



THE PAW PRINT



JEFFERSON COLLEGE
of HEALTH SCIENCES



A Summer of Changes for Jefferson College of Health Sciences

by Letisha Houston & Mark Lambert

Jefferson College of Health Sciences (JCHS) is going through some major changes that will present a brand new face and strengthened role in our community and hospitals.

We bade a fond farewell to former President Carol Seavor and welcomed our new leadership under the appointed interim president, Dr. Nathaniel L. Bishop, in April 2010.

If any questions remained during this transition in leadership, we hope that the JCHS Board of Directors' recent announcement on June 10, 2010 will put everyone's mind at ease:

"Over the past several months, NL has confirmed the board's confidence in his leadership," said Steve Musselwhite, JCHS

Board Chairman. "We are very pleased to formalize his position as President, and are looking forward to our future endeavors together." Dr. Bishop, a Carilion Clinic Vice President and JCHS board member, has served in a variety of leadership roles during his long tenure with the organization – experience which proved valuable during his interim appointment at JCHS.

The JCHS Board of Directors is confident that newly appointed President Bishop will be able to lend his experience and excellence in leadership to provide the support and guidance needed to move forward with other changes occurring at the College.

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BE SURE TO CHECK OUT THE [NEWSLETTER ONLINE](#) FOR MORE INFORMATION AND BACK ISSUES!

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"The term interim denotes something temporary and we don't look at [Bishop] as a temporary fix," Steve Musselwhite, chairman of the Jefferson College Board, told *The Roanoke Times*. "We think he has the skill sets to move the college forward." (Read the full article in *The Roanoke Times* here: <http://www.roanoke.com/news/roanoke/wb/249933>.)

Next up in the changes occurring at JCHS this summer is the much-anticipated relocation of the entire college to the newly renovated facility at Carilion Roanoke Community Hospital (CRCH). Some departments and faculty members have already moved to their new offices in CRCH while others should be moving this summer. The renovated facility will include brand new laboratories, classrooms, faculty and staff offices, library and computer labs — all in a new layout that has been tailored to improve students' overall academic experience at Jefferson College of Health Sciences. (See some photos to the right.)

Six years ago, JCHS had no master's degrees to offer and over 70% of JCHS students were enrolled in an associate degree program; however, the College's recent programmatic transitions have included reducing the associate degrees offered, increasing the bachelor's degrees and adding master's degrees to the mix.

Dr. Bishop and Dr. Lisa Allison-Jones, the newly appointed Dean of Academic Affairs, both agree that JCHS will continue to experience positive changes and improvements as the College increases enrollment and develops an interdisciplinary relationship with the new Virginia Tech Carilion School of Medicine (VTC).

Stay tuned for more updates! Visit the JCHS website to see more pictures and updates on the CRCH renovations:

<http://www.jchs.edu/page.php/prmID/787>.



The JCHS Bookstore opened its doors on the fourth floor of CRCH in 2006. Today, it offers hundreds of JCHS logo items in addition to textbooks.

Just around the corner from the Bookstore is the Dog House (student union), as well as the CRCH cafeteria.



Also located on the fourth floor of CRCH is the JCHS Fitness Center across the hall from the Student Affairs suite in a space that used to be the CRCH Medical Library. To learn more about using the Fitness Center, visit the website: <http://www.jchs.edu/page.php/prmID/560>



The CRCH ninth floor closely resembles the same look it had when the hospital was in operation and contains integrated skills labs such as the Nursing Skills Lab, Health and Exercise Sciences Skills Lab and the Respiratory Therapy Skills lab pictured here. This particular lab has been in CRCH since early 2008.

Photos taken by Mark Lambert



What is Student Central?

Created by Student Affairs in Fall 2008, Student Central is a Blackboard organization for every student. Log into Blackboard and check it out! After logging in to Blackboard, click the "My Organizations" tab and click the link for "Student Central." Student Central contains information on the following:

- Academic Support Services including advising, services for students with disabilities, tutoring, career services, proctored testing, and the PASS Program (Pathways to Academic Student Success)
- Counseling and Wellness
- Student Life including Residence Life, the Fitness Center, and student organizations
- *The Paw Print* student newsletter
- Health Records
- VOICE (Violence Can End) Program and related resources

Student Central contains helpful resources and contact information from each of the above areas for students. Be sure to use this resource and contact Student Affairs at 540-985-8395 with any additional questions.

Student Spotlight Notice

There is no Student Spotlight for this issue of *The Paw Print* newsletter—Volume 2, Issue 3.

All nominations for the next Student Spotlight for Volume 2, Issue 4 must be sent to Letisha Houston by **September 3, 2010**.

