



Carolinan College of Health Sciences Newsletter

OCTOBER 2011



October is National Breast Cancer Awareness Month



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. The single best way to protect against the flu is by getting a flu **vaccination** each fall. This year the H1N1 vaccine has been combined with the seasonal flu vaccine; therefore, eliminating the need to get two vaccinations. The majority of adults have antibody protection against influenza virus infection within two weeks after vaccination. Carolinas College, in conjunction with Carolinas HealthCare System, will continue with a voluntary flu vaccination program this year. Students in medical laboratory science, nursing, radiation therapy, radiologic technology, surgical technology, phlebotomy, and nurse aide who choose not to get a flu vaccination will be required to complete a mandatory declination form and to wear a mask when in a clinical environment. We encourage everyone to get vaccinated for the safety of our patients, students, and employees. **FREE** flu vaccinations will be offered to all students and employees at the College on the following dates:

Thursday, Oct. 20 – 11:00 AM to 1:00 PM

Monday, Oct. 24 – 10:00 AM to 12:00 PM

Friday, Oct. 28 – 9:00 AM to 11:00 AM

For flu information and schedules with additional dates and locations, please check the bulletin board in the lobby or click on the "Stop the Flu" icon on the Carolinas College Information Portal. Protect yourself and those around you: Choose to get your flu vaccination!

It's Fall Festival Time!

The Student Life Committee will be sponsoring its annual Fall Festival on **Oct. 24**, 10:30 - 1:30 in the small front parking lot. Hot dogs with all the fixings including homemade chili will be served, as well as baked beans, chips, and hot apple cider. The carnival themed Fall Festival includes fun games like ring toss, balloon darts, basketball games, the duck pond, and a cake walk. Watch the lobby message board for more details! In other Student Life news, mark your calendars for Monday, **November 21** for a free Thanksgiving luncheon for all students to be served by your faculty and staff.



Reception for December Graduates

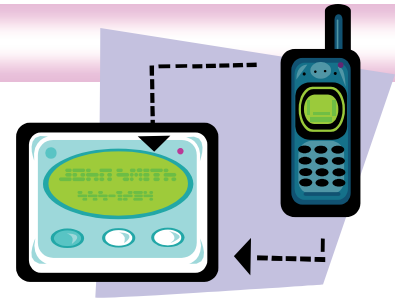
On Thursday, **Oct. 14**, CMH/CCHS Alumni will be in the lobby from 2:30 - 3:30 to offer their congratulations and celebrate a job well done. Stop by for cake, punch, and cookies.

Graduating in 2012?

Each year as a gift to the graduating students, the college has a large composite photo made of their class. Each graduate receives an 11 X 14 souvenir copy, as well as two small individual pictures, ideal for using with your certification exam application! A large framed composite hangs in the lobby for the next 12 months, and a smaller framed version hangs in the portrait hall forever! **DON'T** be left out! Pictures are typically taken in late January. Times will be announced in the December and January newsletter; a signup sheet will be posted. **All students who will graduate in 2012** should have their pictures taken as the photography company only comes on campus once a year. Gentlemen: please wear white shirt and tie on your picture day. Drapes will be provided for ladies.

Emergency Notification Test on Oct. 20

We will conduct a test of our emergency response communication system on **Oct. 20** at 3:30pm. A blast voicemail message will be sent to the primary phone of all students, faculty and staff. This test is conducted twice each 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 the campus' Emergency Response Team. For more information regarding the emergency response communication system and other safety information at Carolinas College, contact Hampton Hopkins in student services. Through SonisWeb, CCHS can now use text messaging for emergency communication with students. To initiate this service follow these 5 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, consider entering your cell phone as your primary contact number. This would direct all emergency calls to your cell phone. Any charges routinely applied by your cell carrier will apply to text messages sent in the event of an emergency or test of the system (generally once per semester).



