



Carolinas College of Health Sciences | March 2016



CCHS Hours of Operation

Mon - Fri, 7:30 a.m. to 4:30 p.m.

Student badge access 24/7.

The college is closed

Friday, March 25.

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.

During spring break (March 7 -

12) there will be no afternoon

coverage.

CCHS Nursing Skills Lab

Staffed M-F, 7:30 a.m. to 4 p.m.

AHEC Library

Medical Education Building

(MEB) Staffed Access to Collec-

tion & 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

Friday, March 25.

Connect
with CCHS



DAYLIGHT SAVINGS TIME begins on Sunday, **March 13**. Turn your clocks ahead one hour at midnight Saturday, **March 12**.

NURSING ELECTIVES ARE BACK!

NUR 200: Back by popular demand, Nursing Clinical Elective will be offered again this summer for students entering NUR 202 in fall 2016. NUR 200 allows students to participate in a precepted clinical experience, improve their clinical skills, and get exposure to areas of the healthcare system to which they would like additional or new exposure. The course runs from approximately May 23 through July 30. Most of the course content will be delivered online with 2 to 3 class meetings throughout the semester. The last day is a full day for presentations. Look for this opportunity in the registration bulletin and register before the class fills. If you did not attend the information session offered in February please email Catherine.Holton@CarolinasCollege.edu.

NUR 140: Also returning is the Belize Experience. Eight nursing student will be selected to travel to - and within - Belize to see how healthcare is accessed and delivered in an underserved country. Contact Susan.Patterson@carolinascollege.edu if you missed the info sessions but would like to be considered.

YOU ASKED FOR IT...UNIFORM CHANGES!

Based on student feedback, the College is adopting an updated scrub uniform. Vendors brought their attire to the college and student services staff, faculty, and student representatives from the various programs selected the new uniform. Beginning in fall 2016, Flynn O'Hara will be the preferred vendor with the uniform, made by the Cherokee brand, consisting of a teal top and pants. White scrub jackets can still be worn. All tops will be embroidered with the College's name. Flynn and O'Hara has both a physical store in Charlotte and an online store where they are able to offer uniforms in a variety of styles and price points. The style shown is the basic top and scrub pants in the least expensive style. Students who were enrolled prior to Feb. 17 will be allowed to wear their existing uniforms until they graduate or through May 2017 if they choose. Student services will send a notice to all students when the new vendor is ready to begin selling.



MENTAL HEALTH FIRST AID UPDATE

All students who began a program at Carolinas College this spring are required to take the 8-hour MHFA training before they can register for summer classes. If you have not yet taken the training, or are unable to find a time that suits your schedule, you may take one of the CHS classes offered for teammates. To get information about those classes and to register:

1. **Students who are not CHS Teammates:** Email Lynn.Hennighausen@carolinashealthcare.org for registration information.
2. **CHS Teammates:** Search for MHFA classes on PeopleLink. From the human resources drop down menu on PeopleConnect, log into *PeopleLink*. From the People Link home page, click on *Home* in the upper left hand corner. Scroll down and click on *Learning*. Under the section *Find Learning*, type a word about the course you would like to attend (e.g., Mental Health) and hit GO.

STUDENTS OF THE MONTH

Nursing students Amy DeCoste and Kathryn Gorham, along with two nurse practitioners, two medical students and two social work master's degree interns, were selected to participate in a federally-funded interprofessional cohort called "HotSpotters" to study care interventions that may reduce costs and improve patient outcomes. Unlike their medical student and nursing colleagues, Amy and Kathryn took this project on with no expectation of extra credit, work or assignment release, or grade consideration. They did it because it was an opportunity to learn and make a difference. The group met twice a month and they've each had a patient whom they've visited at home, accompanied to doctor's visits and counseled by phone, among other interactions. To date, they have seen amazing outcomes! For these reasons, Amy and Kathryn are our co-Students of the Month for March. Additionally, Amy was selected as the groups "Hot Spotter of the Year!"



Kathryn Gorham (front row, far left) and Amy DeCoste (front row, far right) and members of the HotSpotters Team.

