



Carolinas College of Health Sciences | April 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.

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 open
at noon on April 18.

Connect
with CCHS



2016 PHONE-A-THON FUNDRAISER

The annual phone-a-thon fundraiser grows bigger each year. Last year we raised over \$17,000 - all because of AMAZING student volunteers! Our goal this year is to raise \$19,000, but we can't do it without YOU! Besides getting to help the college, participate in a worthy cause, and talk to CCHS alumni, you get a chance to WIN PRIZES! From April 11 to 13, CCHS students from all programs are needed to volunteer with the phone-a-thon. Each night dinner is served at 4:45 p.m. with a training session starting at 5:00 p.m. You will be on the phones from 5:30 to 8:30 p.m.; but don't worry, there is a sweet dessert break to swap stories! To volunteer, sign up online, here: <http://www.signupgenius.com/go/10c0e44a4ac2aa5fe3-volunteers>



Student Tanya Jolicoeur volunteers to make phone calls during the 2015 Phone-a-thon.



Isabelle Hanvey

STUDENT OF THE MONTH - Isabelle Hanvey

Congratulations to Isabelle Hanvey, April's Student of the Month. Isabelle is a student in the Medical Laboratory Science (MLS) program and will be graduating on April 29. She is being recognized for her incredible courage and persistence in overcoming obstacles to reach her goal. Prior to joining Carolinas College, Isabelle graduated with a bachelor of science degree in biology from Erskine College in 2014. She started the one-year MLS program, which requires a prior science degree, in August 2014. In late fall she was diagnosed with spindle cell sarcoma, due to post radiation treatment for cancer when she was young. In fall 2014, Isabelle took a leave of absence to undergo chemotherapy treatment for the sarcoma. In early spring 2015, surgery was required which resulted in the loss of her leg and hip. Isabelle's determination and spirit never wavered. She returned to the college in summer 2015 to continue in the MLS program and fulfill her dream of becoming a laboratory scientist. She is an inspiration to the faculty and her fellow students. Following graduation, Isabelle will work for one of the laboratories of CHS. She has several offers to consider and is leaning toward Levine Cancer Institute at Ballantyne. Please congratulate Isabelle as you see her on campus.

FREE SHIPPING ON BOOKSTORE ORDERS

The bookstore listings for the Summer 2016 course offerings are now available. Each semester, MBS Books, our online bookstore, provides a **FREE** shipping period for textbook offers over \$99. For summer semester books, the free shipping dates are from April 24 through April 27. Take advantage of this opportunity to eliminate shipping costs from your textbook expenses.

TELL ME YOUR STORY

You are unique. Your background, your motivations, your dreams, the obstacles you've overcome - are like no one else's. CCHS Marketing is working with the college to let the world know more about how unique and amazing CCHS students are. Please share your story. Even if it's just a few sentences that capture something unique about you. If you're selected, you'll be contacted for a phone interview that may be used in college and healthcare system publications. This could be your 15 minutes of fame and may be the spark that motivates someone else to set their sights high and reach for the stars, as you've done. Send it to Ellen.Sheppard@CarolinasHealthCare.org.

TUITION AND FEES FOR 2016-17

The college board of directors has approved a small tuition increase for the academic year beginning Fall, 2016. The College has worked hard to keep the increase smaller than the average increase throughout higher education in 2016, and still be the most affordable non-state-supported health care education alternative in the U.S.

Current Tuition	New Tuition/Fees Effective Fall 2016
General studies courses: \$266 per credit hour	General studies courses: \$273 per credit hour
Healthcare program courses: \$325 per credit hour	Healthcare program courses: \$333 per credit hour
Medical Laboratory Science & Histotechnology: \$8072 program fee	Medical Laboratory Science and Histotechnology: \$8274 program fee
Radiation Therapy: \$8200 program fee	Radiation Therapy: \$8405 program fee
Nursing Lab/Testing Fee: \$210 per full semester (\$105 per 7-week intermediate level course)	Nursing Lab/Testing Fee: \$220 per full semester (\$110 per 7-week intermediate level course).

