



THE PAW PRINT



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JCHS APPRECIATES OUR ENVIRONMENTAL SERVICES TEAM!

by Emily Moore, Letisha Houston, and Betsy Barksdale

Moving through campus on a busy day, it's easy for us to become absorbed by our hectic schedules, ever-growing mental to-do lists, and routine activities. What we neglect to notice far too often are the people diligently working—before most of us arrive and even after we leave—to keep our campus looking its best. They are the dedicated individuals you see daily vacuuming carpets and sweeping stairways, buffing floors, wiping tables, dusting, scrubbing bathrooms, emptying our trash bins, tidying up classrooms and workspaces, shining interior windows, and generally cleaning up our messes.

The twelve staff members who make up the Environmental Services group for our campus are an essential part of life at Jefferson College of Health Sciences (JCHS).

While many of us overlook their efforts, Betsy Barksdale, a third-year nursing student, has not forgotten to notice. She stepped forward to make sure that our extraordinary Environmental Services staff members know that they are very much



Pictured above: Back row (left to right): Eric Johnson, Daryl Johnson, Edward Daniels, Chasity Crump, Anderea Jones; Front row seated (left to right): Reggie Banks, Ashley Saunders, Angela Jamison (supervisor); Not pictured: Tenia Lavender, Clara Carper, Marie Huffman, and Georgianna Gresham

Story continued on page 3...

Roanoke Independence Day Celebration

Remember: Jefferson College of Health Sciences is CLOSED on Monday, July 4, 2011!



Music for Americans

Monday, July 4, 2011 at 5 p.m.

Rivers Edge Sports Complex, Wiley Drive, Roanoke, VA
Food vendors, family fun, live music, and fireworks!

<http://www.roanoke.com/musicforamericans/>

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

STUDENT SPOTLIGHT: AISHA PHELPS



by Letisha Houston and Debbie Stinnett

Aisha Phelps, a junior in our Bachelor of Science in Nursing program, is the epitome of dependability, cheerfulness and willingness to help. Having been a great asset to the Student Affairs team as a work-study since September 2009, she has been nominated for Student Spotlight by several individuals in Student Affairs. An excellent student, Aisha is working toward graduating and obtaining a position as a labor and delivery nurse at Carilion Clinic or Lewis Gale.

While staying focused on her studies, she works consistent hours in the Student Affairs department at JCHS. Student Affairs work-studies perform a variety of tasks, many of which require creativity, attention to detail, confidentiality, and customer service skills. Aisha does all of these with excellence and reliability.

"Aisha is one of our best work studies," says

Debbie Stinnett, Department Secretary for Student Affairs and supervisor of the work-study team. "She's dependable – always on time and ready to work. She always makes me smile and often cracks me up. She constantly volunteers to pitch in where needed and comes up with new ideas about how to make things more efficient." Mrs. Stinnett isn't the only one to notice Aisha's value to the team; other Student Affairs staff members observe how Aisha's interactions with students, faculty, and staff are always positive, and she respects the privacy of others.

This fall, Aisha will be adding another huge responsibility to her repertoire: She made it through a challenging application process and Student Affairs eagerly hired her as a Resident Assistant for the 2011-2012 academic year. She has had great ideas for fun student activities, especially in the residence hall, and now she will be able to continue that trend as one of the leaders.

When she's not busy studying or working, Aisha enjoys reading, bowling, swimming, cooking, going to the movies, and spending time with friends and family. So far, she has enjoyed her experience at Jefferson and says, "I believe hands-on experience is the best way to learn in this field. Once you get to clinicals, that is where you really start learning what it's like."

Congratulations, Aisha!

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

JCHS SNAPSHOT

See What's Been Happening at JCHS!

Visit the JCHS Snapshot webpage:

<http://www.jchs.edu/page.php/prmID/954>

or visit the JCHS Event

Slideshows webpage:

<http://www.jchs.edu/page.php/prmID/492>



ZUMBA

Summer Video Classes



**Every Tuesday
and Thursday**

12–12:45 p.m.