Amy DeCoste came to Carolinas College immediately following high school as a student in the Centralina Regionally Increasing Baccalaureate Nursing (CRIBN) program. This program was offered in partnership with UNC Charlotte and provided students a direct pathway into an RN-BSN program following graduation.

Kathryn Gorham started at UNC Chapel Hill and transferred to Carolinas College in 2014 to begin the nursing program. As you see these students in class or around campus, please congratulate them on being co-students of the month and ask them about the "Hotspotter" initiative.

Know a fellow student making an outstanding contribution to the community, the college or the healthcare system? Nominate him/her (or yourself!) as the Student of the Month! Criteria and applications are on the information portal in the "Student Resources" section, or send a nomination to Hampton.Hopkins@CarolinasCollege.edu.

CCHS ADOPTS DIGITAL TRANSCRIPTS

Students and alumni now have the option of requesting secure digital transcripts as well as traditional paper transcripts. On average, the registrar's office processes 800 transcript orders a year, with each order taking several days. The digital transcript option

brings near real-time processing and delivery, allowing for improved service. Academic credentials are a commodity in the marketplace and the registrar's office has worked hard to ensure that the authenticity of its credentials will be protected; therefore, all Carolinas College digital transcripts will conform to industry standards on secure electronic documents and will feature security measures such as a distinct look that is similar to the traditional paper transcripts, password protection and electronic signatures, and a feature that allows only the intended recipient to open the digital transcript. To learn more about the process or to order a transcript, visit www.carolinashealthcare.org/transcript-requests.



REGISTRATION FOR SUMMER COURSES

By: Sue Roux, BS, Registrar

The Summer Online Registration Information and Course Listing will be sent to students' college email on **March 16**. It will also be posted on the information portal under *Student Resources/ Admissions, Registrar & Graduation Support/Topic 2*. Registration for summer classes will open at 7 a.m. on the following dates:



Sue Roux

March 28: Online registration for Nursing, Radiologic Technology, Radiation Therapy, Surgical Technology and CRIBN Program students.

April 4: Online registration for General Studies students (includes Pre-Nursing).

May 23: Summer classes begin.

May 27: Late registration/drop-add period ends.

Students should meet with their advisors to discuss schedules before attempting to register for classes. After that meeting, advisors will lift the registration hold. Contact Sue.Roux@CarolinasCollege.edu (704.355.6676) with questions or problems with the registration process.

NOW HIRING IMMEDIATELY: Federal Work Study Positions (3)

Students employed through the Federal Work Study Program (FWS) provide support in one or more of the various departments of the College. Applicants must be currently enrolled for a minimum of six credit hours, be in good standing with CHS and the College, have a completed current year (2015-16) Free Application for Federal Student Aid (FAFSA) on file, and meet federal FWS eligibility guidelines. Interested students should contact Jill Powell either in person (room 208), at jill.powell@carolinascollege.edu or by phone (704) 355-8894.

PHI THETA KAPPA (PTK) UPDATE

Congratulations and welcome to the 31 newest members of PTK.



Front row, L to R: Delaney Patterson, Cecelia Bruno, Meghan Harrison, Courtney Cole, Aimee Fullington, Nicole Gaiter and Morgan Chavers. Back row, L to R: Caleb Harbison, Rachel Horsman, Maureen Kelleher, Robert Anderson, Joe Acquarulo, Alexandra Rick, Kineata Parker and Jordan Horton.

Thanks to all who served dinner at the Men's Shelter in February: Erin Lance, Mary Blake Warren, Kathryn Gorham, Teresa Greene, Shelia Wallace, Lakisha Bennett and Cathey Miller; 105 meals were served to the men. Thank you also to the PTK members present at the February meeting; 80 sandwiches were made and delivered to Urban Ministries.

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

- ❖ **March 3:** Men's Shelter, 5:30 to 7 p.m.
- ❖ **March 14:** Bake sale, 8 a.m. to noon
- ❖ **March 17:** General Meeting, 8 to 9 a.m., room 151

Please sign up on the PTK page on the information portal to volunteer at the Men's Shelter and to assist with the PTK bake sale.

