

Spring 2006



Connections

A Publication of the Carolinas College of Health Sciences



*Men Rock
the Nursing World*
Male Grads Change the Face of Nursing

CCHS to the Rescue
Gulf Coast Relief

Talent Abounds
College Contributes to the Arts

CCHS Alumni Matt Zegil (right) and Jeff Watts (above)



From the President

“That’s Not My Job”

We’ve all heard it dozens of times. “That’s not my job,” or “They don’t pay me enough to do that.” But most of us have learned that the important aspects of a job are often found under “other duties as assigned”! Recently Carolinas College of Health Sciences and Carolinas HealthCare System started two initiatives most people would say “Aren’t Our Jobs.” I want to share them with you because I am proud of what these decisions stand for.

COMMUNITY BENEFIT - or giving back to our community. We feel strongly that it is our responsibility to be leaders in the community, to model good citizenship, and to make a difference. Individually, CCHS staff, faculty, and students have long been active in good causes. Now, we are choosing to make a visible difference. We’re not only doing good deeds, we’re doing it in a way that enhances the reputation of the college. A few examples: 65% of staff and full time faculty participated in a “Day of Caring,” painting and landscaping at “Lifeshare,” a United Way agency. We exceeded our college fundraising goals for Children’s Miracle Network, United Way, and Arts and Science Council (ASC). Our faculty members have judged science fairs and served on high school advisory councils; our students completed a “Walk 4 the Arts” to benefit ASC, and they regularly help disabled children learn through dance. Helping our community is not part of our job description. It’s simply who we are.

HEALTHY LIVING - One might argue that too many healthy people could put CMC out of business. Yet, we’ve been challenged by Michael Tarwater, CEO, to “Live Well.” Effective this fall, CCHS and CMC become non-smoking facilities! That’s a brave move when you consider that student and employee retention is vital to us, and that our healthcare system does a brisk business in respiratory ailments! Smoking cessation programs and aids are being provided. Fatty foods and gooey cakes are no longer served at meetings. 250 employees (5 at the college) are enjoying paid-for-by-the-system YMCA memberships. Pedometers were provided at lower-than-cost. The message is clear: We value our employees. We want them to be healthy. We want to help.

Community Benefit and Healthy Living - They aren’t our job. But they make us unique, and they signal to students and the community our intention to “Live Well, Carolina.” CCHS is proud to be a part of these important initiatives, and proud to be making a difference.

Ellen Sheppard

(Ellen.Sheppard@carolinashealthcare.org)
President

Program News



School of Nursing

Protect Your License to Practice

Spring is traditionally a time for renewal. As nurses, we associate the word “renewal” with many things but perhaps most important is the renewal of our professional nursing license to practice. When we first became licensed as registered nurses, our competency to practice was validated by successful performance on the NCLEX-RN examination. As a profession, evaluating continuing competency is critical to providing safe, quality nursing care.

The Board of Nursing has identified four practice dimensions that apply to all nursing practice areas and are used for the self-assessment and learning plan development. These universal dimensions are professional responsibility, knowledge-based practice, legal/ethical practice, and collaborating with others. Based on the self assessment using these four dimensions, you will develop at least one goal for your learning plan and indicate what activities you have chosen to achieve your goal(s). Eight activity option areas have been identified by the board as the accepted options from which you are to select one as the learning activities option chosen for your plan. National certification or recertification by a national credentialing body is one example of a learning activity option that can be selected for this continuing competency process.

Recently, the North Carolina Board of Nursing established new requirements to ensure continuing competency.

Recently, the North Carolina Board of Nursing established new requirements to ensure continuing competency. Beginning July 1, 2006, at the time of licensure, all nurses will be expected to:

- conduct a self assessment of their practice
- develop a learning plan with personal learning goals
- select a learning activity that corresponds to those goals
- implement the proposed plan.

At the subsequent license renewal in 2008, the Board of Nursing will expect that all learning plans have been completed and that nurses will be able to provide support documentation to the board attesting to that fact, if requested.

Once you have completed the learning activities, you will need to retain this documentation as part of your professional records. The Board of Nursing will not request to see this documentation unless you are notified that you have been selected for a random audit at the time of license renewal in 2008. If you would like more information regarding continuing competency, I encourage you to access the North Carolina Board of Nursing website @ www.ncbon.com.

Debbie Blackwell

(Deborah.Blackwell@carolinashealthcare.org)
Dean, School of Nursing

Our Cover: Males are not only entering the nursing profession in record numbers, they are taking advantage of the same breadth of opportunities that have been prized by women for decades. Matt Zegil ('96) and Jeff Watts ('01) are just two examples. See page 7 for their story.
Cover design by Erin Sizer; photography by Ben Robertson



*School of Clinical
Laboratory Sciences*

Changes and Reminders

We are pleased to announce January graduates Katie Hahn, Will Borders, and Lamiaa Tolba are working in the Carolinas Laboratory Network. The latter two were awarded Cum Laude for their academic achievement, and all three passed their BOR. Also, special congratulations go to Hodan Sahal, Class of 2001, recognized as the Carolinas Laboratory Network technical employee for 2005. Her contributions to hematology's success are greatly appreciated.

At a National Clinical Laboratory Educators Conference I attended recently, it was announced by NCA and BOR that there has been discussion about a merger of these two certifying agencies. If this were to occur, it would mean a new name, new rules, and more. I will keep you informed on the progress of this issue. If you are certified by the BOR, it is important that you are aware that all graduates from January 2004 to the present must show proof of 36 hours of CE over a time period of three years. NCA has the same requirements. The BOR and NCA websites provide information about areas that have been approved for credit. If you become a member of ASCLS, there are many discounted CE programs available. Check these websites for options; never let your certification lapse: you worked too hard for it!

Cyndie Hobson, who many of you have had as a microbiology instructor, found out in January she has re-occurring breast cancer. She elected to have a double mastectomy on Feb 1 and is now undergoing chemotherapy, consisting of four treatments every three weeks. Her first treatment was on March 3 and will continue until May. Keep her in your prayers, and if you would like to send her a card, her address is 10428 Breamore Dr., Charlotte, NC 28270.

You may have received a call recently from a student working on the CCHS phonathon. Please consider sending a donation to the Med Tech Student Education Fund. We hope to offset some of our students' education expenses and perhaps to offer a scholarship. Remember National Laboratory Week, April 23-29. Enjoy each day of the warm months to come, and look for an update about the lab renovation in our August issue of *Connections*.

Betty Anderson

(Betty.Anderson@carolinashealthcare.org)
Director, School of Clinical Laboratory Sciences



*School of Radiologic
Technology*

And We Thought Our Energized Lab Was Cool. . .

As you know, diagnostic radiography has experienced a major technological shift from conventional screen-film radiography to digital projection radiography. Clinical sites within the Carolinas Healthcare System that the program uses for student competency-based clinical education have replaced conventional radiography systems with digital projection radiography. Our onsite energized laboratory in which students learn imaging technique is not equipped with the necessary system to teach these new technologies. Within the past year, CHS applied for a grant from the Duke Endowment to support new teaching technologies in our program by upgrading our energized lab to incorporate the capability to produce, process, manipulate and store digital anatomical images. In December 2005 the program was notified that the grant request was approved. We have ordered a state-of-the-art Konica radiography system similar to the systems in the clinical education facilities our students use to obtain competencies and strengthen imaging skills. In partnership with the Duke Endowment, this progressive technology will enable our program to produce healthcare professionals who are academically and technically educated to provide the highest quality client care. Wow—and we *did* think having our own energized lab was cool—but come look at us now!

