



CAROLINAS COLLEGE OF HEALTH SCIENCES Monthly News

NOVEMBER 2014

Daylight Savings Time Ends Sunday, Nov. 2.

Don't forget to turn your clocks back one hour at midnight Saturday, Nov. 1.

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CCHS Hours of Operation

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

Nov. 26 - No Classes

Nov. 27-28 - HOLIDAY - COLLEGE CLOSED

CCHS Computer Lab Hours

24 hours a day, 7 days a week
via student badge access

Computer Lab Staff Support Hours:

Mon - Thurs, 8 a.m. to 7:30 p.m.

Friday, 8 a.m. to 4:30 p.m.

Saturday, 11 a.m. to 2 p.m.

**The computer lab will not be staffed on
Nov. 27 & 28 due to the Thanksgiving holiday.**

AHEC Library & Study Rooms

Medical Education Building (MEB)

Mon - Fri, 8 a.m. - 5 p.m.

Badge access to MEB and to the 2nd floor study rooms is available 24/7.

AHEC Library Special Hours:

Closed Nov. 27-28.

Connect
with CCHS



FROM THE REGISTRAR'S OFFICE

The Spring 2015 Online Registration Information and Course Listing has been published and was emailed to all students on October 27.

☞ **Nov. 10:** Online registration for Nursing, Radiologic Technology, Radiation Therapy, Surgical Technology and CRIBN students will open at 7 a.m.

☞ **Nov. 17:** General studies department students (including students tracked in Pre-Nursing and Pre-Radiologic Technology) can begin registering at 7 a.m.

☞ Open online registration for all programs and departments continues through the end of the drop-add period.

☞ All students need to meet with their academic advisor (individually or in group-advising sessions) in order to register in SONIS for spring classes.

If you encounter any problems or have questions about the registration process see Sue Roux, Registrar, in room 165.

TEXTBOOK FREE SHIPPING COMING IN DECEMBER

Heads Up! Each semester, MBS Books, provides a free shipping period for textbooks. As you consider your textbook purchases for spring semester, keep this thought in mind. Dates will be posted in the upcoming December student newsletter.

GRADUATION IS JUST AROUND THE CORNER!

Congratulations to all Histotechnology, Medical Laboratory Science, Nursing, and Surgical Technology students who will be graduating on **Dec. 12**, at 3:30 p.m. The commencement speaker is Dr. Grace Sotomayor, Vice President and Chief Nursing Officer at Carolinas Medical Center. The ceremony will be held at Pritchard Memorial Baptist Church, 1117 South Blvd. All are welcome to attend.

Post-Graduation Medical Insurance

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

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

☞ Find a plan on the marketplace, at www.healthcare.gov

☞ Stay on your parents' plan if you're 26 or under.

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

STUDENT OF THE MONTH

Congratulations to Amanda Graves, the Nov. Student of the Month. Amanda, has been a key participant in the Community Involvement Committee as a student representative over the past year. She has tons of energy and great ideas. She donated her time, skills, blanket materials and craft supplies for making cards and blankets for the pediatric oncology patients at LCH. In addition to her regular studies, and all that goes on in the life of a student, she volunteers to help with administrative tasks. Her cheerful demeanor and willingness to help has been a great addition to the college. Her many contributions are truly valued!

Originally from Ohio (and still a huge Ohio State Buckeyes fan), Amanda has lived in Charlotte for almost 16 years, though not consecutively. She moved back to Ohio a couple of times but family obligations kept pulling her back to NC. She graduated from high school in just three years, having attended North Mecklenburg HS and Thomas Worthington in Ohio. She studied American Sign Language at CCCC and left just a few credits before earning her degree in order to start her nursing program at CCHS. Amanda's always wanted to work in pediatric oncology, but now that she's in the maternity/newborn class, she's added labor and delivery to her list of possible alternatives. Amanda credits much of her success to her "super supportive husband" of three years. They hope to have kids one day but for now enjoy pampering their two Yorkies. She loves to help people and invites everyone/anyone to let her know how she can help them.



Amanda Graves

AND THE WINNERS ARE.....