CRCH, Room 617

JCHS on WTOY's "Our Voices" Program



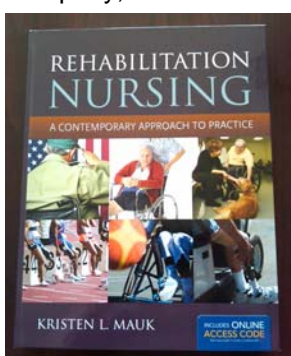
On Saturday, June 4, 2011, JCHS President Dr. Nathaniel L. Bishop and JCHS Dean for Academic Affairs Dr. Lisa Allison-Jones appeared on the "Our Voices" radio program on WTOY Radio 1480 AM. They were joined by JCHS Student Government President Cornelius Powell.

In the above photo from the studio, from left to right are Program Host and Branch President of the Roanoke NAACP Brenda Hale, Dr. Allison-Jones, Dr. Bishop, and Mr. Powell.

Susan Wirt, JCHS MSN student, and Ava Porter, JCHS Nursing Department Chair, have co-authored the chapter "Life care planning: A unique practice area for nurses" in a new rehabilitation nursing textbook, *Rehabilitation Nursing: A Contemporary Approach to Practice*.

The chapter discusses life care planning, a rather unique practice area for nurses. Life care plans are developed for clients who have sustained life-altering illnesses or injuries. Life care planning requires the rehabilitation nurse to anticipate the life-long care needs of the client with projected costs of those care needs, and to prepare a plan for meeting those care needs.

For many years, Susan Wirt has been providing various healthcare, life care and rehabilitative services to her clients through her company, Wirt & Associates, LLC. Susan has



extensive experience in the areas of life care planning, legal nurse consulting and comprehensive case management. She is President Elect of the Association of Rehabilitation Nurses (ARN) and will be installed as President



at the next conference in the fall.

Dr. Porter also has prior work experience in providing rehabilitative and Legal Nurse Consulting services to clients. Mrs. Wirt and Dr. Porter have known each other for over 30 years and have worked together intermittently. When Susan was invited by the editor of *Rehabilitation Nursing: A Contemporary Approach to Practice* to author a chapter on life care planning, she invited Dr. Porter to co-author the chapter with her.

The book was released this spring.

...story continued from page 1

appreciated. To recognize this essential group in our community, Betsy wrote the following reflection on how Environmental Services staff influence nearly every aspect of a typical day on campus and how she felt about this group of staff members:

As I walk through the hallways, the floors sparkle. I thoroughly appreciate the cleanliness of the building. Each semester, the first person I see every morning is Marie. I know that I am on time if she is still in the breezeway vacuuming. Marie always greets me with a "Hello!" or "Good Morning!" Her sweet smile brightens my day. Walking through the halls, I am amazed at how the floors appear clean enough to eat off of. I enjoy the clean smell in the morning and throughout the day. The environmental staff is always pleasant as I travel through the Community Hospital building.

I would like to give a heartfelt "thank you" to all of the Environmental Services Staff. "Thank you" is a simple expression that embodies respect, appreciation, and gratitude.

The staff is always hard at work. It is truly amazing to see the cleanliness of the building even though hundreds of people walk through it every day. This also serves as a reminder to everyone to do their part to keep the building clean.

In the classroom and clinical settings, cleanliness is emphasized to prevent the spread of germs and decrease incidences of infection. Thanks to our Environmental Services staff members, we can see a nice, clean facility with a great deal of personality every day on our campus.

I know that the job can be tough at times, but Environmental Services staff, you all do it flawlessly. Again, I would like to thank all of the staff: Angela Jamison (supervisor), Eric

Johnson, Daryl Johnson, Edward Daniels, Chasity Crump, Andreea Jones, Reggie Banks, Ashley Saunders, Tenia Lavender, Clara Carper, Marie Huffman, and Georgianna Gresham.