Susan Stricker

(Susan.Stricker@carolinashealthcare.org)
Director, School of Radiologic Technology



*School of Surgical
Technology*

Success in a Rapidly Changing Field

Spring is an exciting time for the Surgical Technology program. The current class is eagerly awaiting graduation in May. To those alumni working in the program's clinical sites, the students and faculty thank you for the countless hours of mentoring. You truly make a difference in the quality of education the students receive and ultimately the future of your profession.

Speaking of education, check out our Pathways section. All our 2005 grads who have taken their certification exams passed on their first attempt, and several past alumni are continuing a focus on lifelong learning. We're so proud of our alumni!

Spring is also exciting for the program as we will accept a new group of students to begin the transformation from student to professional. What will be the key ingredient for their success? Definitely an ability to be open to change and technological advancements in the ever-developing field of surgery. Just consider the new practices you've encountered over the past year in your own area. Yes, sometimes it can be overwhelming, but we embrace these great benefits to our patients!

Becky Cuthbertson

(Becky.Cuthbertson@carolinashealthcare.org)
Director, School of Surgical Technology

We Love Your Testimonials!

Recently, the School of Nursing received the following e-mail from a fellow staff member:

"I had the unfortunate luck to be admitted to the ED at Pineville last week for acute appendicitis. Fortunately, I was taken care of by some wonderful RN's, two in particular were graduates of CCHS. Sherry Peterson, 2005, was my ED nurse and was fantastic. I had a bad reaction to one of the meds and she kept her cool and performed flawlessly in getting things under control. My third shift RN was Connie Jones, 2000. She sat with me for a long time when I couldn't get to sleep at 2:00 in the morning (hyped up on solu-medrol). It was very comforting to be cared for by such excellent nurses, and I thank you and your faculty for the excellent training these two obviously received."

This story came from Lucy Davison, Clinical Coordinator for the School of Radiologic Technology. What a wonderful reminder of the great care our graduates are providing for their patients!



*Emergency Medical
Sciences*

New Part-time Paramedic Program

Congratulations to all of our new graduates from the full-time Diploma Paramedic Program. 100% of them passed their licensure test on the first try, and all will be working for the Mecklenburg EMS Agency in the Field Operations Division. We are very proud of these twelve individuals and look forward to seeing each new Paramedic on the job.

Carolinas College of Health Sciences and CMC's Center for Prehospital Medicine have once again teamed up to offer a part-time Diploma Paramedic Program. The first class began in January 2006 with 16 EMTs and is projected to graduate in December 2007. The program meets two nights per week and every other Saturday. For more information please call 704-355-1721.

John Tartt

(John.Tartt@carolinashealthcare.org)
Director, School of Emergency Medical
Science



Calling alumni from the classes of 1946 and 1956!

It's your golden anniversary since graduating and becoming a professional healthcare provider. We plan to recognize that special milestone during the college's May graduation ceremony, May 5, 7 pm, at Prichard Memorial Baptist Church. You should have received a letter of invitation. If you did not, call 704.355.5316. We hope to see you, and to help you catch up with some dear friends.

From the Alumni Association President



Spring is my favorite time of year! The days are longer, the nights warmer, and trees and flowers are blooming with color. It's a time for new beginnings, and the evidence of these new beginnings is all around us here on the campus at CCHS. As I write this, several of our Alumni and CCHS President Ellen Shepherd are winging their way across the Atlantic to enjoy the sights of Scotland. Upperclassmen are busy with pre-graduation activities: ordering invitations and class rings, and getting measured for their caps and gowns. Both first and second year students are preparing for final exams and looking forward to some well-earned time off afterward!

One of the duties I look forward to as the Alumni Association President is the opportunity to attend the annual graduation breakfasts and to officially welcome all graduates, from every discipline, to the CCHS Alumni Association. As an alumnus of CCHS, and as an employee of Carolinas Healthcare System, I have the opportunity to meet and work with several of our students. One of the questions I am often asked is, "What do you love most about your job?" That's an easy one for me. I love the opportunity to make a difference in someone's life...and I don't necessarily mean in terms of some great clinical feat like performing CPR or starting an IV. I am referring to the little things we do as caregivers that mean so much to our patients, like extending a kind word of encouragement, a hug or pat on the shoulder, or just listening while they talk. William James said, "The greatest use of life is to spend it for something that will outlast it." Today, more than ever, there is an ever-growing, indeed desperate need for healthcare workers, so encourage others to become healthcare professionals. I'll leave you with these words of advice: Go out on a limb occasionally. Take care of each other. Look for joy in small things. Allow yourself to fail, then forgive yourself for it. Think before you speak. Smile. Lastly, say "thank you" to at least one person today who has made a difference in your life.

I look forward to seeing you on April 7th at the annual CCHS alumni graduation reception.

Sincerely,
Nanda Rhodes, RN

rhodesm@earthlink.net
SON Class of 2000

2006 Alumni Association Meetings

May 16
August 15
November 14

All meetings are at the College, 1200 Blythe Boulevard, 6:30 – 8. On-campus parking will be available in 2006.

We Love Your Testimonials!

"Thank you for what you did for me. During a tough time, you gave me words of encouragement that kept me going and made a huge impact on my life. I should have told you then, but I appreciate you so much. It is only because of you and few others that I graduated. What a difference you made in my entire life."

Debra Hendricks Phillips, Nursing, 1996

Is there someone you've been meaning to say "thank you" to? A classmate? A teacher? Follow Debra's example; it's not too late!

Grads on the Go

Please recommend a Grad on the Go by contacting your program director.

Rachel Hamdan (McBride), SOST 2003, knew she wanted to care for others and make a difference. When she chose CCHS, it was with the full awareness that Carolinas Healthcare System is a top notch healthcare organization, offering a variety of potential career opportunities. Rachel started in the Nurse Aide Program, then noticed some literature on the Surgical Technology program. Encouraged by her Nurse Aide instructor to continue her education, Rachel enrolled, finding that she thoroughly enjoyed both the program and her instructors. When asked about her memories of CCHS, she comments on how hard the instructors and staff work to make sure that each student is successful. What has really impressed her is that she knows she can always go back to the College for support, even though she has completed her education here.

Her first position as a Surgical Technologist was in the CMC One Day Surgery Department. Here she was able to care for many Same Day Surgery patients, performing procedures from Arthroscopy to Pediatric Urology. Eventually, Rachel applied for a position with the Tissue Bank. She is currently a Tissue Recovery Coordinator for Lifeshare of CHS, which supports education processes and procures transplanted tissues for 37 hospitals in 23 counties of western NC. Her title requires her to provide community and hospital education for tissue recovery and the coordination of tissue recovery from cadavers. In this position she has developed a great reverence for both life and death, and has worked to provide patients with the utmost respect and dignity in each case she coordinates.