Any student, faculty or staff member may nominate a JCHS student for the Student Spotlight.

Limit one nomination per person. Read the [submission guidelines](#) on the website for more information.

~ ASK DR. STACEY LILLEY ~

Vitamin D Deficiency:**What's All the Buzz?**

Dr. Stacey Lilley is Director of Counseling and Wellness at JCHS.

Send your questions on wellness, time management, stress, relationships or other related topics to her e-mail: scilley@jchs.edu.

I was first exposed to the issues of vitamin D deficiency last year when I heard Teresa Holler, Physician Assistant (PA), speak at Jefferson College of Health Sciences as part of the "Wellness is Good Speakers Series." Up until this time, I had been taking a multivitamin and thought I was doing just fine.

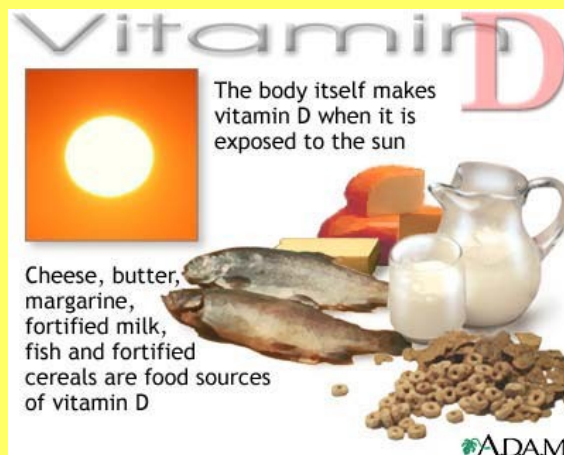
Since that time, I have had 3 or 4 friends who were feeling run down and tired; as a result, they had a blood panel to determine the root to their exhaustion. You guessed it – they were deficient in vitamin D. I consulted my MD friend Marie Malinchak and she said it is quite common for this area because of our long winters and lack of sun exposure. So, since it is summer time, I thought I may enlighten you a little about vitamin D deficiency and how to boost yours.

According to WebMD (<http://www.webmd.com/diet/vitamin-d-deficiency>), this vitamin is produced when our body responds to sun exposure. Fish (like tuna, salmon, and mackerel) and fish liver oils are the best food sources of vitamin D; other food sources include egg yolks, fortified dairy and grain products (see image below ¹). If you are vegetarian, avoid the sun, or suffer from milk allergies, you may be prone to a vitamin D deficiency. Some mushrooms can provide different amounts of vitamin D, which may be a partial alternative to vegetarians.

In my reading, it seems to be a tough deficiency to detect because the symptoms are very subtle. Some people experience bone pain and muscle weakness. There is some research supporting low levels of vitamin D are associated with cardiovascular disease, elderly cognitive impairment, childhood asthma, and cancer.

There could be many causes, but a few include

- Over an extended period, not taking in recommended levels.
- Having limited exposure to sunlight.
- Having darker skin which reduces intake of vitamin D.
- Your kidneys are having trouble converting vitamin D to use.
- Your digestive tract is not absorbing vitamin D.
- Your BMI is greater than 30 which makes your absorption lower.



Continued on page 4...

Safety Counts

Picture from: www.tvacres.com

REMEMBER: ALWAYS CARRY YOUR BADGE!

With a new academic year approaching along with a new facility for JCHS, College Security and Student Affairs would like to remind all students to **carry your ID badges and prox cards with you at all times** and *especially* after the main doors of the college lock if you need to get back in later. See door lock times listed below.

If, for some reason, your prox card is not currently activated, please contact Student Affairs at 540-985-8395 as soon as possible!

- **Reid Front Automatic Doors:** locked midnight–6 a.m.
- **Reid 3rd Floor Rear Door:** locked 10 p.m.–6 a.m.
- **CRCH 3rd Floor Front Sliding Doors:** locked 10 a.m.-5 a.m. on weekdays, 6 p.m.-6 a.m. on weekends
- **CRCH 3rd Floor Sliding Doors from Parking Garage catwalk:** set to the same timer as the CRCH 3rd Floor Front Doors

...“Vitamin D Deficiency” continued from page 3

If you suspect your vitamin D may be low, the best way to confirm is to have a blood panel test or a complete blood count (CBC) done by your primary care physician. According to WebMD, “the normal range is 30.0 to 74.0 nanograms per milliliter (ng/mL). A lower level indicates vitamin D deficiency,” which should be discussed with your doctor. They will likely treat your low D levels by prescribing a large dose of vitamin D to be taken over the next few months.

