



Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world. ...Is it all real? ...Ah, Virginia, in all this world there is nothing else real and abiding. No Santa Claus! Thank God! he lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

Francis Pharcellus Church, 1897 editorial in The (New York) Sun "Yes, Virginia, there is a Santa Claus"

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GRADUATION - IT'S FINALLY HERE!

You've worked hard, now it's time to celebrate the special occasion with friends and family! CCHS

congratulates the 69 graduates from histotechnology, medical laboratory science, and nursing who will be graduating on **December 13**. That morning, a spectacular breakfast honors your



achievement beginning at 8:30 AM. Awards are presented, you're welcomed to the alumni association, and your class video and composite photo are premiered. Graduation rehearsal follows immediately until approximately 11. The commencement ceremony begins just a few hours later at 3:30 PM but please arrive by 2:45 PM. Both the ceremony and the breakfast are at Pritchard Memorial Baptist Church, 1117 South Blvd. All graduates wear the standard CCHS cap and gown. Regalia and other graduation supplies are available from www.herffjones.com/college/carolinacollege. Shortly following graduation, professional photos will be posted on the College's photo sharing website on SmugMug. Downloads are free; copies may be purchased directly from SmugMug. If you've got some amazing photos, please send the digital images to Pat.Lewis@CarolinanCollege.edu.

CCHS TREATS YOU!

To wish you luck on finals, and bid farewell to graduates, the Student Life Committee will offer hot chocolate and treats in the lobby on Monday, December 9 and Tuesday, December 10, 10–noon. Good luck & congratulations on another great semester at Carolinas College!

INAUGURAL CLASS OF HISTOTECHNOLOGISTS GRADUATES

It's a special milestone for the CCHS School of Clinical Laboratory Sciences—the first graduates of the new Histotechnology program will join fellow lab colleagues from the Medical Laboratory Science program at the graduation ceremony. Four histotech (HTL) students began the new program in January; all four are graduating AND have job offers with Carolinas HealthCare System.

Left to Right – Front row: Kristen Richardson (MLS), Katie Swisher (MLS), Paige Waymer (HTL), Nina Wiersema (MLS), Joy Williams (MLS),

Left to Right – Back row: Donta Mobley (HTL), Ariana Miller (HTL), Sharon Johnson (MLS), Michael Voulgaris (HTL).



FREE EXERCISE CLASSES FOR STUDENTS

Students ARE Teammates for LiveWELL purposes! Take advantage of these free FUN classes and get in tip top shape.

LOCATION	CLASS	DAY/TIME	FEE	CONTACT
LiveWELL Building 801 East Blvd	Zumba Kick Boxing	Monday 5 - 6 PM 6 - 7 PM	Free to teammates/students Badge ID required	livellevents@carolinashealth care.org Park on East Boulevard or in the lot behind the LiveWell building. Enter through the door at the rear of the building.
LiveWELL Building 801 East Blvd	Total Workout Mo's JamRock	Tuesday 5 - 6 PM 6 - 7 PM	Free to teammates/students Badge ID required	
LiveWELL Building 801 East Blvd	Body Sculpt Yoga	Wednesday 5 - 6 PM 6 - 7 PM	Free to teammates/students Badge ID required	
LiveWELL Building 801 East Blvd	Pilates Socacise	Thursday 5 - 6 PM 6 - 7 PM	Free to teammates/students Badge ID required	
LiveWELL Building 801 East Blvd	NEW "Quick Fit" Small group training with Jeremy Sinclair	Mon & Wed 4:30 - 5:10 PM OR 5:20 - 6 PM	Free to teammates/students Badge ID required	

ATTENTION ALL 2014 GRADUATES: YOUR PORTRAIT DATE'S FINALIZED

Each year as a gift to graduating students, the College has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy, as well as two small individual pictures, ideal for using with your certification exam application. A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever.

The photographer will be on campus Monday and Tuesday, **January 27 & 28**, from 9 - 4 each day. **All students who will graduate in 2014** should have their pictures taken as the photography company only comes on campus once a year. Gentlemen: please bring a white shirt and tie on your picture day. Drapes will be provided for ladies. A sign up sheet will be posted in the lobby the second week of December.



REBECCA BLANCHARD WINS STUDENT OF THE MONTH!