Rachel states the best thing about her current position is the ability to educate and impact the community. As a part of her focus on community care, Rachel serves as a leader and mentor to high school students and hospital healthcare workers. She applies her knowledge, skills, and patience to new learners, and she tries to provide opportunities for others to grow. She has been a spokesperson for area lectures, and has the zest to make a difference in her family's lives as well as in her community.

Rachel lives in Charlotte with her husband, Ali, who has been a major supporter of her continuing education and career, and her three children: Ariel, 12, Layla, 7, and Zayne, 5. She is active in her church, and in programs that provide food and clothing to the homeless. Her hobbies include her church drama club, reading, and singing as a member of the "Simply Vessels." Those of us who had an opportunity



Rachel Hamdan, SOST 2003

to hear her sing the Benediction a cappella at her CCHS graduation were moved to tears by the beauty of her voice. She is truly gifted.

We are not through hearing from Rachel. Her future plans are to continue her education in human services, and to minor in interpreting education for the deaf. She would like to provide outlets and opportunities to disadvantaged children and adults within the community and serve as a liaison to provide opportunities for others like her who may not have realized their full personal potential. Her experiences have made her wiser and more understanding of other people in her life as well as those individuals in her care. Rachel Hamdan definitely qualifies as a Grad on the Go!

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Natalie Bellini (Pettibone), SON 1997, has definitely been "on the go" since her graduation. She initially took a job at Carolinas Medical Center in the High Risk OB/GYN Clinic where she implemented group educational programs for staff and patients resulting in increased profits for the clinic. In 1998, she moved to the Baltimore area where she took a job as the Diabetes Care Specialist for MiniMed Technologies. In this role she initiated the use of insulin pumps in multiple major hospital settings including National Institute of Health, Walter Reed Hospital and Children's Hospital of Washington, DC. In 2000, she became a board certified Diabetes Educator and in 2001 became the Territory

Manager and Clinical Manager for Animas Corporation. In this role, Natalie has increased insulin pump sales by 400% in the Philadelphia market over the past 3 years. She finished in the top 12-18% of her company in sales during the past 3 years. She implemented new sales techniques which have been replicated throughout the country, resulting in nationwide sales increases. She developed and initiated educational programs for physicians and nurses that increased sales exponentially.

Currently, Natalie is enrolled in a RN to MSN Bridge Program through Regis University. She serves as the Teen Program Director of Childrewithdiabetes.com which puts on 5-7 programs a year for children, teens and their families. She speaks to groups of 300-400 people in regional meetings in Pennsylvania, Colorado, Washington, California, and Illinois, and expects to speak to a group of 3,000 participants in Orlando this July. She spends most of her time working with teens and was awarded the Teen Choice Award in 2003 for Children with Diabetes. Natalie began writing for *Diabetes Self-Management* magazine this year. She is a professional member of the American Diabetes Association, American Heart Association and American Association of Certified Diabetes Educators.



Natalie Bellini (Pettibone), SON 1997

If this does not keep Natalie busy enough, she has a second full-time job as mom to her 16 1/2-year-old daughter, Erin, an active high school sophomore and year-round athlete. Natalie clearly qualifies as a Grad on the Go!

Grads on the Go

Hodan Sahal, SOMT 2001, came to this country in August, 1993 on refugee status because of the civil war in Somalia. Hodan has ten siblings, and both of her parents are in the US. The month following her arrival, Hodan registered for a nurse aide class; she was certified and began working. She graduated from college in 1999 and from the Med Tech program two years later. She enthusiastically comments, "That same year I became a citizen!" Working at CMC in hematology, Hodan took advantage of an opportunity for a position in "special hematology," having enjoyed instruction from Drs. Lipford and Block.

Hodan became lead technologist in hematology in 2005 and received Carolinas Laboratory Network's (CLN) "Top Gun" status in 2003 and 2005. CLN includes the labs at CMC, CMC-Mercy, CMC-Pineville, CMC-University and the Mecklenburg County Health Department. Four times each year, the Pulling Employees Together (PET) committee of CLN, comprised of employees from each of the facilities, solicits "Top Gun" nominations from personnel. This employee is an outstanding representative of the Laboratory, works as a team player, and exemplifies CHS core values. Each year, one of the four Top Guns is selected as the Technical Employee of the Year by the PET committee. In 2005, Hodan was chosen to receive this honor. What tremendous accomplishments for someone so new to the profession!

Counting reading and traveling among her hobbies, Hodan takes a two-week vacation each year to visit a different state. Clearly, she deserves our admiration as a CCHS Med Tech graduate, a CHS employee, and a US citizen.



Hodan Sahal, SOMT 2001



Kathy Bruce, Alumni Association President-elect (left), pictured on the cover of the spring, 2005 newsletter.

Katherine Harrell Bruce Selected as President-Elect of CCHS Alumni Association

Kathy, a 1964 nursing graduate from Charlotte Memorial Hospital School of Nursing, will succeed Nanda Rhodes as president of the CCHS Alumni Association in fall, 2006. Kathy is a current Emergency Department nurse at CMC, easily recognized and respected by employees and patients alike as "the nurse who always wears white, and always wears her nursing cap." This has been a particularly trying year for Kathy, as she underwent total knee replacement of both knees in December. Never one to be kept down, she stood on her new knees for the first time within 24 hours of the surgery. We congratulate Kathy on her selection as President-elect of the association.

Men are Rocking the World of Nursing

Since 1990, the male portion of the nursing workforce has increased dramatically. Men are turning to nursing because it offers purposeful work, plentiful jobs, a regular and reasonable wage, and nearly limitless career opportunities. In other words, nursing is attractive to men for the same reasons it is attractive to women! When asked whether the college uses different techniques for marketing to men, Hampton Hopkins, Dean of Student Services and Enrollment Management responds, "We are careful not to market the program differently to different groups. We are a small school, but our standards speak loudly about the level of rigor we expect of all of our students."

Like other schools of nursing, ours at CCHS is experiencing an upswing in male applicants. Of the 146 new nursing students at CCHS in 2005, about ten percent were male. CCHS males succeed in the challenging program as often as females - a rate of 70 to 76% - and pass nursing boards at the same exceptional 90 - 95% rate.

It comes as no surprise, then, that male alumni are climbing the ladder of nursing success in record numbers. Examples abound, from male CCHS grads who've gone on to become nurse anesthetists, nurse managers, nurse educators, and flight nurses, to those who've been recognized for excellence within their facility or division and those who own or manage their own health care businesses.

Three male CCHS alumni among many who have been particularly successful of late are Matt Zegil (1996), Jeff Watts (2001), and Jeff Reece (1997).