Calling All Students

Carolinas College of Health Sciences is interested in hearing "Your Story"! Is there a college faculty or staff member who has been inspirational and who models the College's and CHS' values of Caring, Commitment, Integrity, and Teamwork? Starting with the November issue, this newsletter will highlight one student's story and the honored faculty or staff member each month with the hope that these stories become part of an ongoing inspirational collection that can be shared with current and future "generations" of the CCHS family! Please send your stories to Dr. Janice Terrell, Provost, Academic Affairs via her email (janice.terrell@carolinacollege.edu) or place your article in the drop box on Dr. Terrell's door (Office #212). We look forward to hearing your story!

Computer Lab Hours* for October

Mon - Thur: 8 AM - 7:30 PM
Friday: 8 AM - 4:30 PM
Saturday: 11 AM - 4 PM
Sunday: CLOSED

Oct 17 - 18 (Fall Break):
8 AM - 4:30 PM

*Lab hours are subject to change.

Charlotte AHEC Library Update

Looking for a quiet place to study alone or with a small group? Try the 2nd floor of the newly remodeled AHEC library.

- ☞ Open now for student use 24 hours a day, 7 days a week.
- ☞ Access via elevator from the lobby of the Medical Education Building (MEB).
- ☞ WiFi enabled with individual study rooms, conference rooms and areas for small group study.
- ☞ A CHS or student badge is required for access to both the building and the 2nd floor; badge readers are being installed.
- ☞ Monitored for student safety with closed circuit cameras.
- ☞ Dress Code: jeans are allowed; students may encounter other professionals and should use their best judgment.

The remainder of the library is scheduled to re-open in late October. The new library hours will be 9am – 6 pm, Monday – Thursday, and 9am – 5pm on Fridays.

Congratulations...

...to Lieu Hoang, student nurse, and Millie Creech, nursing faculty, who were each winners of two tickets to the December 11 Panthers game, compliments of Carolinas HealthCare System. In addition, Cathey Miller, radiologic technology faculty, and Carla Cozzen, general education faculty, each received two tickets to NASCAR races, compliments of CCHS and the CCHS Alumni Association.

Faculty/Staff Updates



Heidi Goss, RN

It is with a mixture of sadness and excitement that we announce the departure of Heidi Goss, RN, BSN, Coordinator for the Nurse Aide programs since January 2009. Heidi has accepted a new position as Director of Clinical Operations, CHS Skilled Nursing Facilities effective Oct. 9. She will be responsible for oversight of the four long-term care facilities within Carolinas HealthCare System. Marilyn Bean, NA Instructor, will assume the role of Interim Program Coordinator until the position is filled. We wish Heidi well in her new role!

Student of the Month

The College is pleased to announce that Stephany Osorio is the October Student of the Month. Stephany, an intermediate nursing student in her fourth term, was recently recognized by Tina Ralyea, AVP of Patient Care Services for her role in a Code Pink drill at Levine Children's Hospital in June 2011. As Stephany was entering LCH, she heard the Code Pink Drill announcement. Her training kicked in and she immediately began observing the area for unusual behaviors and successfully located the "baby doll" in the drill. Ms. Ralyea said that new strategies will be implemented in future Code Pink situations and Code Pink Drills as a result of Stephany's observations and suggestions. Way to go Stephany!

Do you know a fellow student who is making an outstanding contribution to the community, including the College and the health care system? If so, consider nominating him or her to be the Student of the Month. This award recognizes a student each month who exhibits a dedication to the core values of the college. The college's Leadership Team considers equally the student working hard behind the scenes as well as the leader who strives to make a positive impact. The monthly recipient will receive a certificate worthy of framing, a profile in this newsletter, and a parking space in the V lot. Criteria and applications are available on the Information Portal in the "Student Resources" section.



Stephany Osorio



Open Forum with President Sheppard

Dr. Ellen Sheppard, President of CCHS, conducts open discussion sessions once a month. Do you have an idea you wish to talk about? Is something bothering you? This is the perfect opportunity to be heard. This month's open forum will be held on Monday, **Oct. 10**, 12:00 - 12:45 in room 137.

