



THE PAW PRINT



INSIDE THIS ISSUE:



THE PATRICK HENRY—A NEW HOME FOR JCHS RESIDENT STUDENTS

by Liz Costa

Jefferson College of Health Sciences (JCHS) recently announced exciting plans for new residence hall space beginning in the 2011-2012 school year. Next fall, the residence hall will be relocated from the 8th floor of CRCH to the newly renovated Patrick Henry hotel on South Jefferson Street.

JCHS will have arguably one of the nicest residence halls in the country, as the Patrick Henry will feature apartment-style living arrangements, with each apartment being equipped with amenities such as full kitchens, hardwood floors, granite countertops,

stainless steel appliances, and washers and dryers. As our current resident students know, these are significant improvements!

In addition, the Patrick Henry will have a state-of-the-art fitness center and restaurant space on the ground floor. The owners of Table 50 on Market Street have already announced their plans to open an upscale restaurant in the building. Developers hope to attract a coffee shop to the ground level as well.

The Patrick Henry renovation is being led by local developer Ed Walker,

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

STUDENT SPOTLIGHT: VOICE PEER EDUCATORS

by Sarah Higginbotham & Liz Costa

The VOICE program would like to honor its three peer educators for Student Spotlight in this issue of *The Paw Print*.

Jonathan Altizer, Natalie Showalter, and Cherokee Floyd serve as the VOICE program peer educators. In this role, they participate in all VOICE-sponsored activities, act as a resource to their fellow students, and lead the effort in promoting events like the Red Flag Campaign.

Jonathan Altizer is a health and exercise science major from Salem, Virginia. Before coming to Jefferson, Jonathan completed two tours overseas with the United States Army, an experience which he said gave him focus and the desire to do something important in life. Jonathan got involved in the VOICE program because of friends who have been in abusive relationships. He stated that he wants to see more students take a stand and speak up against violence within their own friend circles. When he is not at school, Jonathan coaches wrestling at Glenvar High School and is active in his church.

Natalie Showalter hails from Waynesboro, Virginia and is majoring in occupational therapy. When she graduates in the spring of 2012, Natalie hopes to return to her hometown and work as an occupational therapy assistant. Natalie said that being a part of the VOICE program has opened her eyes to the prevalence of issues such as domestic violence, sexual assault, and stalking. In her spare time, Natalie loves to travel. She also enjoys hiking and other outdoor activities.

Cherokee Floyd, from Bedford, Virginia, is seeking a Bachelor's of Science in Nursing degree. Upon graduation from Jefferson, Cherokee hopes to enter a master's program and become an advanced practice nurse. Cherokee wanted to become involved in the VOICE program as a peer educator because she believes the issues addressed through the program are important for everyone to know about, and she wants to make a difference in the lives of women who have suffered abuse. When she is not studying, Cherokee also serves as the president of the Residence Hall Association and enjoys hiking, camping, and reading.

Congratulations, Jonathan, Natalie, and Cherokee!

Jonathan Altizer



Natalie Showalter



Cherokee Floyd

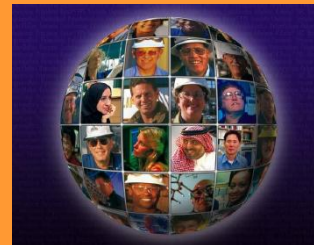


Note: All nominations for Student Spotlight for Volume 3, Issue 2 must be sent to Letisha Houston by **March 23, 2011**. See Submission Guidelines in the right column, or on the [website](#).

Student Spotlight Submission Guidelines

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.

Third Annual Multicultural Awareness Exhibit at JCHS



Please join your fellow students in celebrating different cultures and customs with free food and exhibits during the 3rd annual multicultural day. When and where?

Doghouse

12 p.m. to 1 p.m.

Wednesday, February 23

Hope to see you there!

Thanks to Tobacco Usage Survey Participants!

Thanks to all 233 students who recently participated in the Tobacco Usage Survey. Your responses have helped us learn more about tobacco use at JCHS.