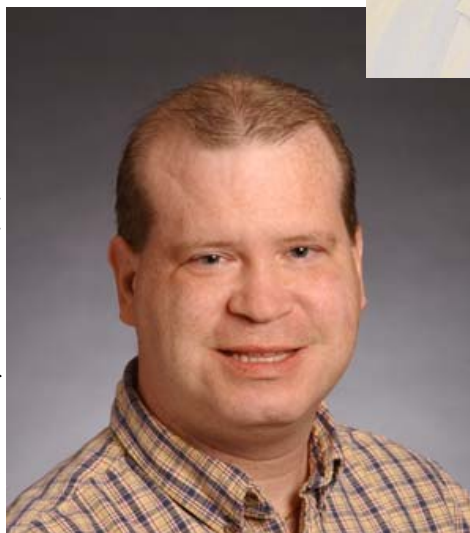
Jeff Watts worked at CMC-Mercy after graduation, then at Piedmont Medical Center (Rock Hill, SC). That's when the travel bug bit him. His first gig as a traveler was at Martin Luther King/Drew Medical Center in Los Angeles, in trauma ICU. That facility was a flash point of the LA riots; staff there sees the hard side of LA, the most traumatic injuries, the sickest of the sick. Watts also completed traveler stints with Los Angeles County, University of Southern California, UCLA Medical Center, and UCLA Santa Monica, always performing trauma ICU. In 2005, Jeff was selected as his agency's "Traveler of the Year" in recognition of his exceptional skill set, his strong work ethic, and his flexibility in filling needed vacancies. Says Watts



**Jeff Watts, SON 2001
Traveler of the Year**



**Matt Zegil, SON 1996
Nurse Practitioner**



**Jeff Reece, SON 1997
Chief Nursing Officer & Chief Operating Officer
Chesterfield General Hospital**

about the Traveler Nurse role: "It's definitely not for everyone! It's difficult work. It's hard to establish trust and collegiality because the home employees are always suspicious of your motives. You're always an outsider. But the pay is great and the opportunities are exciting. I won't do this forever, but for now, it's perfect for me."

Matt Zegil's journey was quite different. A Canadian citizen, Matt worked in home care upon leaving CCHS, then went to the Aleutian Islands of Alaska to fill a dangerous void in health care for Alaskan natives. Returning to Charlotte a married man with a growing family, he realized additional education was the ticket to the career he wanted. He turned to Winston-Salem State University for a BSN, then a Nurse Practitioner masters degree program. Today Zegil is an advanced practice nurse working with emergency and ICU physicians at a No-vant facility, work he finds intellectually stimulating and highly rewarding. A bittersweet memory for Matt was the moment a CCHS nursing instructor told him if he didn't make some changes, he would not succeed. He ruminates, "I'm glad I proved her wrong, but I also realize that her telling me that may have been the wake up call that changed my future. On all levels, CCHS enriched my life."

When you meet **Jeff Reece** you know immediately he will be successful at whatever he does. At CCHS he was president of both student government and the student nurse association. He was one of the first five presidents of the CCHS Alumni Association. At Chesterfield General Hospital, he was promoted to a management position within his first year. After three years, he was in charge of Infection Control for the hospital and then for an entire region for the parent organization, while simultaneously teaching for CCHS's new paramedic program, completing a BSN, and pursuing a joint MSN/MBA from U. of Phoenix. Recently Reece prevailed among stiff competition to be named the chief nurse executive and chief operating officer at Chesterfield General Hospital in Cheraw, SC.

These three male nurses represent only a fraction of the CCHS graduates who are charting meteoric pathways to success in their diverse nursing careers. Watch for even bigger things to come from these and other males now entering the RN workforce in record numbers.

CCHS to the Rescue:

Hurricane Katrina and then Rita swept through the Louisiana, Mississippi, Alabama and Texas gulf coasts leaving broken homes, broken bones, and broken hearts. We've seen the pictures of the devastation on TV, heard the figures, and struggled to sort out the aftermath of recriminations and accusations. Some of us were victims. A few intrepid CCHS grads, however, were heroes. Gulf Coast Heroes. This is the story of two of them: **Kit Sluder, SON '93**, and **Vonetta Abraham, SON '48**.

Kit's story: Last Sept. (2005) as I was completing an ICU travel assignment in Tacoma, WA Hurricane Katrina struck the Gulf Coast. Like everyone else I longed to "do something", yet my circumstances kept me from being available for "direct" relief. Driving home was a little frustrating with hours to ponder what people were having to go through and feeling helpless to lend a hand. This all in spite of having some disaster relief experience with the Red Cross (New York after 9-11), with Church World Service (Honduras after Hurricane Mitch) and through various other organizations in their efforts after other disasters. Yet I had to come home first. I had my dog, my belongings and had no disaster relief assignment. In order to make use of my time I managed to raise a small amount of money for the Red Cross during my trip across the country. Like me everyone wanted to help.

After miles of prayer and many phone conversations I found a unique need, one I'd never anticipated. It was through the Texas Assoc. of Community Health Clinics who were seeking volunteer healthcare professionals to assist their clinics in and around Houston. They were seeing a huge influx of patients due to the rising population of evacuees. It seemed a perfect fit. My friend (also a nurse) and I signed up for a two week assignment in Houston working in a clinic to ease the strain on its outpatient healthcare system. So six days after arriving in Charlotte my friend and I made the long drive to Houston.

The first two days things were still in flux as they tried to work through the school system to put together a clinic that would help meet the needs of families with children. It was ultimately unsuccessful. In the meantime, Hurricane Rita was in the Gulf building to its Category 5 peak and beginning to approach the Texas coast, threatening the Galveston and Houston areas. Everything switched gears. As the clinics sorted out details there was need yet again to move people from areas in the storm's predicted path. We contacted the Galveston Emergency Operations Center and found ourselves making the 40 min. drive there early the next morning to assist with the evacuations. The day was sunny and HOT as we assisted people onto busses. They were citizens from Galveston's general population with no transportation. They were asked to fill out papers with general information and wrote who they were traveling with in hopes of keeping track of where they all went

and keeping families from being separated. There were hundreds of people of all ages, many with pets, who feared the kind of devastation that Katrina had wrought. Many said they'd never before left because of an approaching storm. Katrina had changed their minds.

Eventually the last bus rolled off the lot. As we handed in the paperwork we heard of a nursing home that needed assistance. We went there and spent the next few hours loading residents onto busses. It was a challenge as some were unable to stand or walk. They had to be picked up and carried onto the Coach busses (narrow doorway, steep steps, long constricted aisle and high-backed seats). Fortunately, Galveston Fire and Rescue came to help complete the task. Soon we headed back to Houston in order to arrive before they closed all the exit ramps to aid the evacuation.

Many of the residents mentioned above had been evacuated from New Orleans to Houston and then to this nursing home in Galveston. It's difficult to imagine what it must have been like for them (some already very confused) to be evacuated yet again. We had the opportunity to assist them back into the home after the storm and one woman looked up at me with bewildered eyes, Mardi Gras beads draped six or eight deep around her neck and asked "Are we back in the Bayou?"



Kit Sluder, SON '93 (left), helps transport a Gulf Coast evacuee onto a bus for relocation after the floods of 2005.

...Gulf Coast Heroes!

During Rita itself (we decided to stay put) we found that the Red Cross was interested in having us to help out. We spent about 24 hours at their Houston Headquarters mostly doing phone triage and trying to get accurate numbers of occupants and workers in the shelters which were now spread all over the state. We also made list of any needs the shelters had. The numbers were staggering. We found it remarkable how many people had chosen to evacuate--again a direct result of Katrina.