New blue PTK t-shirts are available for members to purchase. See Cathey Miller, rm 252, to get yours today! Sizes available: S, M, & L = \$9.90 ea. (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 PTK President Kathryn.Gorham@cchsmail.org. Members are reminded to regularly visit the PTK site on the information portal for the latest updates and upcoming events! Faculty advisors are Cathey Miller and Cathy Borysewicz.

WE WILL MISS YOU!

Melissa Jackson (MLS faculty) has accepted the position of director of the medical laboratory technician (MLT) program at Stanly County Community College. This is an excellent opportunity for her as it combines her knowledge of teaching with an opportunity for leadership, and she'll be closer to family. The College will miss her. Melissa's last day with CCHS is **March 4**.



Melissa Jackson

STUDENT NURSES ASSOCIATION (SNA) UPDATE

Thank you to everyone who participated in the recent SNA bake sale; whether you assisted with baking, setup, booth management, or buying, everything was appreciated. The proceeds of the bake sale go toward the Cynthia Favorite Scholarship. Speaking of the Cynthia Favorite Scholarship - it is time to nominate a NUR 202 student for the Cynthia Favorite Scholarship! This peer-nominated scholarship is given to a graduating student who has demonstrated exceptional leadership and commitment to the school and the community. Nomination forms are located on April Davis's office door (room 101). Remember to return them by **March 18**.

The next SNA general members meeting is **March 31** from 8 to 8:50, room 161. Topic: CHS Journey Program. This is a great opportunity to learn more about this program. Coffee and light refreshments will be served.

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

SNA members will again volunteer with the Special Olympics this April. The volunteer sign up will be posted very soon. If you are interested in participating contact Diahanne.Holandez@CarolinasCollege.edu or April.Davis@CarolinasCollege.edu.

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

FUN, PRIZES, AND A GREAT CCHS TRADITION CONTINUES

The annual phone-a-thon fundraiser raises funds for instructional materials, scholarship, and classroom needs. It grows bigger each year. Last year we raised over \$17,000 - all because of **AMAZING** student volunteers like YOU! Let's do it again in 2016! Each evening, **April 11 to 13**, CCHS students from every program

are needed to volunteer. It's a wonderful opportunity to help the college, participate in a worthy cause, win PRIZES, and talk to CCHS alumni. Dinner is served to volunteers at 4:45 p.m. each night with a training session starting at 5:00 p.m. You're 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, contact Ruthie.Mihal@CarolinasCollege.edu OR sign-up on sheets located in the student study lounge and near the SGA bulletin board.



Student making calls during alumni phone-a-thon.

MARCH DATES/TIMES FOR COMPUTER LAB/ANNEX CLOSURES

Last month's issue of the newsletter introduced the college's use of online testing formats. To ensure the integrity of these exams, most will be offered in a proctored environment in the computer lab and/or annex. Depending on the size of the class, this 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 March are listed below:

| Date | Duration in Hrs. | Client | Time | What is closed? | Where will an alternative lab be accessible? |
|---------------------|------------------|-------------|------------------|-----------------|--|
| Tuesday, March 1 | 8 | CAP Testing | 7am - 4pm | Lab and annex | Room 151 and AHEC library computer lab |
| Thursday, March 3 | 3.5 | TEAS | 9am - 12:30pm | Annex | Computer lab and AHEC library computer lab |
| Wednesday, March 2 | 3 | RAD | 12:30pm - 3:30pm | Lab | Annex and AHEC library computer lab |
| Friday, March 4 | 5 | NUR 202 | 9am - 2pm | Lab and annex | Room 151 and AHEC library computer lab |
| Friday, March 4 | 2 | RTT 221 | 2pm - 4pm | Annex | Computer lab and AHEC library computer lab |
| Tuesday, March 8 | 3.5 | TEAS | 9am - 12:30pm | Annex | Computer lab and AHEC library computer lab |
| Monday, March 14 | 2 | NUR 201 | 1pm - 3pm | Lab and annex | Room 151 and AHEC library computer lab |
| Tuesday, March 15 | 3.5 | TEAS | 9am - 12:30pm | Annex | Computer lab and AHEC library computer lab |
| Wednesday, March 16 | 5 | NUR 202 | 9am - 2pm | Lab and annex | Room 151 and AHEC library computer lab |
| Friday, March 18 | 1.5 | RTT 250 | 10am - 11:30am | Annex | Computer lab and AHEC library computer lab |
| Wednesday, March 23 | 3 | RAD | 12:30pm - 3:30pm | Lab | Annex and AHEC library computer lab |
| Thursday, March 24 | 3.5 | TEAS | 9am - 12:30pm | Annex | Computer lab and AHEC library computer lab |
| Thursday, March 24 | 2 | RTT 221 | 2pm - 4pm | Annex | Computer lab and AHEC library computer lab |
| Monday, March 28 | 1 | SUR 201 | 9am - 10am | Lab | Annex and AHEC library computer lab |
| Tuesday, March 29 | 3.5 | TEAS | 9am - 12:30pm | Annex | Computer lab and AHEC library computer lab |
| Wednesday, March 30 | 3 | NUR 153 | 12pm - 3pm | 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:

Teammates Cynthia Bean, Janice Bellamy, Kisha Choice, Cyndie Hobson, Merritt Newman, Kelly Shirley, Larry Turner

Students Natasha DeMaio, Kinley Fields, Yancy Guzman, Karen Jenkins, Delaney Patterson, Matthew Williams

RECOGNIZE THAT SPECIAL INSTRUCTOR WHO MADE A DIFFERENCE FOR YOU

Each spring, students can nominate faculty for the prestigious Outstanding Educator award. Go to Carolinacollege.edu then click on *Alumni*, *Alumni Forms*, then *Nominate an Outstanding Educator.pdf* for details. April Davis is our current Outstanding Educator. Don't miss this opportunity to let someone know they've made a difference! Nomination deadline is **March 15**. Likewise, nominate a distinguished CCHS alumnus. Form available in the same place.

STUDENT AMBASSADORS NEED YOU!

Interested in being a Student Ambassador? Student ambassadors help with recruiting, new student orientation, information sessions, and graduation. For information about becoming a student ambassador, talk with a current ambassador in the main lobby on **March 21 & 22**, or contact Rhoda.Rillorta@Carolinacollege.edu.



Student Ambassadors field questions during new student orientation.

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. March 30, 8 a.m. - 1 p.m. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification for their healthcare program of study. The course provides information on adult and pediatric CPR, two-rescuer scenarios, use of the bag-valve mask, foreign-body airway obstruction (conscious and unconscious), AED, special resuscitation situations, and other cardiopulmonary emergencies. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.Dull@carolinashealthcare.org.

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 (<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 BCLS Online Skills Check Part 2.

CPR: BCLS Online Skills Check - Part 2. March 2, 9, 16, 23 & 30. 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. March 17, 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 Chaplain Kevin Champion, topic is *Psychoses: The Last Defense*. Bring your lunch!

Empty Nest Syndrome (Webinar). March 30, Noon to 1 p.m. Objectives of the webinar include: Learn coping skills to effectively manage this life transition; explore ways to evolve to an adult-adult relationship with your child; identify strategies to cultivate yourself and your other relationships. 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.

Healing Touch Level I. March 19 -20, 8:30 a.m. to 6:30 p.m. Cost: Student - \$295 (included class notebook and technique review cards); faculty and other teammates at a CHS employee discount of \$ 375.00. CEUs: 18 contact hours. Location: Cabarrus College of Health Sciences rm 221, 401 Medical Park Dr. NE, Concord. Learn this gentle healing technique to help with stress, tension, pain,

and for general relaxation; great for self-care, patients, family and friends. This is a nationally approved nursing course that is open to anyone (not just nursing) who is interested in learning! For more information contact Lakisha.Bennett@carolinascollege.edu or 704-355-2663.

EXCITING OPPORTUNITY - CHEMISTRY AT CCHS

The general studies department is offering CHM 104 General Chemistry 1 this summer. Credits: 4 (3 Class, 1 Lab). This course covers fundamental principles and laws of chemistry. Topics include measurement, atomic and molecular structure, periodicity, chemical reactions, chemical bonding, stoichiometry, thermochemistry, gas laws, and solutions. Prerequisite: One unit of algebra at the high school or college level.