At the October Fall Festival, several contests were held. These lucky students were the winners:

- ☞ Pumpkin Decorating Contest: Erin Freeze (PRT).
- ☞ Candy Corn Count: Suzanna Payne (NSG).

On October 16, CCHS Went Pink! Prizes were awarded to the most outrageously costumed. Winners were lashea Simmons (ST), Zack Wright (GS) & John Bartniski (NSG)

CONGRATULATIONS !



Zach Wright & lashea Simmons



Erin Freeze

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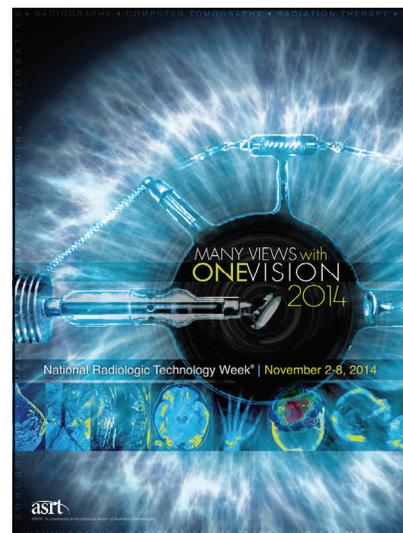


John Bartniski



NATIONAL RADIOLOGIC TECHNOLOGY WEEK

National Radiologic Technology Week is **Nov. 2 to 8**. The theme for this year's celebration is "Many Views with ONEVISION." It's a time to remember and commemorate the important role that Medical Imaging and Radiation Therapy professionals play in patient care and radiation safety. This special week honors the achievements of early Radiology pioneers such as Dr. Wilhelm Roentgen who "discovered" the **X-Ray** on Nov. 8, 1895. Radiography and Radiation Therapy are 119 years "young," but the discoveries during those years have drastically impacted the entire spectrum of healthcare. The technology to "see" and to "cure" continues to astound, but of even greater importance is the roles performed by the professionals in all disciplines of *Radiology*. Another luminary in the field was Dr. L. R. Sante whose seminal work on patient positioning was one of the first textbooks in the field. Dr. Sante worked, researched, and published at Washington University in St. Louis. In an odd coincidence of fate, his great-grandson Ray Lupse is now at CCHS studying nursing.



CCHS TST CLINIC

One of the benefits of attending a Carolinas HealthCare System school: Free Immunizations! TST is the Tuberculin Skin Test, part of CHS's safety plan for all patients, employees, and students. An annual TST assesses likely exposure to TB, so you can get the care you need. A TST is required during your birthday month or you can opt to get the test as much as 90 days in advance of your birthday. Free TST's are available at CCHS and at the Teammate Health Office in the Annex Building across from the CMC ED. TST's will be administered in the college lobby on **Nov. 17, 11:15 to noon**. If you are unable to take advantage of this, visit the teammate health office in the CMC Annex building for your free TST, M - F, 7:30 - 4:30.

OPEN FORUM WITH PRESIDENT SHEPPARD

CCHS students have many opportunities for input into college decision making: service on college committees, end-of-course surveys, the suggestion board (across from classroom 161), SGA opinion polls, etc. One of the most significant is the bi-monthly President's Forum. Attend, and let your voice be heard! Dr. Sheppard will be available **Nov. 3, 10 to 10:45 a.m.**, room 137 and **Nov. 24, 12 - 12:45 p.m.**, room 137. Unable to fit this into your schedule, no problem! Stop by her office (room 110) or send her an email: Ellen.Sheppard@CarolinasCollege.edu.

A topic discussed during October's Open Forum was the request for an ice maker accessible to students. Dr. Sheppard explained that this had been investigated previously, but that was prior to adding running water to Avenue C for the coffee machine. Now that there is running water accessible, it may be feasible. There are additional concerns we'll need to work through regarding bacteria and mold prevention, but watch for an update in the December newsletter. Other topics addressed were posting prices at Avenue C, the need for protection from the elements for students traveling the campus, expanding the scope of career fairs, and providing more clinically-forward tutoring. All topics will be addressed in coming weeks, with feedback to the Open Forum attendees.