Compliance Corner

A daily walking program for patients called Cardiac Cruisers has begun on 6 and 7 tower at CMC Main. The nursing and physical therapy departments collaborated on the plans for this program with the goal of shortening patient hospital stays and decreasing the incidence of blood clots in cardiac patients. Other potential benefits include increased feeling of well being, physical strengthening, and participation in self care. The floors play music over the intercom for 10-15 minute intervals several times a day for the walking program. Candidates that are identified from the patient population on these floors ambulate during those times, walking incrementally to a point where they feel mild fatigue. The support of physicians, nurses, physical therapists, assistants and other healthcare team members is necessary for this initiative in the hopes of improving patient outcomes. Interdisciplinary efforts such as Cardiac Cruisers are important components in CMC's goal toward Magnet status.



Phi Theta Kappa (PTK)

The fall season is here and PTK is gearing up for a season full of fellowship, and fundraising!

- October 13, 5:30 PM:** PTK is proud to hold an induction ceremony to welcome all new members! Congratulations to these students for their accomplishments and earning this honor! The ceremony will be held in the college's auditorium (room 190). Immediately following the ceremony will be a cake and punch reception to celebrate membership. Family, friends, students, faculty, staff and current members are all welcome and invited to attend. We look forward to seeing you there!
- October 14, 11 - 12 PM:** PTK will host a luncheon for the December 2011 graduating class. The luncheon will be in Room 190. Pizza and refreshments will be served! Please sign up on the sign-up sheets located on the office doors of Cathey Miller and Cathy Borysewicz. The cost is \$5 for non-graduating members, students, faculty and staff and FREE for graduating members!!! Please contact one of the PTK Officers with any questions.
- October 28, 11 - 12 PM:** General meeting. New officer openings (Treasurer and Secretary) will be discussed! If you are interested in becoming more involved with PTK, and adding to your resume, this is an excellent opportunity!

Get your bowling shoes out! PTK is planning on a bowling night later in October! Details will follow soon!

The Jack Kent Cooke Undergraduate Transfer Scholarships - CCHS is eligible to nominate up to 2 students for this scholarship. Students must:

- Continue their education at a 4-year college fulltime in the fall 2012 semester
- Have a minimum GPA of 3.5
- Have documented financial need, and
- Be nominated by the faculty representative

Scholarship Details:

- Maximum \$30,000 available per student, per year
- Provides funding for tuition, room and board, books and other required fees
- Must be nominated by the community college
- Application is due by **Nov. 14, 2011**
- Contact Faculty representative - Cathy Borysewicz, Catherine.borysewicz@carolinacollege.edu, if interested in being nominated
- To apply, [contact Jack Kent Cooke Foundation](#) directly

WOW! These Folks Are Amazing!

Did you witness a someone doing a good deed? Was someone instrumental in helping you ACE that test recently? CHS makes it easy to say "thanks" in a special way to the student, staff, or faculty member who went out of his or her way to help you. You can send a WOW Card, supplies located in the lobby, nominate them for a Values in Action or KEIP (Key Employee Incentive Program) Award. The following students or staff were

recognized recently for service above and beyond:

Faculty/Staff:

Business, Finance & Technology: Bo Clarke

Radiologic Technology: Jodie Huffstetler

Student Services: Diana Bell, Joy Godwin, Rhoda Rillorta, and Nicki Sabourin

Celebrate Our Pinnacle Nominees!

The highest form of employee recognition at Carolinas HealthCare System is the Pinnacle Award. Of over 44,000 CHS employees, 570 were nominated for Pinnacle recognition. Five of those are CCHS employees. Of those five, one was selected as one of the 56 finalists: Susan Thomasson. Congratulations to these five for demonstrating our values daily.