Once Rita had passed we finally got to work in a clinic just outside of Houston. The staff was wonderful and we saw evacuees from both Katrina and Rita. We met a couple of doctors who had also volunteered. We provided needed healthcare and also assessed and helped treat individual's psychological needs. Listening is always key. Everyone made us feel a part of the team for the week we spent with them. We worked hard and learned a lot. They all seemed amazed that we came from "so far away" to help them.

On the way home we saw a sign in orange spray paint on a plywood board that said "North Carolina Field Hospital". It was the Carolinas Med-1 mobile hospital and we had the chance to take a tour. What an incredible facility--so well thought out and useful. It was in a strip mall parking lot next to a hospital that had an enormous pile of debris in front of it, an obvious indication of the need for something like the mobile unit. This disaster relief experience was rather unconventional. It would have been all clinic work if it hadn't been for Hurricane Rita. There was no real hardship and everyone was friendly and seemed grateful for the assistance. It is impossible to predict how things will ultimately work out and this was disaster

relief of a sort I'd never really considered. Yet Katrina was unlike any other disaster causing enormous shifts in population. You just never know when and how you might be able to aid others. More than ever before I'm open to looking outside the box when considering disaster relief options and not necessarily jumping at what comes to mind first. **Vonetta's Story:**

Victim relief is not for the faint hearted. It is also not reserved only for the young. Witness the example of another hometown hero: Vonetta Abraham (SON 1948). When Vonetta retired from nursing at CMC, she was not ready to give up making a difference. She signed on with the Red Cross and since then has been on over 35 relief trips, traveling as far as Guam. When Katrina struck, she began packing her bags. Despite her age (she's 80!), the Red Cross needed her and she was ready to go. Ms. Abraham serves on a volunteer basis as a manager. Her mission on this trip was to organize and manage a team whose job it was to care for the Red



Vonetta Clanton Abraham, SON '48

Cross nurses and staff. That is, to care for the caregivers. Within three days of Katrina, Vonetta had driven down to the Gulf Coast and was sleeping on the floor of a school with her team of volunteers. They worked from 7 a.m. until 9 p.m., often eating only sandwiches for most of the day. After a week they were pleased to get cots in, after the discomfort of the floor. Most of Vonetta's work was in Biloxi. She'd driven through the area many times, always stopping to marvel at the beautiful antebellum mansions and the graceful oaks. "It was heartbreaking to see the devastation to homes that had witnessed the Civil War--torn to splinters and scrap lumber. But it was also rewarding to be part of something so important. Many who lived through Katrina lost everything. Their physical wounds were in addition to the emotional wound they suffered. Our Red Cross staff was there to care for them and to help them restore a sense of order in their lives. And the Red Cross staff does their job best when my staff is there to meet their needs!"

What kind of hardships did she deal with, besides sleeping on the floor and eating sandwiches?

"Well, we were there for 4 weeks, and for the first week there was no water for showers. Eventually we found a wonderful truck stop that allowed us to shower each day. That was a relief! The water wasn't good to drink so we used bottled water for everything. We got attached to the school we lived in and worked out of, but when mold started growing on walls, it worried us!"

Fortunately, we were able to get it taken care of.

We'd only taken ten days worth of clothes, and it was not easy to find a laundry facility because there was no good water, and few facilities left of any kind. But every day we heard stories of people who had lost everything. Our minor inconveniences paled beside what they were dealing with."

Vonetta Abraham believes it may be time to hang up her Red Cross uniform and turn the job to younger folks. But she has left an indelible mark. She is a Gulf Coast Hero. Her parting words are typical of heroes: "What I did was nothing. The Red Cross deserves the praise. Ask everyone to support them!" Vonetta Abraham and Kit Sluder, you are amazing women!

CCHS provided a no-cost career start to displaced Gulf Coast resident Rhonda Robinson, shown here practicing her Nurse Aide skills.



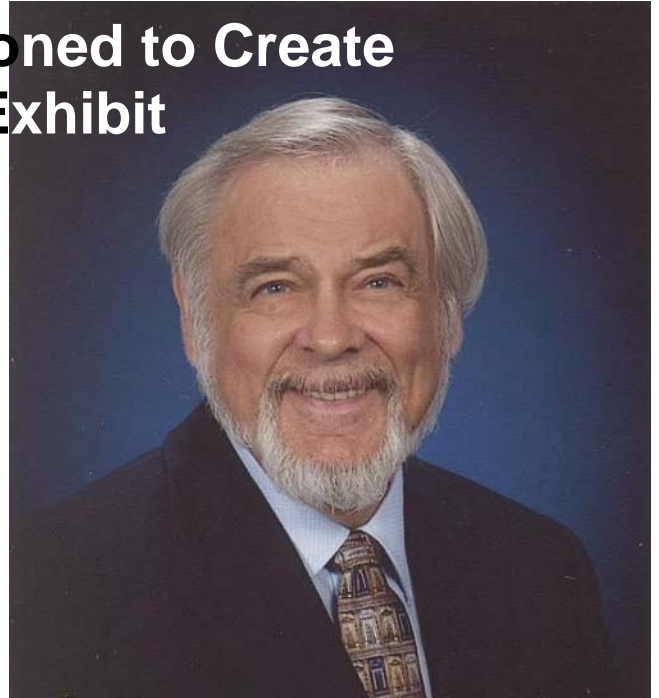
CCHS Instructor Commissioned to Create Tribute to Biblical Exhibit

Genesis. Psalms. Numbers. Passages so powerful, they shaped the Western world. The Dead Sea Scrolls are recognized internationally as the greatest archeological discovery of the twentieth century. In 1947 Bedouin shepherds found the scrolls in caves near the Dead Sea. Controversy swirled about the content and authenticity of the Scrolls for forty years. Today they are recognized as the earliest known manuscripts of the Hebrew Bible, known to Christians as the Old Testament. Discovery Place, Charlotte's science museum, is proud to be one of only two cities the scroll exhibit will visit this year.

Dr. William A. Dailey, CCHS music instructor, was commissioned to create a musical composition to commemorate this significant exhibit. His creation, entitled "Sing unto the Lord a New Song," is based upon Psalm 33. The performance begins with a brief baritone solo in Hebrew sung by Dr. Dailey and accompanied by harp. Festival Singers then enter singing the title scripture in English. This is followed by the sounding of a shofar (ram's horn), an instrument with ancient Hebrew roots. Finally, the feature most unique about this piece, a sound strange to modern ears: Ululation.

Ululation, says Dailey, is high pitched trilling of the letter "L," a sound common in ancient times and primitive cultures as a battle cry and as a song of praise. In Hebrew the trilling was called "Hallel," meaning "to praise." That word eventually morphed into "Halleluiah," signifying highest praise in most religions. Hearing the entire chorus ululate while the shofar sounds creates precisely the mystical aura Dr. Dailey intended. "My first intention was to create a piece that would glorify God. Second, I wanted to write a piece with ancient qualities but cast in the contemporary." He nailed it. The result is sound, rhythms, and excitement that are at the same time ancient and vibrant.