EMERGENCY NOTIFICATION TEST

The College will conduct a test of the emergency response communication system on **Nov. 6** at 3:00 p.m. At this time a blast voicemail message will be sent to the primary and secondary phone number of all students and teammates. This test is conducted twice each academic year to ensure that the emergency response system is functioning properly. Once tested, this system is only activated in accordance with the College's Emergency Response Plan and at the discretion of select members of the campus' Emergency Response Team.

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

Carolinas College now uses text messaging for emergency communication. To initiate this service follow these five easy steps:

- 1) Log on to Sonis-Web using your existing e-mail & PIN.
- 2) Click on "Update Bio" link at top of page.
- 3) Enter your cell phone number & your provider.
- 4) Check the "Text Me" Flag.
- 5) Click "Submit" at bottom of page. While there, check to make sure all of your phone numbers, as well as well as your address, are correct.

INCLEMENT WEATHER

Should inclement weather necessitate the delay or closing of the college, we will post that status on the college's inclement weather hotline (704.446.7854), information portal, as well as local television and radio stations. If a delayed opening is announced, count the delay from 8:00 a.m. So if there's a 2-hour delay, the college will open at 10:00 a.m. **Pop Quiz:** Your class regularly meets 9:00 - 11:00 a.m. on a day the college is on a 2-hour delay. What do you do? **Answer:** If you can do so safely, come at 10:00 a.m. Your class will meet for one hour.

CCHS TREATS STUDENTS TO A THANKSGIVING FEAST



The Student Life Committee is pleased to announce the continuation of a treasured CCHS tradition, the annual Thanksgiving luncheon. This year's luncheon will be held on **Nov. 24**, 11 a.m. to 2 p.m. CCHS teammates will serve and bring fabulous desserts to go along with the turkey dinner. The dinner includes all the traditional favorites: turkey, dressing, mashed potatoes and gravy, green beans and rolls. It is a privilege to honor you, our students, in this way. So come hungry!



What's Wrong with this Picture?

IT'S A MATTER OF SAFETY...

Winter is fast approaching and with that comes decreased hours of daylight. The System's Corporate Security Office suggests the following in its 2014 Campus Safety and Security Report to stay safe:

- ☞ Be alert at all times, maintain a "heads-up" mentality, and actively display situational awareness.
- ☞ Walk in the middle of the sidewalk and walkways and be ever-vigilant of all that is going on around you.
- ☞ If you see or suspect suspicious activity, call CMC Security **704-355-333** or access a security call box by pressing the red button and reporting your concerns. Be mindful of the location of these call boxes.
- ☞ Avoid walking alone if at all possible.
- ☞ Try to park in well-lit areas, and have your keys ready in your "free-hand" before you reach your car.
- ☞ Always look in and around your car as you approach before you open the door.
- ☞ Always lock your car doors and roll up all windows. Never leave valuables in plain view as you exit your car.
- ☞ Trust your instincts. If you feel uncomfortable about someone near you on the street, in an elevator or getting off of a bus-go to a populated place and seek help.



Your safety is our number one concern. Be vigilant, aware of your surroundings, and trust your instincts.

CONTINUING EDUCATION OPPORTUNITIES

CCHS Admissions Information Sessions

Nov. 11 & 25, 4 to 5 p.m. 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.

Chaplain's Grand Rounds

Nov. 20, noon to 1 p.m., Suzanne Freeman Auditorium. A unique part of our larger healthcare system is the Spiritual Care and Education Division, which provides for the spiritual care and healing of CHS patients and families. Staff and adjunct chaplains are on call 24-hours a day for people of all faiths or no faith background. For the last 25 years, the division has provided monthly 1-hour lunchtime education sessions called Grand Rounds which are free and open to students, providers, and the public. The 2014 - 15 focus is on Integrative Healing. October's session is entitled *Mind/Body/Spirit*, and is presented by the Donna Lampke, Physical Therapist. Join in; bring your lunch with you.

Surviving the Holidays (Webinar)

Nov. 19, Noon to 1 p.m. Get great tips for recognizing types of holiday stressors and hear Sponsored by CHS Employee Assistance Program, 720 East Blvd. **Free** for CCHS students! Advanced registration is required and space is limited so please call 704.355.5021 to register. CHS' EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help, call CHS' EAP for a private appointment or to register for a class.