WHAT IS PULSE WEEKEND AND WHY SHOULD YOU CARE?

Interprofessional education is the latest big thing in healthcare education. It's based on the premise that care is best delivered by a high functioning team of professionals - professionals who understand one another's roles and the strengths and skills they bring to the team. Providers have done a pretty bad job of that in the past. Both in school and in practice, they know their own role, but beyond that, a lot is left up to trust and assumptions. Carolinas College is part of a move to change that, and the Pulse Weekend is one initiative. Pulse weekend pairs a nursing or allied health student with a UNC medical student who's part of the Charlotte cohort. They start in the emergency department on Friday evening, where they select a patient to follow for the weekend. Up until hospital admission Friday night, they observe the care the patient receives from all providers, the tests run and lab values determined. They watch the hand offs and the way the family and patient are treated and educated. They do not provide care. They return on Saturday and Sunday mornings to observe physician/care team rounds. They then attend a debrief the following week to process and share with administrators and faculty what they saw and learned. Process improvements often occur as a result, but always the students emerge from the weekend with a new understanding of the roles of the various providers. During the 2015-2016 year, 16 CCHS students participated. Recruiting for 2016-2017 begins next week; watch for your chance!



CCHS students Kelly Kerschner (MLS) and Steven Kuzmenco, (NUR), on the left in each photo, prepare to start their pulse weekends. Partner medical students are on the right.

STUDENT SUCCESS CENTER

By: Nancy Watkins, MS Ed
Student Success Coordinator



Nancy Watkins

Success Tip of the Month - Why should you consider a study group?

- ❖ Procrastination: It's harder to do when your group is counting on you to be prepared.
- ❖ Enhanced Learning: Your study buddies can help you understand concepts, and you can build your confidence by helping them.
- ❖ Different Perspectives: Hearing differing viewpoints often deepens your understanding.
- ❖ Study Skills: You can learn new study methods and organization tools from your study mates.
- ❖ Active Learning: Working with a group can relieve the boredom of studying alone and increase engagement.
- ❖ Test Anxiety: Working in a group with other dedicated students can help you build confidence.
- ❖ Life Skills: Your success in life will be affected by your communication and collaboration skills.

Next month: Tips for a successful study group. 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!

CCHS VOLUNTEER OPPORTUNITY

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.)

Tuesday, March 15 • 3:30 PM. Greater Matthews Chamber Business Expo: Join more than 100+ vendors and 1,000+ attendees from the Matthews community for a fun filled evening at Carmel Baptist Church. Local businesses and restaurants will provide samples and speak of their services to the community. Ambassadors are needed to engage community members and set up a table to promote Carolinas HealthCare System.

COMPLIANCE CORNER - Morse Fall Scale (MFS)

By Dr. Jane Binetti
Faculty, School of Nursing



Dr. Jane Binetti

Fall risk assessments are completed on all patients admitted to the hospital to identify the risk potential for the patient and minimize possible injury. The Agency for Healthcare Research and Quality (AHRQ) endorses the Morse Fall Scale (MFS) and CHS has incorporated it into the recently revised Policy and Clinical Practice Guidelines for Falls. The Morse Fall Scale (MFS) is part of the Electronic Medical Record (EMR) and is used to identify fall risk factors so a plan for safety can be established. The scale assigns points related to: history of falling, diagnoses, whether the patients use ambulatory aids, whether they have intravenous therapy, the quality of their gait, and their mental status. Scores range from 0-50. A fall risk assessment is done on every patient on admission to the hospital. After admission it must be done a minimum of two times in 24 hours and as necessary at any time during hospitalization. If a patient has a fall during hospitalization, the assessment is done immediately after the fall to establish or revise a plan for safety. Other basic strategies to prevent falls remain in effect such as the "Call, Don't Fall" video found in facilities that carry GetWell interactive features, non-slip footwear, call bells in reach, fall risk arm-bands, safety rails and communication of a patient's fall risk between shifts and other department disciplines. The revised policy is found on PeopleConnect by going to *Policies/Nursing Manual/Clinical Practice Guidelines/Patient Safety CHS/Fall Risk Protocol*.