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 are found on page 6 of the current college catalog, found here: CarolinasCollege.edu/CurrentStudents/Catalog/StudentHandbook.

CONGRATULATIONS GRADUATE!

As a new college graduate, you're taking the next step on your professional and personal journey. But to handle the bumps on those journeys, you need health insurance. Graduation is a general mile marker for many significant life changes, such as expired student health insurance or moving from home, that trigger a "Special Enrollment Period" that allows a 60-day window for students to sign up for coverage in the marketplace even though the open enrollment period has ended.

ONE LESS WORRY - You may get health insurance through your job. If you don't get a job right away, you can stay on your parents' plan until you turn 26. If that's not an option, you can go to HealthCare.gov and choose a plan in the Health Insurance Marketplace. Even though enrollment has ended, you can still sign up. That means you'll have one less thing to worry about as you head out into the world.

COMPREHENSIVE BENEFITS - All Marketplace plans cover a comprehensive set of benefits, including physician visits, preventive care, hospital stays, and prescriptions. No one can be turned away from the Marketplace based on a pre-existing condition - it's guaranteed, and most people will get help paying for premiums or get a free or low cost plan.

MEDICAID COVERAGE - When you fill out a Marketplace application, you'll find out if you qualify for coverage through Medicaid. Medicaid is a combined state and federal program that provides coverage to people with limited income.

WHAT IF I DON'T HAVE HEALTH COVERAGE IN 2016? If you can afford health insurance, but you don't have it in 2016, you may have to pay a fee. There's no special student exemption. However, you won't have to pay the fee if you have a limited income and you don't have to file a federal tax return.

Visit HealthCare.gov or call the Marketplace Call Center at 1-800-318-2596 to learn more. TTY users should call 1-855-889-4325.

PULSE WEEKEND?

This inter-professional opportunity pairs a CCHS clinical student with a UNC 3rd year medical student for a weekend ED experience, seeing care through the patient's eyes. Watch your CCHS email for the next opportunity!



Nursing student Brittani Montes (L) and the medical student she was paired with for Pulse Weekend.

TEAMMATE ACCOLADES



Dr. Susan Patterson

CCHS is proud to announce that Dr. Susan Patterson's article entitled, *The Effect of Emotional Freedom Technique on Stress and Anxiety in Nursing Students: A Pilot Study*, was published in the scholarly journal *Nurse Education Today*. A number of CCHS students participated in the study as subjects as Dr. Patterson investigated ways to reduce testing anxiety in nursing students. Click here or paste this link into your browser: <http://authors.elsevier.com/a/1SgnixHa58Cjf>

Lee Braswell, radiation therapy director, had a busy year. In addition to directing the CCHS program he was also enrolled in an online medical dosimetry program offered through Pitt Community College. While the instruction was online, it required intense clinical experiences, which he was able to complete by partnering with Levine Cancer Institute and Landauer Medical Physics. Upon completion, Lee successfully passed the rigorous licensure exam (on first attempt) and can now add the title, Certified Medical Dosimetrist (CMD) to his name.



Lee Braswell

TEAMMATE SPOTLIGHT - Kali Simien



Kali Simien

Kali Simien, director of the surgical technology program, was born in Harrisburg, PA, but has called Charlotte her home since the early 80's. As a child, she enjoyed playing the flute with her musical family and taking tap/jazz with Miss Donna's School of Dance. After high school, her family moved to the Norfolk/Virginia Beach area where she completed the surgical technology program at Sentara College of Health Sciences. A year later, she and her daughter, Tyri, moved

back to Charlotte where she joined the general surgery team at Carolinas Medical Center. While at CMC she specialized in general surgery and was a member of the liver transplant team. After spending many years in the operating room, Kali graduated from UNC Charlotte with a bachelor of science degree in business administration. Kali has been with CCHS since 2008 and celebrates 17 years with Carolinas HealthCare System!