We would also like to congratulate the winners of the \$30 Wal-mart gift cards: Kati Persin, Jonathan Gross, and Joshua Becker!

THANK YOU

The First Annual Humanities and Social Sciences Essay Contest is Here!

The Humanities and Social Sciences Program is holding its inaugural Essay Contest for JCHS students this spring.

The winner of the contest will receive a Kindle and the runner-up will receive an I-pod Shuffle.

The topic students will be asked to write about is: "What is the most critical health challenge the United States will face in 2015?" The entries must be 3,000 words or less and must be submitted electronically via the student's One Jefferson e-mail account by Thursday, April 7, 2011. A flyer with full rules and regulations can be downloaded from the JCHS website at:

www.jchs.edu/media/2480_HSSEssay_Contest_Flyer-spring11.doc

Please pass this flyer along to any student who may be interested in participating in this contest. You're also encouraged to print this flyer and post it in your department or area. Thanks go out to Dr. Frank Dane and Ms. Anna Millirons for their assistance in making the contest possible.



For more information about the contest, contact Darrell K. Shomaker, JCHS Humanities and Social Sciences Program Director, at (540) 985-8362 or via e-mail at DKShomaker@jchs.edu.



The Student Satisfaction Survey is Here!

Get rid of those mid-semester blahs with the chance to win a \$100 pre-paid VISA gift card!

Participate in the 2011 Student Satisfaction Survey by **Friday, March 18** and you will be automatically entered into a drawing for a **\$100 VISA gift card**. JCHS wants your input, whether it is compliments or constructive criticism.

Please check your campus email for a personal invitation to participate in this confidential online survey. If you have not received an invitation, please contact:

Carol Rowlett,
Institutional Research Manager
(540) 985-9781
crowlett@jchs.edu



Interprofessional Survey: Prize Winner!

Congratulations to Miranda Martin in our pre-licensure BSN program! Miranda won a \$50 gift certificate to the JCHS bookstore in a prize drawing among respondents to a recent survey on interprofessional skills.

What were the results of this research study? Responding students were generally confident in their abilities to work within interprofessional teams, but less certain about how to form and lead a team. This input is very useful to us as we craft our new interprofessional skills courses that will begin next fall.

Thanks to all our entering bachelor's degree students who participated in this survey. Look for more surveys and prize drawings like the Student Satisfaction Survey mentioned above!

Automated External Defibrillator



The automated external defibrillator that was previously housed in the Reid building lobby has been moved to the 933 S. Jefferson Street building. It is located in the Practical Nursing Program secretary office.

...story continued from page 1

who has already renovated both the Hancock Building and the Cotton Mill Lofts in downtown Roanoke. Both of these apartment complexes boast modern architecture and a sleek feel.

Walker's plan is to give the Patrick Henry a classic, more formal design to match the building's historic style. The JCHS residence hall is slated to occupy four floors of the ten-story building. The first three floors will be restaurant and business space, and the floors not occupied by Jefferson students will be home to other Roanokers interested in

downtown living.

The Student Affairs office is now accepting housing applications for students interested in living in the Patrick Henry next year. Applications can be found on the JCHS website or can be picked up in the Student Affairs office. For those students not currently residing in the JCHS residence hall, a \$250 housing deposit is also required.

For more information and to see a list of frequently asked questions, please visit the [Resident Life page](#) on the JCHS website.

Did I Do That?

Working, Learning, and Cleaning Together

Students: we need your help! We have this wonderful newly renovated building with new paint, and floor coverings. In the fall it was brand new, but lately some of the classrooms and computer labs have been left in a disorderly fashion.

Please help us keep our classrooms and other college facilities in top notch condition. Be sure to:

- Dispose of all trash in the appropriate containers
- Clean up any food/drink spills and stains (please do not bring food or drinks to the computer stations in any of the student computer labs)
- Push chairs back under the desks
- Help faculty return all tables to their original positions
- Keep the desks/tables aligned in a straight row in the student computer labs so that the chords do not get disconnected or damaged
- Pick up any markers/erasers from off the floor
- If you adjust the blinds, return them to a uniform condition
- Basically, leave the room in the same (or better) condition that you found it



Think you got it? Try out this CONTEST!