OPEN FORUM WITH PRESIDENT SHEPPARD will be

March 14, 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

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).</p> <p>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>For Quick Fit: Only \$50.00 for 4 weeks (8 sessions)</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>Questions? Email Carol.Tyndall@carolinashealthcare.org or call 704.446.1645</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> | | |

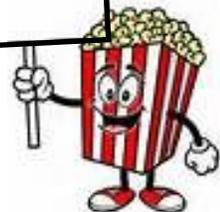
STUDENT GOVERNMENT ASSOCIATION (SGA) UPDATE

SGA is proud to report that the SGA/SNA Sponsored "Be the Match - Delete Blood Cancer Drive" on February 15 registered 64 new bone marrow donors to the registry! The Delete Blood Cancer organization was so impressed with our phenomenal participation that they want the College to sponsor more drives in the future! Thanks to everyone who showed an interest, to those who took an interest in learning more about blood cancers, and especially to those of you who qualified to get on the registry and did! CCHS students and teammates have a BIG HEART and you should be very, very proud!

SGA members will be in the main lobby for **POPCORN and CONVERSATION** on **March 14**. One of the main goals of SGA is to be the link between you and the College's leadership. So...when you smell the aroma of fresh popcorn, fill up a bag and chat about how your CCHS college experience is going!

This place is going to the DOGS! That's right! Mark your calendars for Saturday, **April 2**, 11 a.m. to 2 p.m. for the **BIG FUN DOG SHOW!** Bring your family (both two-legged and four-legged) and friends. There will be lots of fun dog classes to enter, lots of treats and games for dog and master, and vendors catering to our four-legged friends, in addition to many other doggie-themed activities. A food truck will be on-site for our hungry humans so LOOK for more details soon. It'll be GREAT FUN! See Joy with questions or connections to vendors that would be appropriate for our **BIG FUN DOG SHOW!**

Can we Talk?



HISTOTECHNOLOGY PROFESSIONALS DAY is **March 10** and was created to honor their expertise, knowledge, skill and talent.

What do histotechnologists do? After a tissue sample is removed from a patient, the histotechnologist prepares the tissue for microscopic analysis. The tissue is fixed in a preservative, and sliced into very thin sections which are picked up on glass slides and stained. Slides are given to the waiting pathologist who uses them to make a diagnosis. In histotechnology, excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities. The College salutes the Histotechnology students and wishes them a Happy Histotechnology Professionals Day!



Pictured left to right: Tracy Walling (program coordinator), Paige Hornsby, Catrina McMaster, Christine Cunningham, and Taylor Short.

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.

March 1. *'Alá – Bahá'í.* The beginning of the nineteenth and final month, meaning "loftiness," and also of a 19-day fast in preparation for Naw Rúz [see March 20]. Adult believers in good health abstain from food and drink from dawn to dusk.

March 6. *Orthodox Sunday – Christianity (Eastern churches).* A celebration of the restoration of icons, which had been banned from Byzantine churches in the seventh century. The Christian empress Theodora ordered them restored in 843 C.E.

March 7. *Maha Shivaratri – Hinduism.* A night devoted to the worship of the god Shiva, whose dance creates and destroys and recreates the world; it is marked by vigils and fasting.

March 9. *Losar [Tibetan New Year] – Buddhism.* Celebrating the beginning of a three-day festival for the year 2143 in the Tibetan calendar.

March 10. *Sri Ramakrishna Jayanti – Hinduism.* A celebration of the birth of the teacher of Swami Vivekananda, who introduced Hinduism to the United States at the first Parliament of the World's Religions in Chicago in 1893.

March 14. *New Year's Day – Sikhism.* In the Nanakshahi calendar, this day is the beginning of the year 548. *Memorial of Shan-tao (Zendō) – Buddhism.* Anniversary of the death of a Chinese Pure Land Buddhist priest who died in 681 C.E. He taught that enlightenment could occur simply through repetition of the name of Amitabha or Amida Buddha (nianfo or nembutsu), and is honored as the Fifth Patriarch of that Buddhist school.

March 17. *Saint Patrick's Day – Western Christianity.* A commemoration of the missionary bishop who evangelized Ireland in the fifth century C.E.