Holler reports that in order to receive vitamin D from the sun, your skin must burn slightly, turning a pink color; in order for it to “soak in,” you must omit showering for 2 days. Well, with all the current research on skin cancer this may not seem like a great solution. It is important to understand both the need for sunlight and the need for caution. The safest way to get the essential sun exposure and minimize the risks is to expose your skin for 15-20 minutes, without applying sunscreen, in the early morning or late afternoon

sunlight two or three times a week. After that, and especially in the more intense midday sun, you should apply sunscreen of SPF 15 or higher and wear clothing that covers most of your skin.

I encourage you to take good care of yourself this summer and if you have any concerns about your health, please seek advice from your medical provider. If you have a lot going on this summer, don't forget that our counselors work during the summer and would be happy to see you. Feel free to contact Student Affairs at 540-985-8395 to make an appointment.



¹ Vitamin D image from: <http://cyberlab.ih1.ku.ac.th/elearn/faculty/veterin/vet69/Biochemistry%20Web%20Job/vitamin/vitamin-d-source.jpg>

² <http://www.algaecal.com/vitamin-d/vitamin-d-sources.html>



Can't afford to go see a movie in the theatre this summer?

Try a FREE movie on a giant screen in Downtown Roanoke's Elmwood Park! Presented by Member One and Jefferson College of Health Sciences, Movies in the Park plays these free flicks on the second Friday of each month through October. Seating starts around 7 p.m. and the movie begins at dark. Concessions are nearby. Oh, and there's FREE parking in the Elmwood Parking Garage on Williamson Road, too!

Check out this summer's [Movies in the Park](#):

July 9: "Star Trek" (PG-13)

August 13: "Cloudy with a Chance of Meatballs" (PG)

September 10: "The Blind Side" (PG-13)

October 8: "New Moon; Twilight Saga" (PG-13)

Writing Assignment Final Checklist



If you're trying to finish a writing assignment and want to make sure you haven't forgotten anything before turning it in, read through this checklist provided by JCHS Writing Specialist, Emily Moore:

- Have I formatted my paper in the way my instructor wants?
- Do I have a clear introduction that sets up everything in the paper?
- Have I spelled out my main idea in a sentence (thesis statement)?
- Does everything I've written relate back to my main point?
- Does each paragraph have one clear focus that supports my main point?
- Have I included specific examples or other evidence for *each point* I make?
- Am I addressing *all* parts of the instructor's assignment?
- Have I listed any outside sources I've used on a references page?
- Is it immediately clear what information came from outside sources (citations)?
- Have I read my paper aloud to myself to catch errors?

Join the
Lady Blue Healers!



The Lady Blue Healers are a group of ladies getting together to talk about healthy relationships and never settling for less than the best! If you're interested, please contact Sarah Higginbotham at 540-985-9711 or sehigginbotham@jchs.edu. We hope you can join us!

Best Way to Start Your First Semester at College

Tips for New Students at JCHS



A student's first semester of college can be both exciting and daunting. Whether you already have everything planned out or not, most new students could use a little help to get started. The following tips should help you make the most of your first semester at JCHS. Some of these tips may seem obvious or you may have heard them repeatedly, but heeding them makes all the difference in your college experience!

- 1. Use Your Student Accounts:** Every student at JCHS has 3 primary student accounts: OneJeff Email, Blackboard and Self-Service. Check to make sure that you can access each at the beginning of the semester. Get into the habit of checking your student e-mail regularly from the moment you are given an account!
- 2. Learn Time Management:** Use a planner of your choosing to organize your semester right away. Write down major assignments, test dates, meetings, etc. and decide on how to best juggle your workload and other priorities each week. Being prepared far in advance helps prevent frantic, last-minute studying or trying to finish a project.
- 3. Start off Strong!** It's easy to slack off for the first couple of weeks, but try to resist that temptation. You end up having to make up that work and time later when you're busier.

- 4. Early Reading:** Read the syllabus right away. The syllabus tells you exactly what to expect from the class and what is expected of you. Also try to get a head start on your required reading while you may not be as busy during the first 2-3 weeks.
- 5. Good Class Attendance:** Go to your first day of classes even if it doesn't seem like you do anything important that first day. Attend the first day and maintain good attendance to help you get off on the right foot with your instructor and your workload.
- 6. Learn Your College Resources:** As soon as you can, become familiar with the resources available to you at JCHS including your advisor, counseling services, the library, computer labs, financial aid, etc. You can start by reviewing the JCHS FAQs at this website: <http://www.jchs.edu/page.php/prmID/715>
- 7. Prepare Your Materials:** Double check to make sure you have all of the materials you need for the semester including textbooks, school supplies and contact information for each of the College resources.