Look at the two pictures to the right. The top photo is an example of how *not* to leave a computer lab or classroom. The bottom photo is an example of a classroom or computer lab left in good condition.

Compare the two photos and try to find at least 10 differences between the two. **The first student to e-mail Letisha Houston at LBHouston@jchs.edu and list 10 differences correctly wins a prize!** Competition ends on April 1, 2011 or when someone wins.



INCORRECT



CORRECT



New Bike Rack Installed in the CRCH Parking Garage

A bike rack has now been installed in the CRCH parking garage on the upper level of E entrance. Bike racks in a parking garage can help bicycle commuters feel confident that they will find a space in a secure indoor location, and as close as possible to their final destinations. The bike rack's location was chosen for convenience to the CRCH driveway and building entrances, but away from normal pedestrian and vehicle traffic.

- Surveillance is essential to reduce theft and vandalism. This location is within view of passer-by traffic, activities, office windows and video cameras. Carilion Police have been notified to watch for suspicious behavior.
- The area is well lit for theft protection, personal security and accident prevention.
- Weather protection is available since the rack is located inside the garage.

Elements of this article were borrowed from: http://www.theboulevard.org/Parking_projects.htm

Join Us at the SPRING 2011 Speaker Events!

Open to anyone in the JCHS community!

* * * Wellness Speaker Series * * *

12–1 p.m. in CRHC room 616

Thursday, March 3: “Core Fusion” - Ms. Jane Seymour,
ACE Certified Trainer

Wednesday, March 23: “Maximizing Your Metabolism
for Optimal Health”
- Mr. Don Mankie, RD

Wednesday, April 6: “The Missing Link: What Most
Women Aren’t Doing in their
Exercise Program”
- Ms. Ally Bowersock, M.S., CSCS

Thursday, April 21: “The Art and Science of
Dermatology Skin Care—it’s more
than just avoiding the sun”
- Dr. Allison Divers

Rise and Shine



Wellness is Good!

Questions? Contact
Dr. Stacey Lilley at
slilley@jchs.edu or
540-985-8502



* * Community Hour Speaker Series * *

12–1 p.m., CRCH

Tuesday, March 29 - Room 517
“Learning from our Alumni” - Sue Campbell, a
cardiac Physician Assistant and President of the
JCHS Alumni Association

Wednesday, April 20 - Room 617
“How the Media Influences Perceptions of
Violence in Relationships” - Sarah
Higginbotham, VOICE Program Coordinator

Questions?

Contact Liz Costa at
EACosta@jchs.edu or
540-224-4686

Culture Corner: You Can Help Launch a New Feature in The Paw Print!

A new feature is coming to
The Paw Print called “Culture
Corner.” This regular column,
sponsored by the JCHS
Integrating Cultural Excellence
(ICE) Committee, will feature
interesting information and
facts about members of the
JCHS community that you may
be unaware of. **Check out our
first Culture Corner article on
page 9 of this issue!**

We want to feature
students, faculty or staff from
cultures other than our own,
whether that be a foreign
country, another state or even
a town just a few dozen miles
away that’s different from the
Roanoke community.



But, we need **YOUR** help!
You’re encouraged to submit
ideas of subjects and topics
you’d like to see covered in
Culture Corner. If you know
interesting students from
other cultures who would be
willing to share their
experiences with us, please let
us know about them. You can
also let us know if you’re
interested in learning more
about a particular cultural
group or feel that we, as a
college, need to learn more
about a certain culture.

Ideas for columns can be
submitted to:

Mark Lambert
(540) 985-9031

MALambert@jchs.edu



SPRING BREAK! March 5–13



Remember Before You Go...

Registration for Summer Session 2011

Students: Please be aware that **summer session registration for returning students begins on March 17**, the Thursday after Spring Break ends. It would be wise to consult with your advisor before March 5 to ensure that you are authorized to register as soon as possible after you return.

~ ASK DR. STACEY LILLEY ~ LET'S TALK ABOUT MORAL DISTRESS...