BCLS for the HealthCare Provider

Nov. 12, 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.

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

Nov. 5, 12 & 19, 1 - 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).

For more information on the following two classes contact Lakisha Bennett at Lakisha.Bennett@carolinashealthcare.org or 704-355-2663:

Basic Phlebotomy Skills for HealthCare Professionals

Nov. 5 or December 15, 8:30 a.m. to 4:30 p.m. Cost \$149.00. Completers will receive 6.5 class hour (0.65 CEUs) credits. Come and learn the basics. The importance of the test tubes and the order of draw, tests, tourniquets, term, techniques and tips. You will learn the basic procedure for a standard adult venipuncture.

Healing Touch Level 2 (Must have taken Level 1 Healing Touch First)

Nov. 1 - 2, 9 a.m. to 6 p.m. (both days). Cost - Student Fee \$295.00 (includes course notebook and technique cards). Completers will receive 16 class hour (CEUs for Massage therapists, nurses, chaplains) credits.

FACILITY UPDATES - MAKING THINGS BETTER FOR YOU

New Wi-Fi Hotspots - CHS Telecom Operations is currently installing 29 new Wi-Fi access points and replacing the nine current Wi-Fi access points throughout the college to improve the CHSguest network; in all, there will be 38 new access points. This means that connectivity to the CHSguest network will be much faster and stronger no matter where you're located within the college. Please excuse the operations team as they upgrade the college's network equipment to the current industry standards. This project will be completed within the next couple of weeks and an email will be sent notifying you of the project completion.

New Security Cameras - In addition to the enhanced Wi-Fi, Carolinas College is a safer place. CHS Security has installed new cameras throughout the building and has removed old and outdated cameras. These cameras are strategically placed in the building at each entrance and in other locations of high traffic. The cameras are motion activated and record when there is activity in the building. CHS Security has the ability to monitor activity in real-time or to review several weeks of recorded video.

New Recycling Bins - You may have noticed more recycling containers in the building and the new signage. Our housekeeping staff has agreed to assist us in recycling plastic and aluminum. Please take a moment to recycle your plastic bottles and aluminum cans in the appropriate receptacle. If you notice a place that needs a recycling container, please stop by the front desk and let Joy Godwin know.

TEAMMATE SPOTLIGHT - CATHY BORYSEWICZ



Cathy Borysewicz

Cathy Borysewicz has been a registered nurse since 1980 when she earned her Bachelor of Science Degree in Nursing from Adelphi University. She worked as a bedside nurse on medical/surgical units and in oncology until 1985. She then worked as a home care coordinator in home health while attending graduate school. She completed her Master of Science Degree in Nursing from Adelphi University in 1988 with a concentration in oncology. Cathy then worked as clinical faculty member for Delaware Technical and Community College for one year. After being a stay at home mom for 6 six years, Cathy joined the faculty of Carolinas College of Health Sciences in 1995. She has worked both part-time and full-time in adult health nursing and behavioral health and served as the intermediate level coordinator for 3 1/2 years. Currently she is a full-time faculty member in behavioral health and co-advisor for the CCHS chapter of Phi Theta Kappa Honor Society. Cathy is a CPR Instructor and is certified in psychiatric mental health nursing, nursing education and healing touch. Cathy has been married to her husband Brian since 1980 and they have three children - Amanda, Matthew and Katie.

SCHOLARSHIP RECEPTION ENJOYED BY ALL



Karey Bruton

The annual Carolinas College Scholarship Reception was held on Thursday, October 16 at Byron's of South End. This special event is held each fall to honor the students who have been awarded scholarships and to honor the donors - whose financial support is paramount to maintaining this valuable program. Fifty-two scholarships were awarded at this year's reception.

Nursing alumnus Karey Bruton (NSG '12) was the guest speaker. As a former scholarship recipient, Karey shared her personal story of how helpful her scholarship was and how important her nursing education has been.