THANK YOU

New Director of Counseling and Wellness Joins the JCHS Team

We are very excited to welcome to Dr. Jennifer Slusher to JCHS as the new Director of Counseling and Wellness. A Licensed Professional Counselor (LPC), Jennifer has an excellent blend of leadership, teaching, and clinical experiences—including two years as the Assistant Dean of Students at Hollins University. She is also active in the local community and serves as a current Co-President of the Roanoke Area Counselors Association (ROACA). When you have a chance, please stop by Jennifer's office in the Student Affairs Suite and extend her a warm, JCHS welcome! — Scott Hill, Dean for Student Affairs



Hello! My name is Jennifer Slusher and I am the new Director of Counseling and Wellness. I am very excited to be a part of the Jefferson community and to get to know all of you. As for me, I earned my master's degree in counseling and human development from Radford University and my doctorate in counselor education from Virginia Tech. I have 12 years experience as a Licensed Professional Counselor working primarily with young adults on issues such as depression,

adjustment issues/life transitions, women's issues, anxiety, grief/loss, stress, and GLBT issues, to name a few. I am an adjunct instructor at Radford University, Virginia Tech, and Virginia Western Community College and have worked at various mental health agencies as well.

Remember, the JCHS Counseling Center is here for you, free of charge! Please feel free to make a counseling appointment by calling 540-985-8395 or drop by anytime just to chat.

e-Tip: OneJeff Student E-mail URL change

The web address for OneJeff Student E-mail is changing to <http://outlook.com/onejeff.jchs.edu>.

If you have this link saved on your computer, please update it. Email may still be accessed through the One Jefferson website at <http://www.jchs.edu/onejefferson/index.php>.

Listed below are the instructions for updating URLs in Favorites for the recommended browser, Internet Explorer.

1. From the Internet Explorer menu bar, click Favorites.
2. Choose Organize Favorites.
3. Right click on the Favorite to update.
4. Choose Properties.
5. Type in the new URL, <http://outlook.com/onejeff.jchs.edu>.
6. Click Ok.

Emergency Services Program at JCHS Offers Emergency Medical Technician—Basic Course



Course Details

- Available to anyone—JCHS students, faculty, staff, or others in the community
- Enrollment Limit: 30 individuals
- September 12, 2011—December 5, 2011
- Monday and Wednesday evenings, 6—10 p.m.
- Two Saturday requirements (Sept. 28 & Nov. 12)
- 10 additional hours required in Emergency Department or on an Ambulance

Cost: \$250

- Includes course materials & Blackboard access
- Does not include textbook

Benefits

- Resume builder
- Learn emergency techniques that can be useful at home or in the workplace
- Could lead to an exciting new career or an expansion on an existing one
- Great way to explore a new area of healthcare!

For More Information, Contact:

John C. Cook, MBA, NREMT-P
Director, Emergency Services Program
CRCH, Room 220

Jefferson College of Health Sciences
101 Elm Ave SE, Roanoke, VA 24031
(540) 985 - 8317 (office)
(540) 985 - 9722 (fax)

jccook@jchs.edu

Jefferson Serves!

JCHS Team Makes a Difference in Honduras with a Community Health Education Mission



by Mark Lambert

In May 2011, Lisa Allison-Jones and her husband Bruce led a mission team to Honduras to work with a group of community health workers from various Honduran villages. The mission team included a mix of JCHS students and faculty, as well as Carilion Clinic employees: JCHS faculty Michelle Hartman, DeDee Foti and Paula Prince; JCHS students Heather Jones, Jennifer McPherson, Amanda McAden and Brian Wade; Carilion Clinic employees Cecilia Gaston, Ronnie Dillon and Chuck Bray.

The JCHS students involved participated in a three-credit course, Transcultural

Healthcare, to prepare for the experience and were responsible for preparing the teaching plan and materials for the project.

