 and 12:00 on Monday, **May 2**.

To make an appointment:

- ❖ Log onto the Information Portal and click on *Student Success Center* under *CCHS Quick Links* on the home 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.
- ❖ You can still talk with the recruiter on a drop-by basis without making an appointment as long as he is not busy with another student.

A human resources representative usually visits the college on the first Monday of each month. Feel free to email or call with your questions: Clifton Chapman, Clifton.Chapman@Carolinashealthcare.org, Phone #: 704-631-0347. I (Nancy Watkins) am also available here at CCHS to support your job search efforts.

## WELCOME NEW TEAMMATES

Janna McColgan is the new Instructional Technologist and Developer (instructional designer, for short). She received her MEd in instructional technology from Kutztown University in Pennsylvania and holds a BS in art education from Temple University, Tyler School of Art. Combining several years of national and international work experience, Janna has supported the missions of non-profit, academic and business organizations in distance and online education. Using proven instructional design models and online teaching methods, Janna collaborates with subject matter experts to design, develop and deliver online courses and training. Her most recent professional experience has been serving in the role of instructional developer at Central Piedmont Community College. Janna's personal interests include mural painting, web design and playtime with her Irish Setters. Janna is temporarily located in Room 123.



Janna McColgan

Michelle Webb will join the college on May 2 in her new role as the academic affairs staff assistant. Michelle comes to us from south Florida after recently relocating to NC to be closer to family. For the past ten years, she has worked at Florida Atlantic University in Boca Raton where she managed the Office of Technology Development in FAU's Division of Research. In that position, she assisted in the protection and commercialization of intellectual property



Michelle Webb

(inventions/technology) created by faculty inventors. A graduate of Syracuse University in NY, Michelle received a bachelor's degree in communications management/marketing. During her career, her interests have focused on healthcare, research and academia. Michelle and her family are happily adjusting to NC and its southern charms. She is married to John Webb, whom she met while working at a PBS station in Miami. She has two step-children, Landon and Corley (CJ), who are both finishing college at FAU and Appalachian State, and are studying political science and sustainability/environmental studies, respectively. Michelle will be working alongside Janice Bellamy in room 258.

Please take a moment to welcome them and introduce yourself when you see them on campus. CCHS is excited to have both Janna and Michelle as new additions to the team.

## FREE EXERCISE CLASSES FOR CCHS STUDENTS/TEAMMATES AT CHS LIVEWELL

LOCATION	Day of the Week (all month)	DAY/TIME	FEE	CONTACT
<p>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes! (Only "Quick Fit" classes carry a charge.)</p> <p>All Classes held at CHS LiveWELL Building: 801 East Boulevard</p> <p>From Shomars on East Blvd., head toward South Blvd. Half way there, you'll see the CHS Live Well building on the right just before you get to the Greek Orthodox Church (on the left). CCHS ID badge required.</p> <p>Park at the back of the building and enter the card-coded door with your student ID badge. Multipurpose workout areas are visible as soon as you enter. No shower facilities are available.</p>	Mondays Kick Boxing Body Party Fitness	5 to 6 p.m. 6 to 7 p.m.	<p>Free to CCHS students and CHS teammates with badge ID.</p> <p>All classes 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>Livewellevents@carolinashealthcare.org or 704.446.1645.</p> <p>Even more motivation: Employment offers at some CHS units require "fitness testing" to assure applicants can bend and lift weights consistent with job expectations. Not sure you can easily lift 50 pounds? Start bending &amp; lifting now to get in shape, at Live Well!</p> <p>ALL IN TO WIN for Total Health prize drawings! CHS teammates receive 1 entry for every 4 classes attended (any location &amp; YWCA Workout Wednesday).</p>
	Tuesdays Total Workout Body Party Fitness	5 to 6 p.m. 6 to 7 p.m.		
	Wednesdays Body Sculpt Yoga	5 to 6 p.m. 6 to 7 p.m.		
	Thursdays Pilates Socacise	5 to 6 p.m. 6 to 7 p.m.		
	Mon & Wed "Quick Fit" Small group training with Jeremy Sinclair	4:30 to 5:10 p.m. 5:20 to 6 p.m.		
				<p>Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>

### TEAMMATE ACCOLADES

Drs. Kristy Williams and Mary Griffin, nursing faculty, have been invited to present "Enlightening Nursing Students on the Importance of Physician Nurse Collaboration Through Simulation" at the NLN 2016 Education Beyond Boundaries Summit in September 2016.