Susan Thomasson
Director
Continuing
Education



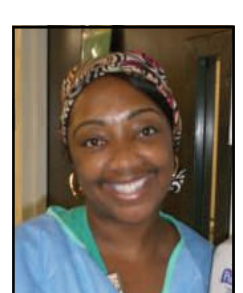
Dawn Swiderski
Director
Carolinas
Simulation Center



Jill Powell
Financial Aid
Coordinator



Kelly Shirley
Director, School
of Clinical
Laboratory
Sciences



CJ Duren
Program
Coordinator
Anesthesia
Technology
Program

Student Success News

Peer Tutors Needed! - Becoming a Peer Tutor means contributing to your college community while reinforcing important course content. AND you receive gifts for your involvement in this flexible program. Talk with Nancy now about being a Peer Tutor at CCHS!



THE CENTER
IS ALSO A
GREAT PLACE
TO STUDY!

Success Tip for October - Do tests stress you out? Do you practice a relaxation breathing technique to call on when you need it? Try this simple exercise: 1) Breathe in to the count of 4; 2) Hold your breath to the count of 7; 3) Slowly blow out to the count of 8; 4) Repeat until you feel calmer and more focused. You can do this anywhere, any time. To maximize effectiveness, practice for a couple minutes daily. For a more information or to talk with Nancy Watkins, stop by room 213, call or email for an appointment.

Come to the Fair on October 4! Carolinas College Fall 2011 Job & Continuing Education Fair, 11:00 - 1:30 PM, Room 161. As you plan your life beyond Carolinas College, don't miss this opportunity to talk with representatives from colleges and universities as well as human resources personnel from NC and SC hospitals. Mark your calendar!

Human Resources Recruitment on Campus - If you're interested in part-time/PRN employment with CMC, look for Jacquelynn, our Human Resources Recruitment Specialist, in the lobby on **Oct. 3, 10:00 - 12:00**. Contact information: Jacquelynn Williams, Jacquelynn.Williams@carolinashealthcare.org, 704.631.0314

Your first step towards student employment is to complete an online application. Visit the CHS website (below) to:

- Apply for specific jobs
- Upload your resume
- Track your applicant activity and status

New Applicants:

- ☞ Please go to www.carolinashealthcare.org
- ☞ Click on *Careers* at the top.
- ☞ Do a *Career Search* at the right of the screen to find a job posting you are interested in.
- ☞ If you are seeking a nurse aide, unit secretary, or similar position, click on *Patient Care Support*.
- ☞ Apply for the position; you will then be able to complete your online application.
- ☞ Or click for assistance at the bottom right of the page.

Applicants with a previous online application:

- ☞ Please go to www.carolinashealthcare.org
- ☞ Click on *Already Registered* in the *Career Search* box at the right.
- ☞ Enter your login/password.
- ☞ On the *My Job Finder* page, click on *Current Employee* if applicable.
- ☞ Your application will come up, and you can update your information.
- ☞ Submit your application by following the steps until the application comes up *Congratulations*.

For study tips and information about peer tutoring, see Nancy Watkins, Student Success Coordinator, Student Success Center, room 213, 704-355-4025, Nancy.Watkins@carolinashealthcare.org

TST Clinic Hours

TST (Tuberculin Skin Test) is required annually during your birthday month for all CCHS healthcare students. 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 through CHS. TST's will be available in the college lobby on **Oct. 3, 11:00 - 12:00 AM**. If you are unable to take advantage of this due to scheduling conflicts, you may go to the employee health office in the CMC Annex Building across from the CMC ED for your free TST, M - F, 7:30 - 4:30.

Continuing Education

BCLS for the HealthCare Provider, 8:00 AM - 1:00 PM, **October 1, 15 & 26**. Cost \$60. Textbook included. This course is designed for professional rescuers or students required to have professional rescuer certification prior to entrance into a health-care 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.