Still have questions? Contact your advisor or call Student Affairs at 540-985-8395 to make an appointment with an academic counselor.

Best of luck in your first semester at JCHS!

Some information used from the article "Back to School Study Tips" by Naomi Rockler-Gladen:

http://collegeuniversity.suite101.com/article.cfm/back_to_school_study_skills_tips#ixzzOr1W4i5fv

Visions for your VOICE

by Sarah Higginbotham

The VOICE (Violence Can End) Program expands efforts to educate and raise awareness about sexual assault, domestic/dating violence, and stalking at JCHS. Statistically, we know that intimate partner violence (IPV) largely affects college-age women. We also know that although most perpetrators are men, that most men are good men and not perpetrators. This information is leading us to change our approaches in education and ending violence.

Our vision at JCHS is to hear our students' VOICE! We want you to help us change the culture of our society and unite to stop violence. Together we can learn how to make healthy choices, offer support, and raise awareness about safety and healthy relationships.



Please stay tuned for more information this fall about our upcoming VOICE Peer Education Program. **We are recruiting students now to join our team.** If you are interested, please contact Sarah Higginbotham at (540) 985-9711 or sehigginbotham@jchs.edu.

JCHS EVENTS CALENDAR!!



Have you checked out
the JCHS Events
Calendar?

<http://www.jchs.edu/onejefferson/index.php>

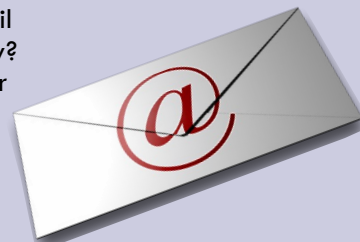
Stay updated on College events and goings-on every day! The JCHS Events Calendar is updated regularly and can also be found on the JCHS home page.

Grant statement: This project was supported by grant # 2008-WA-AX-0005 awarded by the Violence Against Women Office, Office of Justice Programs, U.S. Department of Justice. Points of View in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

e-Tip: How to Recognize Scam E-mails

Recently, a scam e-mail was sent to all faculty and staff at JCHS from an outside party attempting to get login and other information related to our e-mail accounts. The e-mail was also sent to JCHS students, but the Academic Technologies team intercepted it before students received it. Nonetheless, we want to help you recognize these types of scam e-mails in case another were to get through and land in your inbox. The following tips were compiled by Bridget Moore, Director of Academic Technologies:

- **Carilion Clinic, Carilion's Technology Services Group (TSG) and Academic Technologies will never ask you for a password.** You may be asked for your location, your phone number, the last four digits of your Social Security Number and/or your month/day of birth. But, no legitimate source should ever need to ask you for a password.
- **Be aware of the return e-mail address before responding.** Does it match the e-mail address you have for any legitimate department or member of the JCHS community? Scam e-mails often ask you to respond to a return e-mail address you don't know or one that has a common address with a misspelled word. For example, the recent scam e-mail spelled "Helpdesk" as "Helpdessk."
- **Look for odd wording or additions to e-mails that you don't normally see in official Carilion and JCHS e-mail correspondence.** The recent e-mail had a copyright notice at the bottom of the message. Academic Technologies, Carilion Clinic and JCHS would not copyright an e-mail.
- **Make sure it isn't an "out-of-the-blue" request.** Academic Technologies and Carilion Clinic typically communicate with employees several times before, during and after a change. Rarely would an emergency change come "out-of-the-blue." Check around to see if the notice of a change has been posted for you in other locations like Blackboard, in newsletters like this one, or on the JCHS website. If not, be skeptical of the message.



Please remember it is always better to ask before responding if you believe an e-mail is not legitimate. If you receive a suspect message, contact the Academic Technologies Department at (540) 985-4046 or at their legitimate e-mail address: JCHSTECHHELP@JCHS.EDU.

* * * * *

e-Tips are provided by the Academic Technologies office.

Local Independence Day Festivities

Remember: Jefferson College of Health Sciences is CLOSED on Monday, July 5, 2010!

The Roanoke Times Music for Americans – FREE

Rivers Edge Sports Complex, Roanoke, VA. Sunday, July 4, 5-10 p.m.
Family activities, food vendors, live entertainment and fireworks
around 9:30 p.m. <http://www.roanoke.com/musicforamericans/>

Franklin County Annual Rotary Independence Day Festival – FREE

Franklin County High School stadium, Rocky Mount, VA. Friday, July 2,
gates open at 6 p.m. Live music, food, kids' activities, and fireworks
around 9:30 p.m.