**Dr. Kristy Williams**



**Dr. Mary Griffin**

Dr. Lori Bequette has been selected as a finalist for the Charlotte Chamber of Commerce's prestigious Young Professional Educator Award. The YP Educator honors an individual who is a dedicated teacher, professor or administrator who has made a tremendous impact in the educational institution and community in which they serve. The nominee not only contributes to the academic success of their students, but also helps to prepare them for a successful life as productive citizens in our society. Award recipient will be announced at the recognition banquet on May 26.



**Dr. Lori Bequette**

### KELLY SHIRLEY RETURNS TO TEACHING FULL TIME

Six years ago Kelly Shirley assumed the role of program director of the School of Clinical Laboratory Sciences when long-time program director Betty Anderson retired. During those six years, Kelly has been extremely busy. The medical laboratory science program was reaccredited and has revised its curriculum to accommodate requests from our lab for even more graduates. Two new programs were added: histotechnology and specialist in blood bank programs. The histotechnology program received initial accreditation and Kelly worked with two different education coordinators (Lamar Jones and now Tracy Walling) to ensure the program is and remains outstanding. This involved curriculum revisions and expanding the instructional space to Mercy. Kelly would likely attribute these successes to her education coordinators, faculty and students, but her leadership was critical to these wonderful accomplishments.



**Kelly Shirley**

During that time, Kelly was also recognized as the college's Outstanding Educator for 2014. Because of her love for teaching science courses and the recent vacancy as a result of Melissa Jackson's departure, Kelly has requested that she return to the faculty position she vacated six years ago to devote her energy to what her true passion is: educating future lab professionals in the classroom. Kelly will remain an active member of the MLS faculty and will be involved in the transition of a new leader for the program.

## CHS VOLUNTEER OPPORTUNITIES

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.)

**May 7 • 7:15 AM.** Heart of a Champion Day (Fort Mill School District): This is a free sports-specific health screening and educational program for high school student-athletes. The screenings include a review of the student-athlete's medical history, a sports-specific medical and musculoskeletal exam, a heart exam, and a vision test. Ambassadors are needed for multiple positions including clinical and non-clinical skills. Community Benefit Project ID #1000024218

**May 21 • 7:15 AM.** Let Me Run Spring 5K: The Let Me Run 5K is a celebratory event and is open to the public. This is a way to congratulate individuals who participated in the Let Me Run program for the spring. Ambassadors are needed to set up, greet guests and hand out specialty items.

## CONTINUING EDUCATION OPPORTUNITIES

**CCHS Admissions Information Session. May 3,** 3:30 to 5 p.m. The schedule: 3:30 to 4 = tour; 4 to 5 = info session. Have friends who want to know about CCHS? Contact Joy Godwin at the front desk or 704.355.5051 to sign up for an info session. For information on Medical Laboratory Science or Histotechnology, contact Kelly Shirley, 704.355.4275.

**CPR: BCLS for the HealthCare Provider. May 18,** 8 a.m. to 1 p.m. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or [Christy.Dull@carolinashealthcare.org](mailto:Christy.Dull@carolinashealthcare.org).

**CPR: 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: [www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect](http://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 BCLS Online Skills Check Part 2.

**CPR: BCLS Online Skills Check - Part 2. May 4, 11, 18 & 25.** 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).

**Chaplain's Grand Rounds - Mental Illness: Mind, Body and Spirit. May 19,** Noon to 1 p.m. Our culture has long ignored the needs of deeply troubled individuals, the consequences of which can be found in hospitals, jails, and institutions. This series is intended to better understand the dynamics society witnesses; the hurt many experience as a consequence of mental disease, and how we as a society might respond constructively. The Spiritual Care Division invites all CHS learners and teammates to a 1-hour presentation by a local, regional, or national leader. Held in the Suzanne Freeman Auditorium (at top of Loop Road turn right toward loading dock then left into Cannon Research Building), this month's speaker is Chaplain Malu Fairley, topic is *Violence and Homicide in the Name of Religion*. Bring your lunch!