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Session. April 5, 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. April 27, 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.

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. 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. April 6, 13, 20 & 27. 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. April 21, Noon to 1 p.m. Monthly, the Spiritual Care Division invites all CHS learners and teammates to a 1-hour, thought-provoking presentation by a local, regional, or national thought 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 Steve Wyatt, MD, topic is *Substance Abuse: Minding the Temple*. Bring your lunch!

Taking Care of the Caregiver (Webinar). April 27, Noon to 1 p.m. Objectives of the webinar include: 1) Understand the common issues that lead to caregiver burnout. 2) Learn tips for setting boundaries and how to take care of the caregiver. 3) Learn about community agencies that can offer support. 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.

CMC Schwartz Center Rounds, April 11, noon, Suzanne Hill Freeman Auditorium. The Schwartz Center Rounds is a multidisciplinary forum to discuss the non-clinical aspects of healthcare. Topic is *Women in Healthcare: Challenges for the Profession*. Lunch is provided. Funded by the Hilda Hemby Grant, this is an approved program of AHEC and participants will be given 1.0 AMA PRA CE credit. Please join the Yammer Group titled CMC Schwartz Center Rounds prior to attending on April 11. For more information, contact Kymberly Anthony at 704-355-7088.

APRIL 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 April are listed below:

Date	Duration in Hours	Client	Time	What is closed?	Where will an alternative lab be accessible?
Monday, April 4	3	NUR 202	9:00am - 12:00pm	Lab	Annex and AHEC library computer lab
Tuesday, April 5	1.5	NUR 202	9:00am - 10:30am	Lab	Annex and AHEC library computer lab
Thursday, April 7	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Thursday, April 14	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Tuesday, April 19	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Monday, April 25	4	SUR 201	12:30pm - 4:30pm	Lab	Annex and AHEC library computer lab
Wednesday, April 22	3.5	TEAS	9:00am - 12:30pm	Annex	Computer Lab and AHEC library computer lab
Thursday, April 28	2	MLS	10:00am - 12:00pm	Annex	Computer Lab and AHEC library computer lab
Thursday, April 28	3	RAD	12:30pm - 3:30pm	Annex	Computer Lab and AHEC library computer lab
Friday, April 29	3.5	CAP Testing	9:00am - 4:00pm	Lab & Annex	Room 151 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, Elizabeth Bradford, Jenna Bryson, Christine Cunningham, Donald Heath, Paige Hornsby, Melissa Hughes, Karen Jenkins, Walter Johnson, Tyler Lawson, Brittany Lightner, Posey Limberakis, Catrina McMaster, Brittani Montes, Max Penland, Taylor Short, Allen Smeltzer, Nicolas Zamora

Teammates Sue Barnes, Cynthia Bean, Jane Binetti, Lee Braswell, Trish Campbell, Kisha Choice, Joy Godwin, Tracy Hayes, Cyndie Hobson, Hampton Hopkins, Jodie Huffstetler, Lynn Jordan, Pat Lewis, Sharran Penny, Sarah Scibetta, Ellen Sheppard, Kelly Shirley, Tracy Walling, Kristy Williams

MEDICAL LABORATORY PROFESSIONALS WEEK



Carolinas College, along with the four laboratory programs' students and faculty members (Histotechnology, Medical

Laboratory Science, Specialist in Blood Banking/Transfusion Medicine and Phlebotomy) celebrates Medical Laboratory Professionals Week, **April 24 to 30**. 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.

STUDENT AMBASSADORS

Student Ambassadors general meeting will be held on April 4, 9 to 10 a.m., room 233.

OPEN FORUM WITH PRESIDENT SHEPPARD will be

April 4, 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. In response to last month's Open Forum, the glass door near Avenue C (café) was removed and more chairs were moved to the Avenue C table.