During the team's eight-day stay in Honduras, they distributed medical and dental supplies, participated in church services, worked on maintenance projects, visited local hospitals, ate local food and even went sightseeing.

Throughout the trip, team members taught the local community health workers vital medical procedures, such as the Heimlich maneuver and midwifery skills before, during, and after a baby delivery. JCHS students led discussions and presented on topics such as basic health, development of children, dental health, women's health and nutrition.

The 2011 trip to Honduras is the seventh mission trip undertaken by members of the JCHS community since 2005. In addition to Honduras, teams have also traveled to Romania and the Choctaw reservation in Mississippi.

You can relive the moving stories and the team's other experiences in



Honduras by reading their daily journal entries on the JCHS website: <http://www.jchs.edu/page.php/prmID/958>, which concludes: "What a blessing to have been given the opportunity to serve the people in this country."



JCHS Respiratory Therapy Students Deliver Kindness to a Patient

The following "Wow Story" was submitted by Robin Shinault, CRCH Rehab, to the Carilion Clinic Intranet:



Crystal Gayle Epperly and her fellow first-year Respiratory Therapy (RT) students at JCHS filled a huge Easter basket with goodies and presented it to one of their patients, surprising him with the delivery. Most of the students had cared for the gentleman during their rotation through Inpatient Rehab and enjoyed his personality and charm. They showed such kindness, respect and thoughtfulness in remembering him.

Pictured above are the Respiratory Therapy students during one of their classes in June 2011.

Front row: Kaitlan Leigh Morley, Bansari Tushar Patel, Teresa May Frieri, Daniel Gochenour, Robin Sharon Reese. Middle row: Kyla Lynne Milligan, Tiffani Anne Lawrence, Jessica L. Toms, Adrienne Marie Shelor, Lori Lynn Ghiringhelli, Jennifer Lynn DeLio, Brandi McCormack, Gina Doyle. Back row: Robert Harber, Ashley Tinsley Minnick, Jonathan Lester Gross, Cyndi Carter Smith, Crystal Gayle Epperly, MaryAnn DeHaven, Katelyn Whitaker, Amy Melinda Palmer.

Safety Counts



Picture from: www.tvacres.com

CRCH Evacuations: Utilizing Emergency Exit Stairwells

When evacuating CRCH, please utilize the many different emergency exit stairwells available throughout our facility. Please utilize the closest exit, as long as it is safe to do so. This will spread out the evacuees and help decrease the numbers who are using the main stairwell.

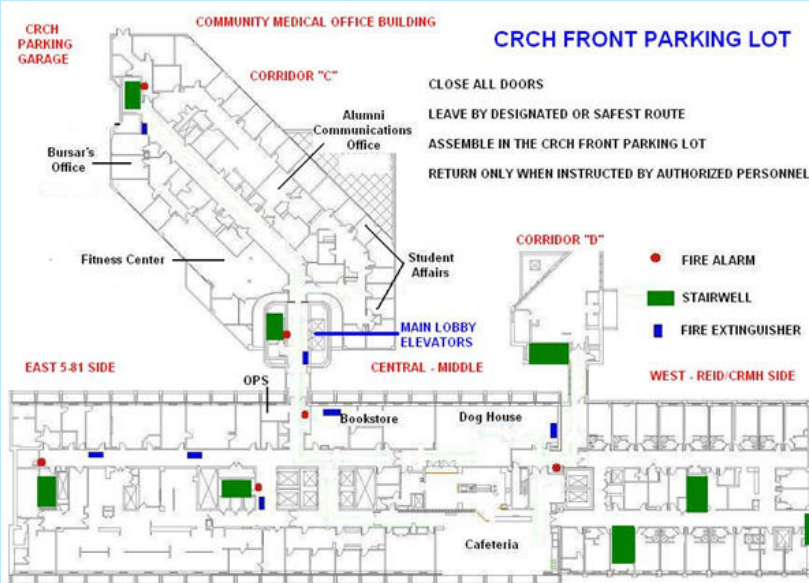
The floor plan below indicates all the facility stairwells.