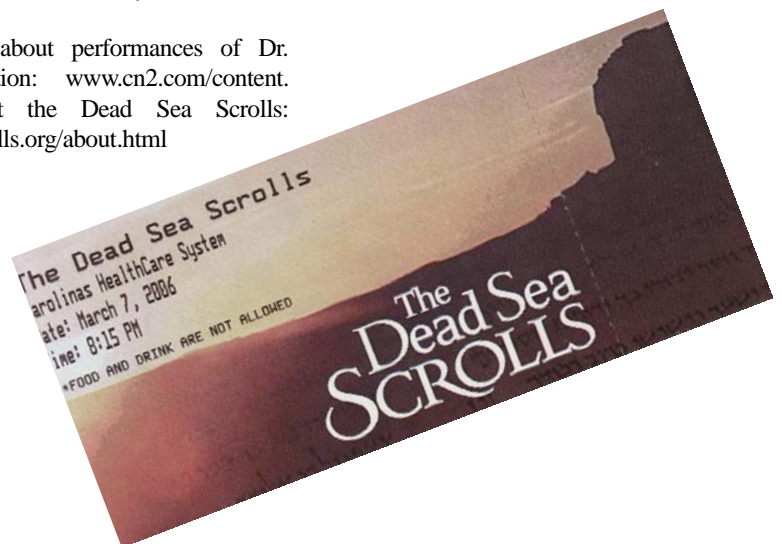
The Arts and Science Council's selection of Dr. Dailey to create this tribute was inspired. Dr. Dailey has been a well respected figure in Charlotte music circles for over 35 years. He studied music at Bethany College in Kansas, earned a masters degree in music education from Indiana University, and a PhD in musicology from Catholic University. While on active duty with



Dr. William A. Dailey, CCHS music instructor

the US Army, he was stationed with the First Army Chorus at Ft Meyer, Virginia. He moved to Charlotte in 1969, playing viola with the symphony for several years while concurrently teaching at UNC, Charlotte, where he is Associate Professor Emeritus of Music. Dr. Dailey was the recipient of the 1971 NCNB Teacher of Excellence Award and is listed in national and international biographies of educators and musicians. A much loved music professor at the university for 35 years, he retired in 2005. Both Dr. Dailey and his wife Eleanor are currently singing in Festival Singers, a choir under the umbrella of Carolina Voices. Dr. Dailey had conducted the mainstage choir of Carolina Voices, then The Charlotte Choral Society, for over thirteen years. Dr. Dailey now enjoys the less rigorous demands of teaching part time, and CCHS is honored to have him on its faculty.

For information about performances of Dr. Dailey's composition: www.cn2.com/content. For more about the Dead Sea Scrolls: www.discoverscrolls.org/about.html



Our Arts & Science Council WOW Factor

CCHS staff had a record breaking year in supporting the Arts & Science Council. Just like every other division of CHS, we were given a goal based on our number of employees and their salaries. We exceeded our goal by 242%! Our contribution along with the other divisions of CHS added up to over \$370,000 to the ASC. That is an incredible “WOW!” when you consider the System goal was \$250,000. This gift was presented to Lee Keesler, President, Arts & Science Council, at the CHS Star Search Celebration held in the beautiful new Halton Auditorium of Central Piedmont Community College. Out of 100 talented CHS employees who auditioned, only 16 were chosen to be in the finals. CCHS is proud to have 2 of those finalists as our students: **Valerie Beekman** and **LaTonya Cain**.



Valerie Beekman, CCHS nursing student



LaTonya Cain, CCHS nursing student

Valerie Beekman, nursing student, won second place in the CHS Star Search Talent Show with her performance of “Prokofiev’s 2nd Sonata, 4th Movement.” Valerie is one of nine children in a very musical family. In addition to the piano, she plays the violin and frequently performs in a string trio with two of her sisters. Valerie has taught violin, piano and orchestra classes at her family’s music school. She has played piano with the Charlotte Youth Orchestra for seven years, including a concert in Carnegie Hall. Valerie has also performed a piano solo with the Charlotte Symphony and Charlotte Civic Orchestra. She plays regularly as a church pianist, at weddings, community events and as a member of the Carolinas Concert Association’s Young Performers. Way to go Valerie!

Also, congratulations to **LaTonya Cain**, nursing student, who was recognized for her outstanding vocal talent by being selected as a finalist in the CHS-wide talent show. Latonya has been singing since the age of four when she sang her first church solo. She’s sung professionally at weddings, funerals and other events. LaTonya comments, “Singing is such a joy in my life!”

Donors Hall of Fame

Thank you for these generous gifts and pledges given from
11/01/05 to 3/29/06

Nancy Alexis, SOMT '04
 *Elizabeth T. Anderson, CCHS Faculty
 Louise Ansley, SON '51
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 *Kenneth G. McArver, Martha Rollins Memorial

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 *Betty S. McCartin, Elinor Caddell Scholarship, SON '51
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(2) = Two gifts

SOEMS School of Emergency Medical Sciences
SOMT School of Medical Technology
SON School of Nursing
SORT School of Radiologic Technology
SOST School of Surgical Technology

Please accept our apologies if we have neglected to include your contribution. We would appreciate your letting us know of any oversights.

A dear alumnus – whom I won't name here - stopped by my office today with a generous and unique gift for the college. A check for \$650. Unquestionably generous, but why unique? In her words: "\$650 is exactly the amount it cost my mother and father to send me to nursing school for three years. Books and all. \$650 was a huge amount to them; it meant a lot of sacrifice. That \$650 changed my life and gave me a career, so it seems a fitting amount for me to give back. I hope this gift will make a difference for someone - even if it is just a fraction of the difference it made for me!"

Thank you, gentle alumnus. Your mom and dad would be honored, and would be so proud of you!

Ellen Sheppard

Alumni Association Meeting Highlights

Many of you are unable to attend, so here are some excerpts from the minutes of our last two meetings:

Nov. 15, 2005: Twelve were in attendance with Nanda Rhodes presiding. Association officers for 2006 were discussed, as was funding for the Elinor Caddell Fund, to which the monies for the sale of the charms will be added. Ellen Sheppard reported that 100% of (our last August graduating class) had passed the NCLEX. Members were notified of the death of Margaret Propst, daughter of Madge Propst, former instructor at the Charlotte Memorial Hospital School of Nursing. The November alumni party for the December, 2005 graduates was discussed, as was the "after the holidays" party in January at the Red Rocks.

Feb. 21, 2006: Fourteen members listened to two male nursing students describe their experiences at CCHS. Three recent graduates were welcomed as new members: Michele Dumas, Barbara Gabriel, and Laura Capranica. Ellen Sheppard reported on the state of the college. The alumni reception for spring graduates will be April 7; the fall barbeque or some other similar activity was also a topic of discussion. Kathy Bruce will take over as president-elect of the association at the November meeting. Members would like to increase participation of alumni from other schools in the college.

Enchanting Ireland: Our 2007 Alumni Trip!



Join us for 11 days, March 25 – April 4. Visit Dublin, Kilkenny, Galway, Cork, Killarney and the ring of Kerry, Blarney Castle the Blarney Stone. Optional half day excursions available to London and Windsor Castle.

Cost is \$1919 from Charlotte (other gateways are available).