What is moral distress? This past year, I have heard this term thrown around quite a bit – sometimes from faculty members concerned about what students are witnessing in patient care settings and sometimes from students who felt their patient was treated wrongly and was being mismanaged.

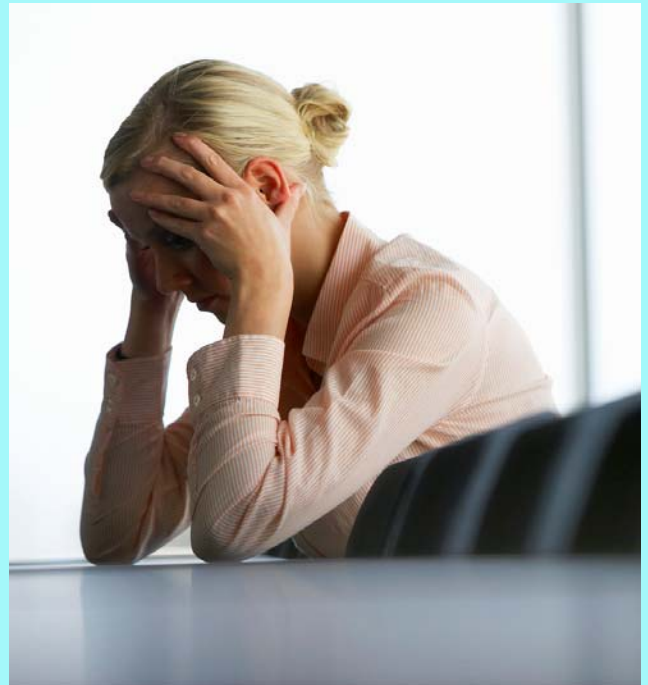
Moral distress can be defined as “psychological disequilibrium” that occurs when, for whatever reason, the care provider is not able to supply the care that is perceived to be “right” or “best” for the patient (Corley, 2002).

Each of us has morals and values which guide us to frame our thoughts and actions. They are shaped from our childhood experiences, care takers, culture, religion, influential role models, etc. In the healthcare world, we use these “morals” to try to make sound ethical decisions. Distress comes when we feel that someone is being violated either within a clinical patient or team setting. There seems to be a disconnect between what we believe to be “right” and what actually occurs.

At Jefferson, many departments talk about their code of ethics and brief students on possible case scenarios that could create moral distress. This prep work is good, however, until the student is in that situation, they can only hypothesize how they would handle the issue.

As healthcare professionals, it is critical that we seek out resources. We must each know our limits in terms of what we can handle. A wise person is one who seeks counsel in difficult situations. If you have experienced a distressing situation, reach out to someone who can help you. I encourage you to discuss the situation with your instructor or clinical supervisor. It may also be beneficial to share with the class. Once you begin to share, it's amazing how many others have had similar situations.

We also have free counseling here at the college. I have seen



numerous students as a result of issues that have occurred in labs, the classroom, clinicals or at work. Let us help you process what has happened – that is what we are here for. You don't have to wait for the situation to become “really bad.” I've had students simply say, “this has been on my mind a lot and I need to get it out.” It is good that they know that they need to process the situation.

Story continued on page 7...

Stop Smoking Group: Faculty, Staff and Students Maybe It's Time to Break the Habit...

It's a new year - Time for a fresh start! Are you ready to quit smoking? The JCHS Counseling and Wellness Center wants to help! This semester we are excited to offer a group to help you stop smoking.

- This is a comprehensive 8-week program that will be offered through personal counseling and online resources.
- Any tobacco user who is ready to quit is welcome.
- Topics include information about smoking cessation, coping with cravings/stress, building social support and much more.
- We launched the program in February, but you can join us at any time!



So, if you are ready to take control of your quit efforts, join us for this great program! Please contact one of us for more information: **Nikki Stup** (nstup@vt.edu), **Megan Pappas** (mpappas9@onejeff.jchs.edu), or **Dr. Stacey Lilley** (scililley@jchs.edu)

...story continued from page 6

Sometimes as healthcare professionals, we do all the giving and are not really good at the receiving. When is the last time you did something for yourself?