“Fall” Back to Family Fun, Noon - 1:00 PM, **October 5**. Explore ways for you and your family to connect and have fun. Employee Assistance Program, 720 East Blvd., Charlotte. Learn how to recognize and effectively deal with stress to maintain a healthy lifestyle. Space is limited so please call 704.355.5021 to register. **FREE** for CCHS students! CHS’ EAP is designed to help you and members of your family with all types of issues - marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children. Whatever the problem, if you need help, call CHS’ EAP, 704.355.5021, for a private appointment or to register for a class.

Admissions Information Sessions, 4:00 - 5:00 PM, **October 11 & 25**. 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 program, contact Kelly Shirley, Program Director, at 704.355.4275.

Taking Charge of End of Life, Noon - 1:00 PM, **October 20**. This 9-part lecture series will be presented by various healthcare professionals and is designed to invite dialogue between faith and science, belief and biology, and the interface of mind, body, and spirit. All disciplines are invited to gather and reflect on the subject matter to further edify best practices in healing the whole person. All lectures will be held in the CMC Auditorium. Presented by Lance Stell, PhD, Medical Ethicist, Department of Internal Medicine, Feel free to bring your lunch. **FREE** for CCHS students! This is part of the Chaplain’s Grand Rounds - Care of Body and Soul at End of Life Series.

IV Therapy, Cost: \$65, **October 26**. Choose one of two sessions: 8:00 – 11:30 AM or 12:30 – 4:00 PM, Senior nursing students are eligible to take this 3.5 hour continuing education workshop! Instructors are members of the CMC IV Team. Contact Lakisha Bennett, 704-355-2663 or Lakisha.Bennett@carolinas.org, for more information.

BLS Renewal, 4:00 - 7:00 PM, **October 26**. Cost \$57. All participants must show current provider card in class. A current 2010 BCLS text issued by American Heart is included in registration fee. Questions about course information or requirements should be directed to Christy Dull at 704-355-5699 or Christy.dull@carolinashealthcare.org.

Student Nurses Association (SNA)

Attention Pre-nursing and Nursing students!! Are you looking for an organization that promotes leadership development? Facilitates student success while promoting professional growth? Recognizes students’ leadership contributions to school, community, and the profession of nursing while promoting integration of the college within the community? Well, look no further, you have found it! SNA can do all those things for you! Anyone in the pre-nursing or nursing programs can join. The fee is only \$5! Check out our page on the College’s Information Portal for more info about how to join!

Please join us for our upcoming meeting at 1:00 PM **Oct. 3** in room 158 and meet all the new faces of the SNA board! We will be drawing for a parking space at the college. The winning student will be able to use it during the month of October.

Agenda items are :

- ☞ Avon Walk for breast cancer
- ☞ A guest speaker
- ☞ New association T-shirt designs

We look forward to seeing you there!

Important Dates to Remember...

October 1	BCLS for the Healthcare Provider
October 3	TST Clinic SNA Monthly Meeting HR Rep on Campus
October 4	Job & Continuing Education Fair
October 5	EAP Workshop, "Fall" Back to Family Fun
October 7	Fall I Classes End
October 10	Open Forum with President Sheppard
October 11	Student Services Information Session
October 12 - 14	Fall I Final Exams
October 13	PTK Induction Ceremony
October 14	CMH/CCHS Alumni Association Reception for December Grads PTK Luncheon for December Graduating Members
October 15	BCLS for the Healthcare Provider
October 17 - 18	Fall Break - No Classes
October 19	Full Fall Midterms Full Fall II Classes Begin
October 20	Free Flu Shots at CCHS Emergency Notification Test Chaplain's Grand Rounds, <i>Taking Charge of End of Life</i>
October 24	Free Flu Shots at CCHS Fall Festival
October 25	Student Services Information Session
October 26	BCLS for the Healthcare Provider BLS Renewal Course IV Therapy Course
October 28	Free Flu Shots at CCHS PTK General Meeting

Save the Date:

November 14	Deadline for Jack Kent Cooke Scholarship Application
November 21	Free Thanksgiving Lunch for All Students



**DON'T FORGET...FALL BREAK
IS OCTOBER 17 - 18**

ENJOY YOUR TIME OFF!