President Ellen Sheppard

STUDENT SUCCESS CENTER

By: Nancy Watkins, MS Ed
Student Success Coordinator



Nancy Watkins

Tips for a Successful Study Group

- ❖ **Set expectations from the start:** Everyone needs to come prepared to make this work, so talk candidly about expectations as you form your group. Members may even be assigned a task such as reviewing a section or creating an outline.
- ❖ **Equal participation:** Everyone deserves the chance to contribute. Consider forming guidelines ahead of time for setting limits on how long one member should talk.
- ❖ **End with a brief review:** Since reciting and reviewing are essential to long-term memory, devote the last few minutes of each study session to a brief review of the concepts discussed that day.
- ❖ **Be respectful of everyone's point of view:** Different viewpoints should be welcome and are often helpful, so listen to each other the way you want to be listened to!

For more study tips, as well as current opportunities for part-time and PRN employment, check out the Student Success page on the information portal. (Click on *Student Resources*, then on *Student Success Center*.)

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!

Missed the Continuing Education Fair on March 1? Drop by the Student Success Center, room 254, to peruse the latest literature from: CMC/UNCC Adult Gerontology Acute Care Nurse Practitioner Program, CMC/UNCC Certified Registered Nurse Anesthesia Program, Appalachian State University, Queens University, Cabarrus College of Health Sciences, University of Mount Olive, Chamberlain College of Nursing, University of Phoenix, East Carolina University, UNC Charlotte, Gardner-Webb University, UNC Greensboro, Lenoir-Rhyne University, UNC Wilmington, NC A&T State University, and Western Carolina University

North Carolina Nursing Employment Outlook. As nursing students think down the road to securing employment as an RN, supply and demand is an important factor to keep in mind. The following article discussing the shortage of nurses in rural areas of the state may be of interest to you: <http://www.northcarolinahealthnews.org/2016/03/10/no-nursing-shortage-in-n-c-unless-youre-rural/>

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, **April 4.**

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.

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.



Thank you to students who completed the survey about AHEC Library study spaces. Your voice helps us make the best decisions!

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>	<p>Mondays Kick Boxing Body Party Fitness</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>	<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 & 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 & YWCA Workout Wednesday).</p>
	<p>Tuesdays Total Workout Body Party Fitness</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Wednesdays Body Sculpt Yoga</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Thursdays Pilates Socacise</p>	<p>5 to 6 p.m. 6 to 7 p.m.</p>		
	<p>Mon & Wed "Quick Fit" Small group training with Jeremy Sinclair</p>	<p>4:30 to 5:10 p.m. 5:20 to 6 p.m.</p>		
				<p>Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</p>

PHI THETA KAPPA (PTK) UPDATE

Thanks to all who came out for the Community Blood Center of the Carolinas Blood Drive on March 16. The 20 units of blood collected will help 60 patients.

Results of the March 24 elections are in! The following students will serve as PTK Board Members starting in May: Shelia Wallace (President), Kineata Parker (Vice-President), Teresa Greene (Treasurer), Brittani Montes (Secretary), and Rachel Williams (Outreach Coordinator). Congratulations to all!

PTK Scholarship Nominations: A request for nominations will be sent via your CCHS email account shortly. The nominee must be a graduating member of PTK who has best demonstrated the four pillars of PTK: Scholarship, Leadership, Community Service and Fellowship. Winners receive \$250.

All PTK members and student interested in learning about PTK are encouraged to attend our upcoming events:

- ❖ **April 14** - Bake Sale, 8 to noon in the main lobby. Sign up via the PTK page on the information portal to assist with the bake sale.
- ❖ **April 25** - General meeting, 8 to 9 a.m., room 151.

New Blue PTK t-shirts are available for purchase. See Cathey Miller, rm 252, to get yours today! Sizes available: S, M, L & XL = \$9.90 (Green) and \$10.50 (Blue).

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. Please visit the PTK site on Moodle for the latest information, updates, and upcoming events! Faculty advisors are Cathey Miller and Cathy Borysewicz.