All this is included: Airfare, round trip
Three- and Four-star Hotels each night
Full Breakfast each day
3 three-course dinners
Guided sightseeing throughout
Baggage Handling Throughout

For Complete details, go to the website www.goaheadtours.com. Click on “Destinations” then “Enchanting Ireland.” If you are using a gateway other than Charlotte, use the “Price Finder” feature of the website to determine the cost. For more information or a trip registration form, contact Pat Lewis at the college (704.355.2029) pat.lewis@carolinashealthcare.org.

Travel Itinerary

Dublin

Day 1 – Day 4

Guided sightseeing of Dublin; visit to St. Patrick’s Cathedral, founded by Ireland’s patron saint in A.D. 450; travel along the banks of the River Liffey; see the official residence of the Irish president; visit Trinity College. Within the college’s library is the famed *Book of Kells*, an illuminated text believed to have been written in the 8th century. On our free day in Dublin, you might shop along Grafton Street. Or join an optional full-day excursion to Powerscourt, an elegant estate known for its landscaped gardens; visit the ruins of Glendalough, once the monastery of St. Kevin. Experience traditional Irish music, dance and food at the optional Irish Cabaret Night.

Cork

Day 5

We travel through the Irish countryside stopping in Kildare at the National Stud Farm. Tour the pastures and stables and learn how the world’s fastest racehorses are bred and raised. In Kilkenny, Ireland’s center of craftwork and medieval architecture, we visit 13th-century St. Canice’s Cathedral. then tour charming Kilkenny, on the banks of the River Nore.

County Kerry

Day 6 - 7

Walking tour of Cork, visit to the Queenstown Story Museum at the port of Cobh. Cobh was the seaside town in which that hundreds of thousands of Irish citizens bid farewell to their homeland and set off for the New World. Their stories come alive at the museum. Stop at Blarney Castle, where we try our luck at kissing the legendary Blarney Stone. A leisurely journey around the 112-mile Ring of Kerry takes us to spectacular coastal scenery, including the mountain peaks of Macgillycuddy’s Reeks, ruins of Iron Age forts, and the three Lakes of Killarney, stopping in Killarney, one of Ireland’s famed resort towns.

Galway

Day 8 – 10 (Day 11 is a travel day)

We drive through Ireland’s most rugged scenery to Galway, the “gateway to the West.” Along the way, we’ll stop at 13th-century Bunratty Castle. Free time allows you to enjoy Galway. Sample the local art galleries or journey out to nearby Lake Corrib, whose 365 islands are said to represent each day of the year. An optional excursion visits the towering Cliffs of Moher and the wild landscapes of the Burren. Other options: dine in style at a Castle Banquette Dinner; take an optional ferry excursion to the Aran Islands where islanders subsist on fishing and farming, wear traditional Aran dress, and speak the Gaelic tongue. Local crafts include the popular hand-knit “fisherman” sweaters.

Unfortunately, some Pathways submissions sent via Homecoming RSVP cards were lost. Our apologies. Please submit news to Ellen.Sheppard@carolinashealthcare.org or call Pat Lewis at 704.355.2029.

Alumni Pathways

SOEMS School of Emergency Medical Sciences
SOMT School of Medical Technology
SON School of Nursing
SORT School of Radiologic Technology
SOST School of Surgical Technology

Class of 1951, SON

Reunion 2006's vote is fairly equal between Myrtle Beach and Charlotte—late votes decisive. We'll be in touch later! **Lazelle Lombard Vielle** comes from California to North Carolina on March 23rd to see Rockwell family—"pleasure" this time. **Mary Ruth Hunsucker Fulbright's** son will bring her to Charlotte to connect with all here. Mary Ruth and Joe have a 53rd coming up. Their daughter's son, Rahn Null, is now at Appalachian, and son Joe's "Zach" is at UNC-CH in music. **Babs Campbell Johnston** heads with friends to Key West on March 26th through April 6th after Davidson visits by a niece and nephew, and other Ohio family (and always the three little stair step grandsons from down the street!) **Nancy Miller Bartlett** flew to Georgia for her sister Martha's funeral. An Alzheimer's patient, Martha died January 24th. The weekend before their children had given Nancy and George a Grove Park Inn retreat, very much enjoyed. **Rayma Lou Kirby Robbins** and Curtis will soon have 55 years together. Her fractured wrist, from the fall, has healed well. Grandson, John, graduates from SON in Statesville in May—so, another nurse! Mary Robbins' grandchildren are now in Charlotte so perhaps that will bring "the elders" down from Lenoir. (Anne's husband Dan will be going for a 3rd spinal surgery for vertebra above and below where there is nerve pinching.) **Connie Edwards Anderson** and Joe are well. Their children will be home in Montgomery in April; (during the time Joe, a pilot who flew 101 missions in the Korean War, will be awarded for his service). In May they'll be off to Niagara Falls and Canada. Connie has put knee surgery "on hold." **Barbara Gardner Lanier Gray's** grandson, Paul Lanier II, is heading back to UNC-CH for his Master's in September, and David's son, "Andy" Lanier is at State. Barbara sends love to all, and says she and Lawrence are "perking right along." **Lorraine "Smitty" Pelletier** and Jere Rufus "have gotten through the winter well." She sees her oncologist in March and expects no changes. **"Sooky" Spires Hoffman** has gone on two mission trips to Mississippi with the Episcopal Church out of Jacksonville. "Long hours and much devastation. One lost twelve family members." This summer Sooky will return to the Medical Missions in Barhona, Dominican

Republic. (Sooky remains the "energizer bunny.") **Peggy Harris Swinson** is returning home in Cliffside to visit her brother, Charles, (a cancer patient doing well), and wife, Joyce. Peggy and friend, Patsy, share family trips to avoid alone travel, the bane of widows. Peggy's son, Jessie's, Drew is at UNC-Wilmington now. (From college age to three year old Emily Grace.) **"Corky" Cooper Howell** and daughter, Angie's, multiple Texas trips for daughter Patti's surgeries are behind, with the last successful stint in Patti's neck. Patti's family will be moving next to Corky at Grand View Lake, Georgia—across from daughter Richi's family. Corky hopes now to get to Valdese to see her own sisters. (Corky and **Margaret Cooper Viso** have both done remarkable jobs raising young children after premature deaths of husbands.) **Hazel Tuttle Borders** and Bob Roach sound cheery and are doing well. **Billie White Mitchell** keeps up the P.T. following the hip pinning, after walking around on a fracture July until November. **Louise Moss Ansley** and Bob are looking at Bob's approaching ship reunion at Colorado Springs. She's again gathering things for New Orleans, which the Tennessee firemen deliver. **Mary Ann Dillard Stewart** says that **Katherine Stewart Townsend** and Bill were getting a March flight from Hawaii to the Texas family of daughter, Debora. Mary Ann's own Mary Katherine, whom we know from reunions, has been doubly busy with 12 hour duty and helping another nurse through pneumonia in prep for her surgery. (Like mother—like daughter!) **Evelyn Howie Risner's** doctors are watching another nodule on her lung. Both Evelyn and Peter are doing well, just tire easily. They had added family time with a dinner by the children for her birthday. **Anne Britt Meiers** goes to Nashville for double eye implants on April 6th, staying there for six weeks afterwards. She says she's about given up on other trips for she needs too much help and a wheelchair. **Ginger Stuart Cloer's** son, John's, Renee graduated from UNC-CH in December with her usual high honors. **"B.J." Sinclair McCartin**, post that terrible Georgia wreck last July, awards highest praise to caregiver husband, Paul. She says she's feeling great and praying for a medical release to drive again, so long denied for her inability to turn her head side to side. Meanwhile, **Barbara Aycock, Margaret Viso, Janice Luckey and Ginger** meet the last Friday every month for luncheons. Join us when you can by a call to any of them! "See you soon . . .