Nursing student Kimberly Vasquez receives hugs from scholarship donor Jacqueline Pfeiffer

DECEMBER CAPPING CEREMONY

Some see the nursing cap as old fashioned, but for many, it represents the rich heritage of the nursing profession. CCHS' ceremony is less about the cap and more about a rite of passage. Graduating females are capped by an RN of their choice with the CCHS cap; male students receive a souvenir RN pin (not the class pin). The ceremony is planned for the evening of **December 11** at Central Piedmont's Halton Theater. December nursing graduates - watch your CCHS email for details and an invitation you can forward to guests.



COMPLIANCE CORNER - Infection Prevention Protocols and PPE

The recent media attention with regard to infections in the news worldwide has underscored the need for healthcare workers to understand infection prevention protocols and the use of personal protective equipment (PPE). Personal protective equipment can involve many items including: goggles, masks, hats, respirators, gloves, gowns, booties, or even full hooded body suits. The purpose of PPE is to minimize exposure and spread of infections that can cause illness or death. Healthcare facilities are required to provide PPE for employees caring for patients who present a risk of contaminating others. All hospitals have strict guidelines that classify patients with infections, and provide guidelines and policies that direct the care of these patients. Correct and compliant use of PPE is crucial for preventing the spread of infection to anyone who comes in contact with an infected patient. It is not uncommon to see hospitalized patients on some type of transmission based precautions, i.e., Airborne; Airborne - NIOSH; Droplet; Contact; HR-MDRO; or Protective Environment Precautions. All transmission precautions require some type of PPE. The time is right for reviewing appropriate precautions for infected patients and the PPE required. Resources for CHS are available through PeopleConnect by clicking on the "Clinical" tab on the teal banner, and once on the clinical page, scroll down to the "Reference" section and click on "Infection Control" and finally click on "Infection Prevention." Compliance with infection control and PPE is crucial to protecting both patients and everyone around them.

STUDENT NURSES ASSOCIATION (SNA)

Happy Fall from the SNA! Thank you to all who supported the SNA at the October t-shirt and bake sale. Had a great turnout to hear speaker Sherry Olsen talk about the role of a hospice/palliative care nurse at the October general member meeting. Information from the presentation has been posted on the SNA IP for review.

Upcoming events:

☞ Nov. 20

- **General Member Meeting**, 8 a.m., room 161. **Nurse manager panel** will discuss skills and characteristics desired by the new nurse. Come with your questions!
- **Intermediates to NUR202 Information Session**, 11 a.m., room 240. An informative panel led by current NUR202 students designed to promote your success and to answer questions about what to expect in NUR202.

☞ Nov. 21. Deadline for Cynthia Favorite Scholarship nominations.

Any student can nominate a NUR202 student for this wonderful opportunity. In a brief paragraph, describe how the nominee has met the following criteria:

- Served as a role model for other students.
- Demonstrated leadership skills through involvement in college committees or organizations, and
- Actively involved in community services or in supporting school activities.

Nomination forms are available from Brenda Vasquez and on the SNA Moodle Page. Please email your nomination to Ashton.Cannupp@cchsmail.org or Brenda.Vasquez@carolinacollege.edu.

Stand Out in Interviews! Need something to beef up your resume? SNA has the perfect opportunity; join the SNA Board! There are several positions available - one is bound to be a perfect fit:

- ☞ **President:** Presides over board meetings, establishes an agenda, oversees all activities of the organization as a whole.
- ☞ **Treasurer:** Manages the finances of SNA, establishes a yearly budget, makes deposits, gives treasury reports at monthly board meetings.
- ☞ **Secretary:** Minute taker of board meetings, writes the SNA article for the monthly CCHS newsletter.
- ☞ **Fundraising Chair:** Plans and organizes fundraiser events of the SNA.
- ☞ **Marketing Chair:** Communicates/markets meetings and events.
- ☞ **NUR101 Rep:** Assist with the NUR101 orientation luncheons, assemble the 101 survival baskets, and moderates 101 info sessions.
- ☞ **Membership Chair:** Recruits and organizes new and old members alike and moves graduates to our alumni mailing list.