STUDENT NURSES ASSOCIATION (SNA) UPDATE

Happy spring from SNA! Check out the new SNA website on the college's information portal! You can find information on SNA board members, the Journey program, and how to join SNA.

Upcoming Events:

- ☞ **April 4**, 1 to 1:30 p.m. Panel discussion for NUR 101 students. Students from intermediate courses will provide tips on how to be successful in these courses.
- ☞ **April 26**, 9 a.m. to 1:30 p.m. SNA assists Special Olympics, Bojangles Coliseum.
- ☞ **April 28**, 9 a.m. to 1:30 p.m., SNA assists Special Olympics, Charlotte Country Day School.

If you are interested in volunteering contact Diahanne.Holandez@carolinascollege.edu or April.Davis@carolinascollege.edu.

The Commitment to Caring Ceremony signups are posted on the NUR 202 Moodle site. Volunteers needed to act as marshals, set up, and cleanup for the ceremony.

Stay tuned for more information on an upcoming bowling event and other fun summer activities!

Considering joining SNA? Membership is just a one-time fee of \$10! Contact Esther.Aguayo@cchsmail.org to get involved.

CCHS 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 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 12 • 5:00PM. *Ardrey Kell Wellness Expo.* Located at Ardrey Kell High School, the 6th Annual Wellness Fair will be focused on providing community resources and opportunities to improve the health of the community. Ambassadors are needed to greet community members and staff the information table.

April 13 • 10:00AM. *York Technical College Health Fair.* This event provides students an interactive and educational way to learn about health and wellness resources in the York County Community. Ambassadors are needed to greet residents and staff the information table.

April 13 • 12:00PM. *Carolina Orchards.* Carolina Orchards is the new active retirement community opening in Fort Mill. This monthly health talk series is hosted by Carolinas Healthcare System clinicians to educate residents on important health topics and this month the topic will be pain management. Ambassadors are needed to greet residents and staff the information table.

April 16 • 10:00AM. *Pineville Big Day of Play.* This event encourages community members to come out and receive healthy information and resources. Kids are also encouraged to enjoy the many festivities that are set-up throughout Johnston Park. Ambassadors are needed to greet community members and staff the information table.

Rock Hill Come See Me Festival (The following are all related to the festival.)

👉 **April 14 • 6:30 PM.** *Parade.* Starts at 135 S. Oakland Ave. and ends at Fountain Park. This community-wide parade kicks off the Come See Me Festival events. Ambassadors are needed to ride on the CHS float and represent Carolinas HealthCare System, families are welcome (participation is limited).

- 👉 **April 15**
- 4:30 PM. *Chalk on Main.* This is a sidewalk chalk extravaganza. Artists of all ages will color Main Street with chalk. Ambassadors are needed to set up and greet guests.
 - 4:30 PM. *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!
 - 6:30 PM. *Glen and Glenda Kazoo Parade.* Children are invited to join in. Ambassadors are needed to greet community members and staff the information table.
 - 5:30 PM. *Beach Bash.* This is a great family friendly evening to enjoy sounds of beach music. Vendors will be on site to provide refreshments. This event is located at the Rock Hill City Hall Plaza. Ambassadors are needed to greet community members and staff the information table.

- 👉 **April 16**
- 10:00 AM. *Gourmet Gardens.* Enjoy local dishes provided by area restaurants and vendors. Kids can play the day away in their own special area of Cherry Park. Ambassadors are needed to greet community members and staff our information table.
 - 3:00 PM. *Healthy Kid's Zone.* Located at the Giordana Velodrome. Attendees will enjoy sports inflatables, fun fitness dance routines and tricycle races for kids 2-6. Ambassadors are needed to greet community members and staff the information table.
 - 6:30 PM. *Broadway Night.* Located at Sullivan Middle School, community stars chosen from auditions perform various Broadway Productions. Community Members will dance and sing along. Ambassadors are needed to greet community members and staff the information table.