**He Said...She Said: Are We Speaking a Different Language? (Webinar). May 31,** Noon to 1 p.m. Objectives of the webinar include: 1) Understand gender differences and stereotypes. 2) Explore the blind spots in communication that create conflict between the sexes. 3) Learn how to avoid misinterpretation and value each other's differences. 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.

**Introduction to IV Therapy Workshop. May 13,** Class time: 8:30 to 11 a.m. Cost: \$185 (includes 4 hours of clinical practice, to be scheduled with the IV/vascular access team within 3 months of the class). This updated version of the IV Therapy Workshop now includes 2.5 hours of class time as well as 4 hours of practical experience with the vascular access (IV therapy) team. Total time 6.5 hours for continuing education. To register: <https://ivtherapyworkshop.eventbrite.com>. Contact Lakisha Bennett at [Lakisha.Bennett@carolinascollege.edu](mailto:Lakisha.Bennett@carolinascollege.edu) or 704-355-2663 for more information.

**Basic Phlebotomy Skills for HealthCare Professionals Workshop. May 20,** 8:30 a.m. to 4:30 p.m. Cost: \$169. This basic phlebotomy skills workshop adds needed skills to your toolkit! This course is designed with the practicing healthcare practitioner in mind. You will review the test tubes and additives, proper order of draw, practice basic venipuncture techniques using the evacuated tube system and the winged-infusion set (butterfly), and LOTS MORE! To register: <https://basicphlebotomyskillsworkshop.eventbrite.com>. Contact Lakisha Bennett at [Lakisha.Bennett@carolinascollege.edu](mailto:Lakisha.Bennett@carolinascollege.edu) or 704-355-2663 for more information.

## CULTURAL AND 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.



**May 1 - 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 fifty-day period culminating in Pentecost. **Beltane [also called Beltain or May Day] – Wicca.** Celebration of the sacred marriage of the divine forces—and the conception of the sun-child—that are the basis of all creation. **Twelfth Day of Ridván – Bahá'í.** The conclusion of the Bahá'í festival that commemorates Bahá'u'lláh's exile in Baghdad leading up to his declaration as the one announced by the Báb in 1863 C.E.

**May 2 - Laylat al-Isra' wa al-Mi'raj – Islam.** The commemoration of the Prophet Muhammad's night journey from Mecca to Jerusalem, his ascent into heaven and return on the same night, and his receipt of Allah's commandment of the five compulsory daily prayers. This celebration begins at dusk. **Birthdays of Gurū Arjan Dev – Sikhism.** Gurū Arjan Dev (1563 – 1606 C.E.) was the fifth of the Sikh Gurūs.

**May 4 - Ghambar Maidyozarem ends – Zoroastrianism.** The end of the celebration of the creation of the sky and the harvesting of the winter crops.

**May 5 - National Day of Prayer – Multi-faith, USA. Ascension Day – Christianity (Western churches).** The anniversary of Jesus' ascension into heaven, celebrated forty days after Easter. In the Roman Catholic Church, this day is celebrated on Sunday, May 8th.

**May 9 - Akshaya-tritiya [Immortal Third] – Jainism.** A day celebrating when Lord Adinatha or Rishabhadeva, the traditional founder of the Jain faith and the first tīrthankar (a being who helps others to cross the great ocean of worldly life and achieve liberation), broke his first year-long fast by drinking juice from a sugar cane.

**May 15 - Pentecost Sunday – Christianity (Western churches).** A celebration of the Holy Spirit's descent upon the Apostles following Jesus' ascension into heaven, Pentecost [which derives from the Latin for "fifty," because it occurred fifty days after Easter] is often known as "the birthday of the Christian Church." **Visakha Puja [Buddha Day] – Buddhism.** Celebrated by Theravadin Buddhists on the full moon of the sixth lunar month, this is a triple commemoration of the historical Buddha's birth, enlightenment, and death and entrance into nirvana. **Restoration of the Aaronic priesthood – Church of Jesus Christ of Latter-day Saints.** Marking the restoration of this order by John the Baptist and conferred upon the Prophet Joseph Smith and Oliver Cowdery on this date in 1829 C.E.