Email President, Ashton Cannupp (formerly known as Ashton Pope) at Ashton.Cannupp@cchsmail.org for more information if you are

PHI THETA KAPPA (PTK)

October was a busy month for PTK:

- ☞ Congratulations to the newest members inducted on October 23. (See photo.) Special thanks to faculty member Sherlene Robinson, guest speaker, who shared her journey to academic excellence. Newly inducted members not pictured: Brittany Barrett, Caitlin Burt, Ashby Dellinger, Jean Hermack, Emily Humphries, Jamie Michetti, Kara Outlaw, Michelle Peterson, Rachel Teague, Holly Thomas and Lillian Turner.
- ☞ Thanks to all who served dinner at the Men's Shelter of Charlotte.
- ☞ The blood drive was a huge success. Thirty-One pints of blood were collected surpassing the goal of 30 pints - that's 93 lives saved! A very big thank you to those who participated.



L to R: Jackie Cannada, Alisa Moore, Karen Smith, and Melissa Blackwell.

PTK t-shirts are still available for purchase. See Cathey Miller in room 252 to get yours today! We have new sizes available (S, M, L, XL) and the price is \$9.90.

Upcoming Events:

- ☞ **Nov. 6:** Men's Shelter of Charlotte, 5:30 to 7 p.m. Volunteers needed to serve dinner or help pass out donated items. No set up or clean up required. Sign up sheet available via PTK page on the information portal. Space is limited so sign up today. (PTK fellowship to follow.)

LIVEWELL EXERCISE CLASSES - FREE FOR CCHS STUDENTS

| LOCATION | Day of the Week (all month) | DAY/TIME | FEE | CONTACT |
|--|--|---|---|---|
| <p>Your CCHS enrollment qualifies you for FREE participation in LiveWell Fitness Classes!</p> <p>∞</p> <p>All Classes listed are held at the CHS LiveWELL Building at 801 East Blvd.</p> <p>∞</p> <p>From the new Tijuana Flats restaurant on East, head toward South Blvd. It's on the right before the Greek Orthodox Church. Park in the back or on East. Badge required.</p> <p>∞</p> <p>Enter from the back parking lot using your ID badge. Multipurpose workout areas are visible as soon as you enter.</p> | Zumba Kick Boxing | Monday 5 - 6 p.m. 6 - 7 p.m. | <p>Free to CCHS students and CHS teammates. Badge required.</p> <p>All classes are led by highly qualified, experienced instructors. Exercise flooring is safe, cushioned material. Bring your own water, towels, and yoga mat. Other materials specific to the class are provided (weights, hoops, etc.)</p> | <p>Live-wellevents@carolinashealthcare.org or 704.446.1645.</p> <p>Park on East Boulevard or in the lot behind the LiveWell building. Enter through the door at the rear of the building.</p> <p>∞</p> <p>Some CHS units and some professions now require "fitness testing" as part of the hiring process. They want to assure your lifting and bending abilities meet the job specifications. Not sure you can easily lift 50 pounds? Start bending & lifting now!</p> |
| | Total Workout New Cardio Funk with Q! | Tuesday 5 - 6 p.m. 6 - 7 p.m. | | |
| | Body Sculpt Yoga | Wednesday 5 - 6 p.m. 6 - 7 p.m. | | |
| | Pilates Socacise | Thursday 5 - 6 p.m. 6 - 7 p.m. | | |
| | New "Quick Fit" Small group training with Jeremy Sinclair | Mon & Wed 4:30 - 5:10 p.m. OR 5:20 - 6 p.m. | | |
| | | | \$50.00 for 4 weeks (8 sessions) | Call Carol Tyndall 704.446.1645 Spaces very limited. |



PHOTOS FOR ALL STUDENTS GRADUATING IN 2015

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 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. Pictures will be taken in late January 2015. **All students who will graduate in 2015** should have their pictures taken as the photography company only comes on campus once a year. Gentlemen: please bring a white shirt and tie to wear on your picture day. Drapes will be provided for ladies. Watch for more details in coming student newsletters. A sign up sheet will be posted in the main lobby in early December.

IT'S ANOTHER BOY!!!

Dr. Lori Bequette, Dean of Assessment and General Studies, her husband Tony, and two-year old son Evan will welcome a second bouncing baby boy to their family in March 2015.