March 20. *Spring equinox. Palm Sunday – Christianity (Western 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.

March 21. *Navruz [Now Ruz or Norooz] – Zoroastrianism.* The beginning of the Zoroastrian new year, 1386 AY or 3754 AZ in the Fasli seasonal calendar, which also celebrates the renewal of the world and the creation of fire (which symbolizes righteousness). Zarathustra, the founder of Zoroastrianism, received his revelation on this day.

March 23. *Eve of Purim – Judaism.* A celebration of the Jews' rescue from an evil plot to destroy them while they were living in Persia, the events of which are recorded in the Hebrew biblical book of Esther. The holiday includes reading the Megillah (the scroll of Esther), exchanging gifts, and special pastries called hamantashen. *Holi – Hinduism.* This festival is one of Hinduism's most popular celebrations. People throw colored powder or spray colored water to celebrate episodes in the life of the god Krishna.

March 25. *Good Friday – Christianity (Western churches).* A commemoration of the passion of Jesus of Nazareth, i.e., his death by crucifixion. At sundown some churches begin the Easter vigil either this evening or on Holy Saturday (March 26).

March 27. *Easter Sunday – Christianity (Western churches).* Celebrating God's raising of Jesus of Nazareth from the dead, this day is the oldest and most central festival in the Christian year and initiates the fifty-day period culminating in Pentecost.

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.

TEAMMATE SPOTLIGHT - Dr. Michael Bossick

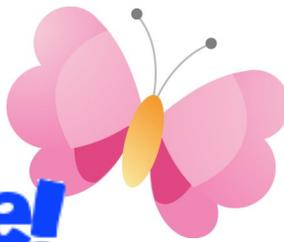


Dr. Michael Bossick

Dr. Mike Bossick joined CCHS as a part-time instructor in spring 2013, bringing nearly 10 years of experience teaching in higher education. He has a PhD in sociology, as well as a graduate certificate in college teaching and learning from the University of Kentucky. In addition to working at CCHS, Dr. Bossick is a full-time faculty member at Central Piedmont Community College. Outside of academia, Dr. Bossick has worked with the legislative branch of state government and also managed a policy research center. In November 2015, Dr. Bossick and his wife Sarah welcomed daughter Lucy to their family. Now three months old, Lucy desires to be held constantly; as such, any e-mail you receive from Dr. Bossick may have been inefficiently typed with one hand. When free time presents itself, Dr. Bossick enjoys exercise, projects around the house, and the misery that is Cleveland Browns football.

Activities & Deadlines for March

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | <p>1 Continuing Education & Job Fair</p> <p>Admissions Information Session</p> | <p>2 BCLS Online Skills Check Pt 2</p> | <p>3 PTK @ Men's Shelter</p> | <p>4 Deadline to Apply for the ANSWER Scholarship www.answerscholarship.org</p> |
| <p>7</p>  | <p>8</p> | <p>9 BCLS Online Skills Check Pt 2</p> | <p>10 Histotechnology Professional's Day</p> | <p>11</p>  |
| <p>Spring break is here!</p> | | | | |
| <p>14 PTK Bake Sale</p> <p>Daylight Savings Time Has Begun</p> <p>President's Open Forum</p> <p>Popcorn & Conversation!</p> | <p>15 Order Pins for Commitment to Caring Ceremony</p> <p>Deadline for Outstanding Educator Nominations</p> | <p>16 Registration Materials Released</p> <p>BCLS Skills Check Pt 2</p> | <p>17 PTK Meeting</p> <p>Chaplain's Grand Rounds</p> | <p>18 Deadline for Cynthia Favorite Nominations</p> |
| <p>21 Student Ambassadors</p> | <p>22 Information Session</p> | <p>23 BCLS Skills Check Pt 2</p> | <p>24</p> | <p>25 HOLIDAY COLLEGE IS CLOSED</p>  |
| <p>28 Online Registration begins for NSG, RT, RTT, ST & CRIBN program students.</p> | <p>29</p> | <p>30 BCLS for the HealthCare Provider</p> <p>EAP Webinar</p> | <p>31 SNA Meeting</p> | |