Rebecca Blanchard

Student Government Association (SGA) nursing student representative Rebecca Blanchard is the December Student of the Month. Becca has a real "can-do" attitude and is always ready to attack any project with enthusiasm. She is very dedicated to Student Government Association meetings, events and volunteer opportunities and can always be counted on to do what needs to be done. Per Joy Godwin, student government advisor, "She is such a pleasure to work with and is so helpful. I enjoy her positive attitude and smile. There are always a few who stand out in any organization and Becca is one of our few." In addition to SGA, Becca is an active member of the Student Ambassadors. Becca is in her third term in the nursing program and comes to Carolinas College already having completed a bachelor of arts degree in journalism from the University of South Carolina. As you see Becca on campus, congratulate her on this award AND on her 1-month access to parking at the Rankin Education Center!

WOW! THESE FOLKS ARE AMAZING!

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

Students:

Continuing Education: Joshua Roets
Radiologic Technology: Adam Cannon
General Studies: Frankie Pak

Faculty/Staff...

Academic Affairs: Bo Clarke
Continuing Education (Nurse Aide): Millie Alexander
General Studies: Denise Ferguson

Use the WOW box in the lobby to recognize and reward those observed performing random acts of kindness. Non-CCHS teammates will not be listed in the newsletter, but those cards ARE forwarded to CMC managers for presentation to your honoree.



Ellen Sheppard

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision making: service on college committees, end-of-course surveys, suggestion box (across from classroom 174), 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 Monday, **December 9**, room 137, 11:00 - 11:45. If you are unable to fit this into your schedule, send her an email: Ellen.Sheppard@CarolinasCollege.edu; or stop by her office, room 110. Recent Open Forum topics have included WiFi signal (recent testing confirms—it’s irregular; CHS IS is developing solutions for us to consider) and **CHS Orientation** (we’ve met with CHS orientation planners to identify redundancies. Next step: determine how to eliminate those duplications and reduce the time CCHS students must spend. It’s moving!)

“WHEN CAN I GET INTO THE BUILDING?”

Student badges are coded for access to the Rankin Education Center 24 hours a day, 7 days a week. Students can gather for late night study, spend quiet study time away from the kids or roommate, or pull an all-nighter to write that final paper in the computer lab (just remember to badge in and out). The college’s administrative hours are 7:30 AM to 4:30 PM, M–F, so students here late in the evening, early in the morning, or on weekends, may need to contact CHS Security to turn off the alarm: **704-355-2093**. Student ID required. Also, students have access to V-Lot parking after 3:00 PM M-F and all day Saturday and Sunday. If you find your badge doesn’t provide access the building or parking lot consistent with these times, call Security for immediate help, but also let Dean Hampton Hopkins know (704.355.5585; Hampton.hopkins@carolinascollege.edu) so your badge access can be corrected. Remember, too, that your CCHS badge provides 24/7 access to the 2nd floor study rooms at the AHEC library in the Medical Education Building.



PHI THETA KAPPA (PTK)

Happy Holidays to everyone! Attendance at meetings continues to grow and great ideas are being shared. Community Involvement is a cornerstone of PTK, and the organization looks forward to participating with other student organizations in new and valuable service projects. We’re exploring working with the Ronald McDonald House. Details will be posted on the PTK page on the information portal. Current service projects with Crisis Assistance Ministries and The Men’s Shelter of Charlotte are ongoing. Please think about joining these upcoming events:

- ☞ **December 5:** Volunteering at the Men’s Shelter of Charlotte, 5:30-7:15pm. First time volunteers please print the Confidentiality Form found on the PTK page on the information portal.
- ☞ **December 21:** Christmas caroling at the Men’s Shelter on Tryon, additional details to follow on the College Information Portal.
- ☞ **January 17:** PTK General Meeting, 11:00 AM, room 157.

STUDENT NURSE ASSOCIATION (SNA)

The Student Nurses’ Association hopes everyone had a nice Thanksgiving holiday.

- ☞ Ashton Pope, Hallie Sanchez, and Valerie Rodono are the newest members! Don’t miss out...join for only \$10. Applications are on the SNA page of the information portal. New to the area? SNA is a great way to make new friends and give back in the process. Service on the SNA board is **FREE** and **FUN**. Email SNA President Heather Alcock: Heather.Alcock@cchsmail.org.
- ☞ Back by popular demand - the Nursing School Survival Basket! This basket has lots of goodies (including 5 **FREE** V-lot raffle tickets) perfect not only for NUR101’s, but intermediate students as well. Purchase your chance to win; tickets are \$5. The raffle will be held at the next SNA-sponsored NUR 101 orientation luncheon on **January 3** so get your ticket(s) now! A “V lot” parking space will also be raffled during the first week of our spring semester, **January 6 – 10**; tickets are \$1.00.
- ☞ Are you an intermediate student getting ready to go into NUR 202? The next NUR 202 information session will be **December 2** at 11:00 AM in room 161. Here’s your chance to hear all the details! Don’t miss out - bring a friend.
- ☞ A great big thank you to Stacey Kern, Tracey Stone, Anne Cross, and Josie Stump who participated in an information session for rising Intermediate level students. They provided valuable information about study skills, clinical preparation, and organizational skills helpful to students in the intermediate level of nursing.