Dr. Lori Bequette

STUDENT SUCCESS CENTER

Success Tip of the Month - Are you distracted during tests? Try these strategies:

- ☞ Don't expose yourself to negative energy! To begin your test in a focused frame of mind, separate yourself from fellow testers before the test.
- ☞ If sounds in the room are a problem, wear ear plugs.
- ☞ Sit in the front row near the wall, if possible, to limit the possibility of movement in front of you.
- ☞ Keep your eyes on your test paper or close them to breathe and regroup. Check your watch for the time rather than looking at the wall clock.

It is natural to feel somewhat anxious at testing time; however, if test anxiety is a significant problem for you, contact Nancy Watkins or make an appointment with EAP (704-355-5021).

Why do students serve as Peer Tutors?

- ☞ Flexibility! Tutors decide how much time they have and determine their availability.
- ☞ Review! Keeping past material fresh in your mind makes preparing for board exams less strenuous.
- ☞ Gifts! CCHS rewards Peer tutors with cafeteria passes.
- ☞ Experience! This volunteer leadership opportunity looks great on your resume.
- ☞ Satisfaction! How rewarding to help other students achieve their goals!

**See Nancy Watkins
about becoming
involved in the
Peer Tutoring
Program!**

Student Employment Opportunities.

- ☞ Interested in part-time/PRN employment with CMC? Morgan Mustian, CHS Recruitment Specialist will be **Nov. 3** from 10:00 a.m. to noon in the college's lobby. For more information, please contact Morgan Mustian, Morgan.Mustian@carolinashealthcare.org, 704.631.0304.
- ☞ Interested in babysitting for CMC physicians or providing in-home sitter/nurse aide care for private families? Contact Dianne McClure at Dianne.mcclure@carolinashealthcare.org or 704-631-1138 to be added to the babysitter referral listing for the CMC Physicians' Concierge Service. Check out Dianne's flyer and other PT/PRN job postings on the Student Support Page of the Information Portal.

Attention Intermediate Nursing Students! Nov. 20, 11 a.m. to noon, room 140. Wondering what NUR 202 is going to be like? How can you prepare to be successful in this final challenging phase of your CCHS nursing education? Get the "straight scoop" from a panel of current NUR 202 students. SNA and the Student Success Center are sponsoring this information session. No need to register.

For more information on any of the items listed above contact Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@carolinashealthcare.org.

CCHS SALUTES ALL VETERANS!



Nov. 11 is Veterans Day. The date commemorates the signing of the Armistice which ended WWI (the 11th hour of the 11th day of the 11th month of 1918). Though not a CCHS holiday, it is an official US holiday honoring armed services veterans – not to be confused with Memorial Day, which honors men and women who died while serving. In your honor, CHS is hosting an invitation-only Veteran's Day breakfast. If you're a veteran and haven't been invited, email Ellen Sheppard at Ellen.Sheppard@CarolinasCollege.edu or Hampton Hopkins at Hampton.Hopkins@CarolinasCollege.edu.

To all the military men and women who have left the security of their families to protect the security of American families; we thank you. To those who have served & sacrificed for our freedoms; God Speed. We support you and we remember you. Do not doubt for a moment the value of your service and your sacrifice. Honoring U.S. veteran's is also an intentional 2015 Carolinas HealthCare System initiative!

WOW! THESE FOLKS ARE AMAZING!

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

Students

Nursing: Katie Deese, Megan Erwin, Tashia Eugene, Iashea Simmons & Lindsi Thomas

Faculty/Staff

Academic Affairs: Kisha Choice & Larry Turner

Continuing Education: Sue Barnes & Kristin Olson-Kennedy

General Studies: Carla Cozzen

Medical Laboratory Science: Kimberly Yarborough

Nursing: Susan Bass, Cathy Borysewicz, Trish Campbell, Diahanne Holandez & Claudette Kaveler, Janie McCloskey, Kristy Williams

Student Services: Joy Godwin, Chrisanne Rancati & Nancy Watkins

Take time today to recognize those who make your journey easier. The WOW box is in the lobby.