👉 **April 17 • 2:00 PM.** *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 the information table.

👉 **April 18 • 12:00 PM; April 19 • 12:00PM; April 20 • 12:00PM; April 21 • 12:00PM.** *Glencarin Garden Entertainment.* Families will enjoy live music, good food and a quick get away from the daily grind. Ambassadors are needed to greet community members and staff the information table.

👉 **April 21 • 3:30 PM.** *Teddy Bear Tea Party.* Located at the Campus Green at Winthrop University, boys and girls, ages 3-6 are invited to a Spring Tea Party. Children are welcome to bring their bears if they want. Ambassadors are needed to greet community members and staff the information table.

👉 **April 23 • 9:00 AM.** *Everything Trucks.* Located at First Baptist Church, children get to experience everything from the sirens of police cars to the roaring semis by sitting in the driver's seat of many local trucks. Ambassadors are needed to greet community and staff the information table.

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.



April 4. 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 6. Anniversary of the Church's Founding. Church of Jesus Christ of Latter-day Saints.

April 8. Yugādi – Hinduism. The New Year's Day celebration for Hindus of the Deccan Plateau in central and southern India, which traditionally includes eating food that has six distinct tastes, to symbolize that life is a mixture of different experiences such as sadness, anger, fear, disgust, surprise, and happiness.

April 9. Jalāl – Bahá'í. The beginning of the second month in the Bahá'í calendar, "Jalāl" means "glory." *Shrimad Rajchandra Dehvilay – Jainism.* This festival marks the day of the emancipation (death) of Shrimad Rajchandra, a prominent Jain philosopher, in 1901 C.E. He was an influential spiritual guide for Mohandas Karamchand (Mahatma) Gandhi.

April 13. Theravadin New Year – Buddhism. The New Year festival for Theravadin Buddhists, celebrated for three days beginning on the first full moon day in April.

April 14. 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 15. Ramanavami – Hinduism. A celebration in honor of the birth of Rama, the seventh incarnation of the god Vishnu. Hindus read the Ramayana, a Hindu epic, and religious dances called Ramalila are performed to depict scenes from his life.

April 16. Yaqui Deer Dance – Native American spirituality. A ceremony that integrates ancient rites of the Yaqui people of Arizona with the Christian Easter rituals.

April 19. Eve of Ridván – Bahá'í (continues through Monday, 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 (4/20), ninth (4/29), and twelfth days (5/2) of this festival, work is suspended. The festival begins at sundown. *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 22. Eve of Pesach [Passover] – Judaism (ends on April 30). 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. *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 23. 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.

April 24. 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.

April 28. Eve of Great and Holy Friday – Christianity (Eastern churches). At sundown Eastern churches commemorate Jesus' death by crucifixion, followed by an observance of the Great Sabbath, in which believers remember Christ's burial and await his resurrection on Holy Pascha, or Easter morning.

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), the University of Victoria Faculty of Law (British Columbia, Canada), and www.interfaithcalendar.org.

Activities & Deadlines for April

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Open Forum with President Sheppard Student Ambassadors General Meeting HR Rep on Campus Last Day to Withdraw - Full Spring	5 CCHS Admissions Information Session	6 BCLS Online Skills Check - Pt. 2 Spring Midterm	7	8
11 Phone-a-thon	12 Phone-a-thon	13 Phone-a-thon BCLS Online Skills Check - Pt. 2	14 PTK Bake Sale	15 Last Day to Withdraw - Spring II
18	19	20 BCLS Online Skills Check - Pt. 2	21 Chaplain's Grand Rounds - Substance Abuse: Minding the Temple	22
25	26	27 BCLS for the Healthcare Provider BCLS Online Skills Check - Pt. 2 EAP Webinar - Taking Care of the Caregiver	28	29 Full Spring & Spring II Classes End
Medical Laboratory Professionals Week				