**May 16 - 'Azamat – Bahá'í.** The beginning of the fourth month of the Bahá'í year, 'Azamat means "grandeur."

**May 20 - Laylat al-Bara'at or Nisf Sha'bān – Islam.** According to Muslim tradition, Allah approaches the earth on this night (the middle day of the eighth month in the Islamic calendar) to call humanity to repentance and grant forgiveness of sins.

**May 22 - Trinity Sunday – Christianity (Western churches).** Marking the celebration of God manifested in three Persons: as Father, Son, and Holy Spirit.

**May 23 - Declaration of the Báb – Bahá'í.** The celebration of the day in 1844 C.E. when he announced his identity as the Gate or herald of the new age in Shiraz, Persia (modern-day Iran). **Birthdays of Gurū Amar Das – Sikhism.** Gurū Amar Das (1479 – 1574 C.E.) was the third of the Sikh Gurūs.

**May 26 - Corpus Christi – Christianity [Roman Catholic].** Named for the Latin phrase "Body of Christ," this festival is a time when Catholic Christians express their faith in Christ's real presence in the elements of Holy Communion. **Lag B'Omer – Judaism.** The 33rd day in the counting of the period between Pesach [Passover] and Shavuot [the giving of the Law]; the festival begins at sundown.

**May 28 - Ascension of Bahá'u'lláh – Bahá'í.** The anniversary of the death of the founder of the Bahá'í faith in Palestine in 1892 C.E. Adherents suspend work on this day.

**May 30 - Memorial Day**

Our thanks to the Council of Religious Leaders of Metropolitan Chicago, the Multi-faith 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), the University of Victoria Faculty of Law (British Columbia, Canada), and [www.interfaithcalendar.org](http://www.interfaithcalendar.org).

# Activities & Deadlines for May

Complete information, with times, is elsewhere in the newsletter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>CHS Recruitment Specialist on Campus</b>	<b>3</b> <b>Clinical Key and Clinical Key Nursing Open House - AHEC Library</b>  <b>Admissions Information Session</b>	<b>4</b> <b>BCLS Online Skills Check - Pt 2</b>  <b>Commitment to Caring Ceremony</b>	<b>5</b>	<b>6</b>  <b>Graduation Awards Breakfast</b>  <b>Commencement Ceremony</b>
<b>FINALS WEEK</b>				
<b>9</b> <b>Welcome calls from Student Ambassadors</b>	<b>10</b>	<b>11</b> <b>Flynn &amp; O'Hara Uniform Vendors on Campus</b>  <b>Group Advising (RT/MLS)</b>  <b>BCLS Online Skills Check - Pt 2</b>	<b>12</b>	<b>13</b> <b>Introduction to IV Therapy Workshop</b>
<b>16</b> <b>New Student Orientation</b>	<b>17</b> <b>New Student Orientation</b>	<b>18</b> <b>BCLS for the HealthCare Provider</b>  <b>BCLS Online Skills Check - Pt 2</b>	<b>19</b> <b>Chaplain's Grand Rounds - Violence &amp; Homicide in the Name of Religion</b>	<b>20</b> <b>Basic Phlebotomy Skills for HealthCare Professionals Workshop</b>
<b>23</b> <b>Open Forum with President Sheppard</b>  <b>Full Summer &amp; 7-wk Classes Begin</b>	<b>24</b>	<b>25</b> <b>PTK Sponsored Blood Drive</b>  <b>BCLS Online Skills Check - Pt 2</b>	<b>26</b>	<b>27</b> <b>Flynn &amp; O'Hara Uniform Vendors on Campus</b>  <b>Group Advising (NUR)</b>  <b>Registration/Drop/Add Ends</b>
<b>30</b> <b>COLLEGE &amp; AHEC LIBRARY CLOSED FOR MEMORIAL DAY</b>   <b>THANK YOU !</b>	<b>31</b> <b>Employee Assistance Program Webinar - He Said... She Said: Are We Speaking a Different Language?</b>			