I recently had a client tell me how exhausted she was after having 6 clients code in one week in ICU – three of whom were children. To add additional pain to her distress, she felt that one of the patients died because of the doctor mismanaging his care. She felt “fried” and described her exhaustion as none she’s ever experienced before. She then had little energy to come home and take care of her family. She decided she needed a “mental health” day. I whole-heartedly

support knowing your limits – know when you feel yourself crashing and do something about it. It’s ok to take a day for yourself once in a while.

I want to encourage each of you to continue this discussion. Talk to your instructors and classmates about your stress – you will be glad that you did. Please let us know in the Counseling Center in Student Affairs if there is anything we can do to help – this is what we do!

Reference:

Corley, Mary. (2002). Nurse moral distress: a proposed theory and research agenda. *Nursing Ethics* 9 (6), 636-650.



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



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

Study Tip “Studying and the Brain” by Emily Moore

Do you want to get the most out of your study time? Brain research has proven that the following can improve learning potential:

Exercising

Physical activity causes your brain to release the chemicals needed for learning new information. It also improves focus & attention, motivation, patience, and mood, all of which aid in learning.

Taking breaks

Your brain needs time to process new information. Trying to cram in too much too quickly can cause brain fatigue, and your study efforts will be wasted.

Reducing Stress

A stressed body pulls extra oxygen, nutrients, and energy in general away from your brain’s higher-level thinking areas so that you can cope with the “crisis” situation.

Avoiding multitasking

Multitasking, like listening to music or chatting online, reduces your learning capacities! You can learn while doing multiple things at once, but you’ll be learning more slowly and less efficiently.

Sufficient nightly sleep & napping

Pulling an all-nighter may seem like a good way to get the most out of your time, but you’re much better off studying some, sleeping, then studying some more. If you can train yourself to take naps, even better.

Caffeine and sugar (in combination)

But too much of either has the opposite effect!



Remember, the brain needs you to be getting exercise, sleep, oxygen, hydration, and nutrients to function well. Don’t take your brain for granted, and give it what it needs!

This information comes from Terry Doyle, an author, educational consultant, and professor of reading at Ferris State University. For more on brain science and learning, visit his website:

<http://learnercenteredteaching.wordpress.com/> and check out the *Conference on Educational Pedagogy Keynote Virginia Tech* post there.

Keeping Up with the Health Records Compliance Challenge!

Judy’s Tips

- **Start a folder** to collect copies of all your immunizations (including yearly PPDs) – you will need these when you apply for a job.
- **Make copies** of all documents you submit; make sure your **signature is legible**; if not, print your name as well.
- View your health records on Self Service to **ensure they are up-to-date**:
 - Go to www.jchs.edu
 - Click on “One Jefferson”
 - Click on “Self-Service”
 - Log in
 - Choose “Other” Tab
 - Choose “Health Records”
- **Avoid stress** by knowing your health records requirements – review clinical requirements in advance so you have enough time to complete them and don’t wait until the last minute to do so!
 - Go to www.jchs.edu
 - Go to “Hot Links” on the home page
 - Click on “Health Records Packet” to view the check-off sheet for required documentation



Questions? Contact Judy Caffee, Health Records Specialist, at 985-8501 or JSCaffee@jchs.edu.

Academic Skills Workshop Series

**Thursdays
12:00-1:00
Room 501**

Everyone's Welcome!

- 2/24** | **The Research Paper, Start to Finish**
- 3/3** | **Preparing for Class, Preparing for Success**
- 3/17** | **Using Source Material Effectively**
- 3/24** | **Test-Taking Strategies**
- 3/31** | **Using YouTube & iTunes Videos in Presentations**
- 4/7** | **Which Database Is Right for You?**
- 4/14** | **Advanced APA Style**
- 4/21** | **Introduction to Google Tools**
- 4/28** | **Advanced Google Search & Google Scholar**



**JEFFERSON ACADEMIC
SUPPORT SERVICES**

CHECK OUT THE JASS WEBSITE TODAY!