Class of 1955, SON

Jeane Myers Hornaday, 72, of Sanford, died Saturday, October 22, 2005 at Duke University Medical Center in Durham. Mrs. Hornaday taught health occupations education at Lee Senior High School for 28 years.

Class of 1957, SOST

Gertrude Moore Brazzell passed away in May, 2005. Gertrude graduated from the first hospital based Surgical Technology program at Charlotte Memorial Hospital.

Class of 1967, SON

Sarah Wade Oden passed away on November 23, 2005 at Pitt Memorial Hospital in Greenville, North Carolina, after complications following surgery. She was a registered nurse and graduated from Charlotte Memorial's nursing program. The class of 1967 will have a Class Reunion Luncheon in Charlotte in late May or June. Please call or email one of the following for details: **Polly White Caldwell** at (704) 597-1081; **Lynn Wallace Crutchfield** at lynncrutchfield@hotmail.com; **Donnie Spears** at nations@donnienat@earthlink.net; **Mary Rabon Moore** at rabon58@yahoo.com. Some of our classmates helped to provide a check for \$300.00 to the family of recently deceased classmate **Sarah Wade Oden** for college financial aid to her sons. Thanks to those who contributed.

Class of 1993, SORT

Anne Fuller Colligan graduated from Elon College with her BS in 1994. She has been employed with CHS since '93 in various places (radiology, diagnostic x-ray), then to Cardiac Cath at CMC-Mercy for 4 years and has now been in Interventional Radiology for the past 3 years at CMC. She and her husband have a beautiful baby boy, Jack Thomas Colligan, born on October 5, 2005.

Class of 1995, SON

This past November, **Mac Herring** won a seat for a four (4) year term on the Mooresville Town Board of Commissioners. He continues as an Interdisciplinary Team Manager for Hospice & Palliative Care Charlotte Region, and has earned certification as a

Hospice & Palliative Care Nurse (CHPN). He has been on the forefront of establishing The Mooresville Museum, as well as chairing The Mooresville Historic Preservation Commission. He and wife Jill and children Nell (10) and Van (7) live in Mooresville in the home where Mac grew up. **Donna Mueller** remarried in 1997, had another child in 1998, and has been living in Seattle, WA since August, 2005. She has four children: step-daughter Samantha, 20, Jennifer, 19, Jessica, 15 and son Sean, 7. Donna passed her Certified Post Anesthesia Nurse certification while working in PACU, which was a breeze with the knowledge she had acquired from her education at CMHA-SON. Donna has taken a few years off and is now thinking of re-entering the nursing world.

Class of 1997, SON

Jeff Reece has been promoted to Chief Nursing Officer and Chief Operating Officer for Chesterfield General Hospital in Cheraw, SC. He is also completing a combined MSN/MBA degree at U. of Phoenix. We're so proud of you, Jeff!

Class of 1998, SORT

Emily Starnes Schlottman is now Facility Manager at Drew Medical's newest and largest office in downtown Orlando, Florida.

Class of 2000, SON

Meredith Sligar Hirsch is currently teaching with the Nurse Aide Program at CCHS. When she is not teaching at CCHS, Meredith is at home with her 14-month-old son, Jackson, or teaching Sunday School at her church.

Class of 2000, SORT

Susan Shaw Griffin is now the Point of Care Coordinator for Carolinas Laboratory Network; her office is located in the lab at CMC.

Class of 2005 SON

Jeff Watts has been chosen as one of the 2005 Travelers of the Year by *Healthcare Traveler* magazine. He is in a group of extraordinary nurses and allied health professionals who have been selected for their professional accomplishments and unique personal qualities such as integrity, clinical expertise, flexibility, reliability, compassion and pride in a job well done. Jeff was nominated

by Keith Aragon, Placement Specialist, who says, "Jeff is the consummate professional; he's always willing to help out, and his devotion to nursing is unrivalled. This year, I had a situation where one of our clients was in desperate need of an ICU nurse for one shift. I called Jeff, and he happened to have the day off. We booked a flight to Fresno for him, where he worked the emergency shift. Then, we got him back to LA for his regular shift the next day. This is just one example of his readiness to help and why we're lucky to have him on our team." Jeff's specialty is ICU; he has been traveling with the company for 1 1/2 years. Congratulations, Jeff!

Class of 2001, SOST

Sharla Paulk graduated from Nursing School in December, 2005. **Steve Leonard** and his wife have a new baby girl, Sidney Ann, born March 27.

Class of 2002, SON

Leigh Ann Nichols is currently living in Mt. Pleasant. She and husband, Walter, are expecting their second child. Ann Elizabeth is now 2 years old. **Tara Dellinger** is getting married in May.

Class of 2003, SOMT

Robin Steffensen Miller is the Education and Safety Coordinator for the Carolinas Laboratory Network. She married Chris Miller on October 8, 2005.

Class of 2003, SOST

Jennifer Green is engaged and relocating to Norfolk, Virginia. An October wedding is planned. She will be working with a plastic surgeon in that region.

Class of 2004, SON

Kelly Cunningham announces her engagement! **Ingrid Kemp** has moved to Phoenix, AZ, started a new job and has a new baby!

Class of 2004, SOST

Kizzian Kennedy Daniel and husband are the proud parents of baby girl, Arianna Victoria, born January 8, 2006 in Colorado where her husband is stationed. **Cindy Austin** has been accepted to Gardner Webb School of Nursing. Cindy is the Orthopaedic Coordinator at Cleveland Regional in the Inpatient Surgery unit.

Class of 2005, SOST

Angel Pendleton, Wayne McCarn, and Erin Bickell have passed their certification exams. Angel is located in the Chicago area and is enjoying being a mother. Wayne works in the department of surgery at Gaston Memorial and PRN with Life Share of the Carolinas. Erin works in the Inpatient Surgery unit at CMC.

Class of 2006, SOMT

Katie Hahn is employed by CLN in the lab at CMC-Pineville. **Will Borders** and **Lamiaa Tolba** are employed at CMC-Hematology.

We Love Your Testimonials!

A 2005 nursing alumnus left this message on Ellen Sheppard's voice mail:

"I just want to thank you for the education I got at CCHS. I'm in Connecticut now and every day I'm complimented on how much I know, my skills and my attitude. I owe it all to CCHS. I hated the care maps, but now when I look at a patient, a care map immediately starts to form in my mind, guiding my assessment and care. The nurses I work with are amazed at the clinical experience I got at CMC. I'm so proud to have earned my degree at CCHS. My thanks to all of you."

Stephanie Blackmon, SON 2005



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