Blacksburg Independence Day Festivities – FREE

Municipal Park, Blacksburg, VA. Sunday, July 4. Parade—downtown
Blacksburg; free movie at 6 p.m. at the Lyric Theatre; at Municipal
Park: Live entertainment, music, food, fireworks around 9:30 p.m.

[http://www.blacksburg.gov/?
page=22&recordid=26179&returnURL=%2findex.aspx](http://www.blacksburg.gov/?page=22&recordid=26179&returnURL=%2findex.aspx)

July 4th Celebration & Fireworks Finale – see website for prices

Mariners Landing, Smith Mountain Lake. Sunday, July 4, 5–10 p.m.
Vendors, live music and entertainment, and fireworks finale
[http://www.marinerslanding.com/images/2010Events/July%
204th.jpg](http://www.marinerslanding.com/images/2010Events/July%204th.jpg)

12th Annual 4th of July Celebration – FREE

Town of Christiansburg, VA. Saturday, July 3, gates open at 5 p.m.
Live entertainment, kids' activities, & fireworks around 9:45 p.m.
<http://www.christiansburg.org/CivicAlerts.aspx?AID=147>

Vinton's 4th of July Celebration:

<http://www.virginia.org/site/description.asp?attrid=59902>

Thomas Jefferson Poplar Forest:

<http://poplarforest.org/events/independence-day>

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Newsletter Editor:
Letisha Houston
Phone: 540-224-4895
E-mail: lmbeachy@jchs.edu

**Contributing writers for
this issue:**

Letisha Houston,
Mark Lambert,
Stacey Lilley,
Susan Booth,
Emily Moore,
Sarah Higginbotham,
Sarah Ross, and
Bridget Moore

facebook

JCHS has a presence on Facebook and Twitter! Visit our sites today and keep up with all of our latest news, see photos from events on campus and connect with old friends, colleagues and students!



**Unanswered
questions??**

If you have questions about anxiety, stress, time management, relationships, wellness, or other related topics, don't ignore them or shove them under the rug!

ASK Dr. Stacey Lilley today! She may answer your question privately or she may choose to respond to your question anonymously for the next issue of *The Paw Print*!
Email Dr. Lilley at slilley@jchs.edu.

JEFFERSON ADVERTISES

Jefferson College
of Health Sciences

920 South Jefferson Street
Roanoke, VA 24016

Tutors Needed!

The Learning & Writing Center is looking for
Tutors in
ALL SUBJECTS!

Flexible Hours!

Get Paid!

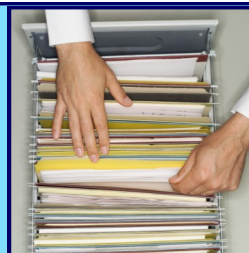
Add it to your Resume!



Contact Danielle Lusk at
985-8449 or dllusk@jchs.edu

**HEALTH
RECORDS**

TURN THEM IN ON TIME!



*** * * * * AUGUST 2 * * * * ***

August 2 is the deadline for all **Fall 2010 new students** to submit their completed **Health Records!**

New students at JCHS must submit all of the required **Health Records** upon acceptance to the College.

Click on the link below and carefully review and complete each page to turn in to the Health Records Specialist:

http://www.jchs.edu/media/1336_JCHSHealthPacketRevised6-09.doc

You can keep up with your **Health Records** requirements via Self-Service.

If you have questions, contact **Zac Widner** at **985-9701** or come by the Health Records Office in the Department of Student Affairs, 4th floor, CRCH.

Work-study

Fall 2010

Positions Available!

The Department of Student Affairs is looking for Work-Study students!

Flexible schedule!

Get paid!

Variety of tasks every day!

FUN place to work!

For any questions, including those regarding eligibility:

Contact: Zachary Widner
Data Management Specialist
Health Records Specialist
Student Affairs
(540) 985-9701 (office)
(540) 985-8001 (fax)

**FINAL Physician Assistant
Information Session**

July 23, 2010, 10–Noon

This session will take place in the JCHS Museum. If you're interested in the PA Program, pre-register for an information session by e-mailing retaylor@jchs.edu!

Please submit your "promotional ads" and "event announcements" for Volume 2, Issue 4 of this newsletter to Letisha Houston at lmbeachy@jchs.edu no later than Friday, September 3, 2010.

Please send all newsletter submissions for Volume 2, Issue 4 of this newsletter to Letisha Houston at lmbeachy@jchs.edu no later than Friday, September 3, 2010.

Go to the [Newsletter web pages](#) to see the [Submission Guidelines](#).