Survival Basket

The New Grad Panel presentation on November 13th was a great success! Over 30 students attended as several CCHS nursing alumni spoke about the “real world of nursing” (see photo to the right).

The feedback received in response to a request for help deciding which charity to support this holiday season has been great but there’s still time to cast your vote. Watch this space for the winning charity announcement.

SNA has received many wonderful nominations for the Cynthia Favorite Scholarship. The decision will not be easy! The winner will be announced at the December graduation awards breakfast on Friday, **December 13**.



L-R: CCHS Alumni Queela Chadmon, RN 11A; Jason McLawhorn, RN 9T; Van Sullivan, RN, 11A; Lauren McLean, RN LCH

CHRISANNE RANCATI JOINS STUDENT SERVICES

Chrisanne Rancati joins CCHS as the new Student Services Assistant. She replaces Diana Bell in the position and will be working with incoming students assuring their applicant files are complete. Chrisanne's bachelor's and master's degrees are in psychology and criminal justice; her administrative experience includes accounting, human resources, and marketing; her most recent position was as a psychiatric technician at CMC Randolph. Her attention to detail and customer service make her an excellent fit at CCHS. Stop by Suite 166 and give her a warm CCHS welcome.

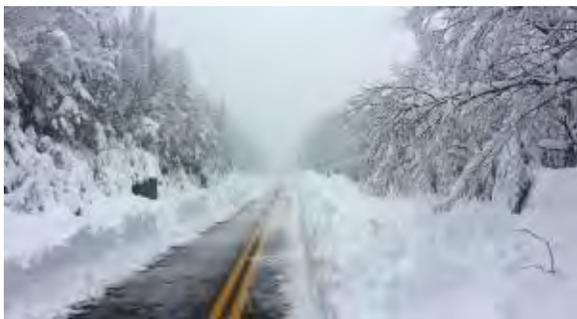


Chrisanne Rancati

NATIONAL SHORTAGE RESULTS IN TST CLINIC SUSPENSION

The TST clinic normally held monthly in the college lobby remains suspended until further notice. If you have a tuberculosis exposure, contact Teammate Health at 704.631.0206 to determine how and when to be tested.

WHEN BAD WEATHER THREATENS...



Should inclement weather necessitate the delay or closing of the college, that status will be posted on local television and radio stations as well as the college's inclement weather number (704.446.7854) and information portal, <http://online.CarolinasCollege.edu>. If a delayed opening is announced, count the delay from 8:00 AM. So if there's a 2-hour delay, the college will open at 10 am with classes normally scheduled for 10.

Pop Quiz: Your class regularly meets 9 - 11 AM on a day the college is on a 2 hour delay. What do you do? Answer: If you can do so safely, come at 10. Your class will meet for one hour. But always let your personal safety and comfort on the road be your guide, even if the college remains open.

STUDENT OF THE MONTH NOMINATIONS ACCEPTED HERE!

Do you know a fellow student who is making an outstanding contribution to the college, the community, or to the health care system? Consider nominating him or her as Student of the Month. This award recognizes dedication to the core values of the college. The Student Life Committee considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The recipient receives a certificate suitable for framing, a profile in this newsletter, and a parking space for a month in the V lot. Criteria and applications are available on the Information Portal in the "Student Resources" section or send a nomination via e-mail to Hampton Hopkins, Dean of Student Services (hampton.hopkins@CarolinasCollege.edu).

AHEC DIGITAL LIBRARY OPEN HOUSE TEACHES YOU ABOUT CLINICAL KEY

Students will LOVE Clinical Key, the new, robust full text resource available free via the AHEC Digital Library. This state-of-the-art, and oh-so-handy full text library resource is available to you now, but first, learn what it is and how to use it. The AHEC Library is hosting an Open House on **Wednesday, December 4 from 9:00 AM to 3:00 PM**. Representatives from Clinical Key will show you the database on laptops and mobile devices.