<http://www.jchs.edu/page.php/prmID/705>

You can access the JASS website from the JCHS home page under *Prospective Students*, *Current Students*, *Faculty & Staff*, or *Student Affairs*. At the JASS website, you will find information about Academic Advising, the PASS program, the Learning and Writing Center, tutoring, services for students with disabilities, the Educational Technology Center (testing center), college resources, and more!

Rice with Dried Fruits and Nuts

Recipe Submitted by Rase McCray

Ingredients:

- ½ cup pecans
- 1 small yellow onion, diced or minced
- ¼ cup butter (or vegan margarine)
- 1 ½ cup basmati rice
- 3 ¼ cup water
- pinch of salt to ¾ tsp. salt
- freshly ground pepper
- ¼ tsp. ground cinnamon
- ¼ tsp. allspice
- ¼ cup raisins
- ¼ cup raisins (or dried pomegranate)
- ½ cup dried apricots, coarsely chopped



Directions:

1. Preheat oven to 350°. Spread the pecans on a cookie sheet (you may optionally coat with melted butter to increase the savory flavor). Toast in the oven until crisp and aromatic (about 10-15 minutes) tossing once or twice to toast evenly. Set aside to cool.
2. In a saucepan over medium heat, melt the butter. Add onion and sauté, stirring until soft (about 10 minutes).
3. Meanwhile, rinse the rice well and drain. When the onion is ready, add the rice, water, salt, pepper to taste, cinnamon, allspice, raisins, raisins, and apricots to the saucepan.
4. Bring to a boil, reduce the heat to low, cover and cook, without stirring, for 20 minutes; do not remove the cover.
5. After 20 minutes, check to see if water is absorbed. If not, re-cover and cook for 2-3 minutes more. Set aside for 5 minutes, still covered.
6. Add the pecans and toss to combine. Transfer to a warmed dish and serve immediately.

Adapted from *Williams Sonoma Vegetarian Cookbook* by C. Williams, 2005, Birmingham, AL: Oxmoor House.

Free Zumba Class: Open to All!

Taught by a Certified Zumba Instructor

CRCH Room 517

Every other Wednesday, 12–1 p.m.

March 2, 16, & 23

April 6 & 20

Dress comfortably!



Zumba: A fusion of Latin and international music-dance themes that create a dynamic, exciting, and effective work out. The routines feature aerobic interval training and resistance training that tone and sculpt the body!

Please contact Dr. Stacey Lilley for more information: scililley@jchs.edu or 985-8502

Culture Corner Highlights Milena Staykova, M.S.N.



Articles for *Culture Corner* are submitted by the Integrating Cultural Excellence (ICE) Committee to spotlight the cultural diversity that exists here at JCHS. In this article, Milena Staykova is in the spotlight. She is an Assistant Professor in the BSN program who came to the United States from Bulgaria. We asked Mrs. Staykova a few questions about coming to this country.

When did you come to the United States? I visited the United States in 1997 for a few months, but I went back to take care of my daughter. I obtained a working visa as an RN in 1998. I won a green card from the United States Lottery and I brought my daughter in 1999.

What brought you here? I came here to unite with my husband who sought political asylum.

What were your thoughts when you first came to this country? The very first time, I was scared to death. I did not know what to expect. I was in a new country, I did not know the language, I had 10 dollars in my pocket; I did not know anyone but my husband. To make my first day worse, my husband was more than two hours late due to the typical New York traffic. I was at the airport hopeless and helpless, crying that I left my child behind.

How did you decide to settle in the Roanoke Valley? We used to live in New York. One day in May, for my younger daughter's birthday, we drove to Disneyland in Florida. Passing Virginia, we were impressed by the colors of nature and the beautiful rainbow in front of us (I still keep the picture on my cell). Later, when my husband completed his residency, he decided to look for a job in Virginia. When we came to interview in Roanoke, my husband and I felt like we were coming home. Roanoke reminds us of my husband's city. I think it was a divine intervention that brought us here. We love the Roanoke Valley, the people and our jobs.