The 2nd and 3rd floors contain the East, Central, West and C corridors.

The 4th floor contains the East, Central, West, C and D corridors.

The 5th, 6th and 8th floors contain the East, Central and West corridors.

The 9th and 10th floors contain the East and Central corridors.



Residential Housing

Now Accepting
Applications from Current
JCHS Students!

FIRST COME, FIRST SERVED!

Apply Today!



- Fully equipped kitchens
- Stainless steel appliances, including dishwasher, refrigerator, and garbage disposal
- Granite countertops
- Hardwood floors
- Washer/dryer in each apartment
- Affordable cost: \$2,600 per semester

Housing Applications are available in the Student Affairs office and on the JCHS website. A \$250 deposit is required to reserve your space in the residence hall. Spots are filling up fast, so hurry!

Questions? Contact Elizabeth Costa,
Assistant Director of Student Life at
540-224-4686 or eacosta@jchs.edu.

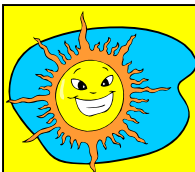
The Star Line
THE VALLEY'S TROLLEY NETWORK

Changes to Star Line Trolley Route

Recently, the Star Line Trolley changed its route near Carilion Roanoke Memorial Hospital (CRMH) and Riverside to save time and to make it easier for patients and their families to get in and out of the hospital.

When the trolley is traveling past Riverside to the hospital from downtown Roanoke, it will stop on South Jefferson Street in front of the sidewalk between 1 Riverside and 3 Riverside. The trolley will stop inside the Riverside campus when it is returning from the hospital to downtown. At CRMH, the trolley will pick up and drop off passengers at the bus stop near Belleview Avenue. This stop is convenient and will help us keep the area around the front entrance clear for use by our patients and their families. Because these changes will shorten the trolley's route, you should have less time to wait if you want to use the trolley. You can download an updated trolley route map at:

<http://www2.carilion.com/hr/internal/html/news/2011/06/starlinetrolleyjune2011.pdf>



Summer Studying: Tips to Stay Focused!

by: Emily Moore

Yesterday was gorgeous: plenty of sunshine, a slight breeze, ideal temperatures. With summer days like these, it's no wonder many of us have trouble concentrating on our work. But if you're taking intense summer classes, staying focused is key! Here are a few tips to keep you on the right track during the summer session:

- **Add outdoor time to your days.** Study outside, and use break times to catch a little sun and fresh air.
- **Create a system of rewards for yourself.** For example, say, "If I study for two hours, I can go to the pool. If I finish my paper, I'll plan a tubing trip!"
- **Balance school work and leisure time.** Plan a trip or fun activity to make the most of your time off, and be realistic about how much you'll actually study while on a vacation.
- **Don't procrastinate!** The summer flies by, and the less you have hanging over you, the more you'll be able to enjoy it!

Summer Reading Suggestions

Recommendations by JCHS Staff

1. **The Things They Carried by Tim O'Brien**
"This was a fantastic book that I read when entering JMU as a freshman." - Zac Widner
2. **A Song of Ice and Fire by George R.R. Martin**
"Martin's ongoing series transports the reader to the fantasy realm of Westeros and the political intrigues of the Seven Kingdoms, where treachery, double-dealings, and all-out-war rule the day." - Jamie Price

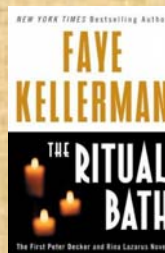


3. **Beautiful Creatures by Kami Garcia and Margaret Stohl**
"This is a fast-paced supernatural mystery that chronicles the story of two teenagers whose lives are intertwined in ways they cannot imagine, all set in a sleepy southern town that is nothing like what it seems to be." - Liz Costa
4. **The Looking Glass Wars by Frank Beddor**
"Beddor does a splendid job of blending an adult's need for a more logical explanation and the need for a temporary escape from reality in his first installment of The Looking Glass Wars series, which retells the well-loved Alice in Wonderland story from a new perspective." - Letisha Houston