Clinical Key contains **full text** clinical products such as:

- 🔗 **Books** - over 1,100 medical and surgical reference books
- 🔗 **Journals** - over 500 medical and surgical journals; articles can be saved and emailed from within Clinical Key
- 🔗 **Drug Monographs** - over 2,900 clinical pharmacology drug monographs from Gold Standard
- 🔗 **Multimedia** - over 5 million images that can easily be imported into PowerPoint slides; over 13,000 medical and surgical videos
- 🔗 **Patient Education** - over 15,000 patient education handouts
- 🔗 **Practice Guidelines** - over 4,000 practice guidelines

Don't miss this opportunity to learn how to navigate this valuable new resource!

SECURITY UPGRADES

As part of the renovation, the Rankin Education Center security systems were updated and improved. Protocol for the new alarm system is being established. Additional enhancements which are creating an even safer environment for CCHS students:

- 🔗 New, higher definition cameras have replaced older ones, and additional cameras were added to the interior and exterior
- 🔗 More motion detectors added
- 🔗 A lock-down button for the front door has been added to the panic button at the front desk
- 🔗 New alarm & access sensors have been added to the entry-way by room 240 and the staff kitchen hallway
- 🔗 Badge access point was added to the computer lab, allowing expanded student access. (Note: With expanded computer lab access, there will be times that the lab is accessible, but technical assistant is not.)



STUDENT SUCCESS CENTER

Success Tip of the Month - Pre-test yourself!

In the final 3 - 4 days before a test, don't rely on going over the notes multiple times. Instead, create possible test questions and test yourself alone or with a study buddy. Better yet, teach the material to your buddy and answer follow-up questions. Use your own language to the degree you can; try not to rely on someone else's wording. If you can teach it, you probably know it.

Attention Spring Nursing Seniors! Wondering what NUR 202 is going to be like? How can you prepare to be successful in this next challenging phase of your nursing education? Get the "straight scoop" from a panel of current NUR 202 students on Monday, **December 2**, 11:00-12:00 in Room 161. SNA and the Student Success Center are sponsoring this information session to help you prepare for a successful final semester. No need to register. This is not to be missed!

Student Employment Opportunities - If you're interested in part-time/PRN employment with CMC, talk to Jacquelynn Williams, our Human Resources Recruitment Specialist. She'll be on campus **December 2** from 10:00 AM - 12 noon. Or she is available to you at 704.631.0314 or Jacquelynn.Williams@CarolinasHealthcare.org.

Take Advantage of Final Exam Week De-Stressors! The end of the 200 hallway (Rooms 218 and 213 [Student Success Center]) will be devoted to helping you relax during the week of final exams, **December 9 - 13**. What's Going On? Room 218 will be open all week for relaxing and decompressing. Expect soft lighting and music, a general comforting ambiance, and a few little treats to help you regroup and restore!

A variety of nourishing alternative therapies will be available in the Student Success Center on a sign-up basis during the course of the week, including:

- ☞ Hand & Shoulder Massage
- ☞ Healing Touch
- ☞ EFT (Emotional Freedom Technique)
- ☞ Easy Yoga Therapy (Restorative Yoga)

Sign-ups will be posted on the kiosk in the lobby the week before finals.

For more success tips, check out the Student Support page on the information portal. (Click on *Student Services* along the top of the home page and then on *Student Support*.)

CCHS Hours of Operation

Administrative Offices
Monday - Friday
7:30 AM - 4:30 PM

Find us on
Facebook:



Carolinas College
&
Carolinas College
Alumni Association

CCHS Hours of Operation

Monday - Friday 7:30 AM - 4:30 PM

Computer Lab Hours

December 1 - 13 (Normal Lab Hours)

Monday - Thursday 8 AM - 7:30 PM

Friday 8 AM - 4:30 PM

Saturday 11 AM - 4 PM

Sunday - Closed

December 14 - 31 (Special Lab Hours)

Mon - Fri 8 AM - 4:30 PM

Closed - Saturday & Sunday

Charlotte AHEC Library

(Med Ed Bldg., 1st Floor)

Monday - Friday

8 AM - 5 PM

2nd floor study rooms open
24/7 via badge access.