How did you connect with others of your culture and did you find this difficult or easy? This is another interesting story. My daughter met a Bulgarian girl at school and we connected with the family. The grandmother used the phone book to call people with last names ending with "V" or "VA" indicating Slavic origin. That is how she found two other Bulgarian families. The girl's family moved to North Carolina three years ago, but they introduced us to few Bulgarian families. There are four Bulgarian families residing in Roanoke now. We are very close and get together to celebrate different occasions. Bulgarian people like social events and we make occasions and find reasons to get together. For example, my husband came back from Bulgaria a short while ago so we celebrated his arrival. We celebrate "Name Day," birthdays, holidays and we explore the beautiful Virginian nature together.

What would you like others to know about you and your culture? Bulgarians are private and loyal people who work hard and do not complain. We like to help even if we are not asked. That is what gets us into trouble most of the time. We like to be called by our last name and we like to call people by their last name, too. This is how we show respect. A traditional Bulgarian tendency is being late, usually 15 to 30 minutes. This is also a way of showing respect, which is completely opposite to Americans' expectations. When we have a gathering, we do not specify a time but say "around." For example, we do not say "dinner at eight" but "dinner around eight." Bulgarian guests will start arriving at 20:30 or 21:00 p.m. This is just one example of cultural/social collision. As immigrants, we try to follow American expectations but sometimes it is difficult; you feel that others do not understand you.

Thanks for sharing your experiences with us, Mrs. Staykova!

I was in a new country,
I did not know the
language, I had 10
dollars in my pocket; I
did not know anyone
but my husband.

Come to Yoga Class: Open to Everyone!

Instructor: John Kortmulder

Every Monday, 1—2 p.m., CRCH room 501

Questions? Contact John Kortmulder (jkortmulder10@onejeff.jchs.edu)
or Dr. Stacey Lilley (scililey@jchs.edu)



Volume III * Issue I
* February 2011 *

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Assistant Director
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JEFFERSON ADVERTISES

Jefferson College
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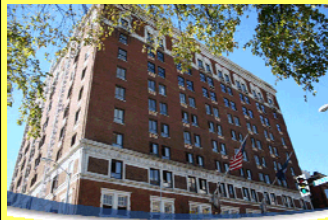
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Publication Disclaimer: Each article contained in this newsletter reflects the opinion and perspective of each individual author rather than the official position of the College.

Residential Housing



Tired of commuting? Want to experience a sense of community with your fellow classmates? Want to live in a modern, luxurious apartment for an affordable price?

Then consider living in the new Patrick Henry Residence Hall next year! Conveniently located on Jefferson Street, the Patrick Henry will house all JCHS resident students next year. Apartments come equipped with all the amenities. The Student Affairs Office is now accepting housing applications. Don't miss out on this great opportunity!

For more information, contact **Elizabeth Costa**, Assistant Director of Student Life, at eacosta@jchs.edu or visit the Residence Life page on the JCHS website: <http://www.jchs.edu/page.php/prmID/244>

JCHS is on Facebook and Twitter! Visit our sites today and keep up with all of our latest news, event photos, and stay connected!

facebook

Tutors Needed!

The Learning & Writing Center is looking for Tutors in the following subjects:

Pathophysiology

Statistics

Pharmacology

Functional Anatomy

Nursing Process Applications (Med-Surg)



If you have a 3.0+ GPA, earned at least a B in any of these course, and would like to **earn a little money** (and have a resume booster) by helping your fellow students, please contact the LWC Coordinator, **Emily Moore**, for a tutor job application.

Contact Emily Moore at 985-8449 or ehmoore@jchs.edu

Visit the JCHS Events Calendar!

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

Please submit your "promotional ads" and "event announcements" for Volume 3, Issue 2 of this newsletter to Letisha Houston at LBHouston@jchs.edu no later than Wednesday, March 23, 2011.

Please send all newsletter submissions for Volume 3, Issue 2 to Letisha Houston at LBHouston@jchs.edu no later than Wednesday, March 23, 2011. Go to the [Newsletter web pages](#) to see the [Submission Guidelines](#).