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

| | | | |
|------------|---|------------|---|
| Nov. 1 & 2 | Healing Touch Level 2 (Pre-requisite Level 1) | Nov. 19 | Employee Assistance Program Webinar - Surviving the Holidays |
| Nov. 2 | Daylight Savings Time Ends | | BCLS Online Skills Check - Part 2 |
| Nov. 2 - 8 | National Radiologic Technology Week | Nov. 20 | SNA General Member Meeting |
| Nov. 3 | Open Forum with President Sheppard HR Rep on Campus | | SNA Panel Discussion for Rising NUR202 Students |
| Nov. 5 | BCLS Online Skills Check - Part 2 | Nov. 21 | Chaplain's Grand Rounds - Mind/Body/Spirit |
| | Basic Phlebotomy Skills for HealthCare Professionals | | Mobile Mammography Van on Site |
| Nov. 6 | Emergency Notification Test | Nov. 24 | Cynthia Favorite Scholarship Deadline |
| | PTK Volunteers at the Men's Shelter of Charlotte | | Annual Thanksgiving Luncheon |
| Nov. 10 | Veteran's Day | Nov. 25 | Open Forum with President Sheppard |
| | Online Registration for Nursing, Rad Tech, Radiation Therapy, Surg Tech and CRIBN Students | Nov. 26 | Admissions Information Session |
| Nov. 11 | Admissions Information Session | Nov. 27-28 | No Classes - Administrative Office Open |
| Nov. 12 | BCLS for the HealthCare Provider | | Holiday - COLLEGE CLOSED |
| | BCLS Online Skills Check - Part 2 | | AHEC Library Closed |
| Nov. 17 | Online Registration for General Studies (including tracked Pre-Nursing & Pre-Rad Tech Students Onsite TST Clinic | | |

Save the Date:

| | |
|---------|---|
| Dec. 11 | Capping Ceremony |
| Dec. 12 | Graduation |
| Dec. 15 | Basic Phlebotomy Skills for HealthCare Professionals |

CCHS SPREADS HOLIDAY CHEER

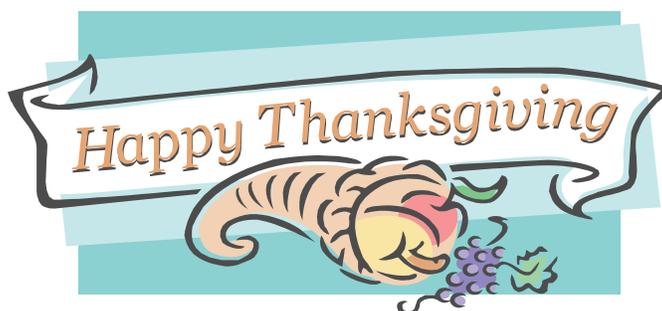
Ever wonder what it would be like to have no gifts under the tree? To watch your child's eyes when he realizes Santa didn't come? Or to have nothing to give your parents or spouse? For most of us, that would be unthinkable. But for some, it's reality. The annual CHS Holiday Cheer Project gives you a chance to make a difference. Angels, Silver Bells and stockings are waiting for you to adopt!

- ☼ **Adopt an Angel** - Grant a child's wish by adopting one or more "Angels" and shopping from their Christmas list.
- ☼ **Silver Bells** - Adopt a needy senior adult by shopping for items on their Christmas wish list.
- ☼ **Fill a Stocking** - Fill red stockings with age appropriate toys to be distributed to children registered with the Christmas Center.
- ☼ **Sponsor a Child** - Don't have time to shop? Sponsor a needy child by making a donation of \$75 and the Salvation Army will shop for them. Smaller contributions gladly accepted; CCHS Community Involvement will shop for you.



Want to help but short on funds? Consider organizing a group to adopt, and pool your resources. Donors are given a tag with the recipient's name and age, a list of items they'd like, and a bag to put gifts in. Once you've gotten all the items you wish to donate, put them in the bag, tag, and place it under the Christmas tree which will be in the main lobby. Our community involvement committee will take care of getting them to the recipients. Stocking fillers are given a red net stocking with a child's gender and age. Fill it with age-appropriate items, tag, and place it under the Christmas tree in the lobby. Watch for flyers containing further details.

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