IMPORTANT DATES TO REMEMBER (ALL ITEMS DESCRIBED IN DETAIL ELSEWHERE IN THIS NEWSLETTER)

Dec. 2	SNA Sponsored NUR202 Information Session HR Rep will be on Campus	Dec 13	Graduation Awards Breakfast & Ceremony
Dec. 3	Admissions Information Session	Dec. 13	Cynthia Favorite Scholarship Winner Announced
Dec. 4	AHEC Demonstrates New Resource - Clinical Key BCLS for the HealthCare Provider BCLS Online Skills Check - Pt. 2 EAP Webinar - <i>Dealing with Grief and Loss</i>	Dec. 14-15	Healing Touch, Level 3
Dec. 5	PTK Volunteers at the Charlotte Men's Shelter	Dec. 16	Basic Phlebotomy Skills for HealthCare Professionals
Dec. 6	Full Fall & Fall II Classes End	Dec. 18	BCLS for the HealthCare Provider BCLS Online Skills Check - Pt. 2
Dec. 9	Open Forum with President Sheppard	Dec. 19	Chaplains Grand Rounds - <i>Inspiration & Healing for Stress Management</i>
Dec 9 & 10	Student Life Committee Reception for Finals Student Success Center Promotes Stress Free Space	Dec. 25	HOLIDAY - COLLEGE CLOSED
Dec. 9 - 13	Final Exams	Dec. 28	BCLS for the HealthCare Provider
Dec. 10	Admissions Information Session		
Dec 12	School of Nursing Capping/Pinning Ceremony		

SAVE THE DATE

Jan. 3	SNA-sponsored NUR101 orientation luncheon
Jan. 6 - 10	V-lot Parking Raffle

CONTINUING EDUCATION OPPORTUNITIES

Dealing with Grief and Loss Webinar

December 4. Noon - 1 PM Participants will learn about the different stages of grief, how different losses can affect you differently, and coping strategies for the recovery process. Sponsored by CHS Employee Assistance Program, 720 East Blvd. **Free** for CCHS students! 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, 704.355.5021, for a private appointment or to register for a class.

BCLS for the Healthcare Provider

December 4, 18 & 28. 8:00 AM - 1:00 PM Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.dull@carolinashealthcare.org.

BCLS Online - Part 1

Cost \$22.00 (Online payment required - cannot register via brochure.) Access the American Heart Association website by typing in the web address (<https://www.onlineaha.org/index.cfm?fuseaction=main.registration&login=redirect>); choose BLS Online - Part 1. The course takes approximately 1 hour. The test has to be completed in one sitting. Print the Course Completion Certificate to bring to Skills Check Part 2 (see below).

BCLS Online Skills Check - Part 2

December 4 & 18. 1:00 - 3:00 PM 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).

CCHS Admissions Information Sessions

December 3 & 10, 4:00 - 5:00 PM Have friends who want to know more about CCHS programs? Contact Joy Godwin at the front desk or call 704.355.5051 to sign up for the session of your choice. Check posted schedule for room locations. For more information on our Medical Laboratory Science or Histotechnology program, contact Kelly Shirley, Program Director, at 704.355.4275.

Chaplains Grand Rounds - Inspiration and Healing for Stress Management

December 19, 12 to 1 PM. This 9-part series is held in the Suzanne Freeman Auditorium at Carolinas Medical Center, is free, and open to students. Each session is independent of the others. There is a marvelous interface between inspiration and healing at the deepest level. When patients tap their vast resources for strength and endurance, outcomes are often better. This series will explore the relationship of healing and inspiration. Feel free to bring your lunch and enjoy!

Healing Touch Level 3

December 14 - 15, 9 AM - 6 PM Cost: \$355.00 (CHS employee); \$295 (student - must document at least 20 hours of classroom/education per week per HTP). Prerequisite: Levels 1 and 2. This course puts you one step closer to becoming a healing touch certified practitioner. Credits: 16 hours CE hours

Basic Phlebotomy Skills for Health Care Professionals Workshop

December 16, 8:30 AM - 4:30 PM Cost: \$149. Designed as a refresher with the practicing health care practitioner in mind, participants will review 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. Credit: 0.65 CEUs (equivalent to 6.5 class hours).

COMPLIANCE CORNER - DEDICATED MEDICAL EQUIPMENT SANITATION

This month's Corner concerns dedicated medical equipment (thermometers, stethoscopes, and blood pressure cuffs) sanitation for patients on infection control precautions. Studies have shown using dedicated equipment for patients on infection control precautions decreases the spread of infection from room to room. However, it is important to remember that even when caring for patients who are not on precautions, per CMC policy, you are required to clean your stethoscope daily, when visibly soiled, or if it is used on someone with infection. Disinfectant wipes (either purple or red tops) or Sanimaster IV are both appropriate agents to use. Disinfection of stethoscopes is required even if you use a disposable bell cover. Compliance is important to reduce the risk of infection in hospitalized patients.



Happy Holidays to All!