5. **Bossypants by Tina Frey**
"Great for a good laugh." - Danielle Lusk
6. **Glass Castle by Jeannette Walls**
"A memoir with characters you won't necessarily like but about whom you won't be able to stop reading." - Emily Moore

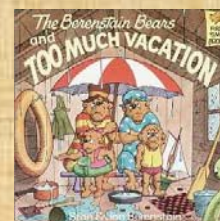
7. **The Ritual Bath by Faye Kellerman**
"This is the first book in her Decker/Lazarus series; in addition to being a great 'cop' novel, Kellerman's coverage of cultural issues is both informative and entertaining." - Frank Dane



8. **The Journey to the East by Herman Hesse**
"I read this brief book every summer during my undergraduate days and even into my master's education: it is about a fellow who sets out on a spiritual/intellectual pilgrimage in search of 'the ultimate truth' with a group of real and fictional characters including Plato, Mozart, Pythagoras, and Don Quixote." - Darrell Shomaker

9. **Life by Keith Richards**
"This 576-page tome is a compelling glimpse into a man far more complex than the popular media has credited him. An absolute must for all fans of the 'Greatest Rock and Roll Band in the World.'" - Brad MacDonald

10. **The Berenstain Bears and Too Much Vacation by Stan & Jan Berenstain**
"If you and your kids are stuck here because of summer school, this book will make you feel glad not to be on a vacation like this one!" - Stephen Harris



JEFFERSON COLLEGE OF HEALTH SCIENCES AND WELLS FARGO Present

movies in the PARK

June 10 **Despicable Me (PG)**
July 9 **The Karate Kid (PG)**
August 12 **Double Feature! Gnomeo & Juliet (G) Toy Story 3 (G)**
September 9 **How to Train Your Dragon (PG)**
October 14 **Rango (PG)**

PRESHOW ACTIVITIES EACH MONTH • MOVIES BEGIN AT DUSK

FREE ADMISSION
DOWNTOWN ROANOKE • ELMWOOD PARK
FREE PARKING IN ELMWOOD PARK GARAGE

www.downtownroanoke.org

Emergency Phones Now Available in the CRCH Parking Garage

New emergency phones have been installed and are now available for use in the Carilion Roanoke Community Hospital (CRCH) Parking Garage on Levels A-G. An additional emergency phone will be installed soon on level H.

by Susan Booth



You can identify the emergency phones by the bright blue lights located at the top of the boxes, which are available for use by anyone in need of assistance, including members of the College community, Carilion Clinic employees or the public. They are located by the elevators. A photo of one of the new units is shown to the left.

To operate the phones, a user pushes the red emergency call button, which will send an alert to the Carilion Clinic Police

Dispatch Center. The Center is monitored 24 hours a day, 7 days a week. Users will know that the call has gone through when the steady blue light begins to flash.

Dispatchers will receive a readout showing "CRCH Parking Garage" as well as the level where the emergency call is coming from. Users then will have two-way communication with the dispatcher who will respond to the emergency.

A closed circuit camera is mounted near each emergency phone, which is also monitored in the Dispatch Center. The camera can be seen in the upper right of the photo below.

The funding and installation of these new phones and cameras was coordinated by the JCHS VOICE (Violence Can End) Program in cooperation with the Carilion Clinic Police Department. Special thanks also goes out to the CRCH Engineering Department and the Carilion Clinic Technology Service Group for their assistance in installing this equipment.



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.



by Letisha Houston

Rewarding Ways to Exercise This Summer

As the summer temperatures blaze higher and our schedules get more hectic, it might be difficult to feel motivated to fit in exercise. Instead of thinking of exercise as a "chore," try out some of these rewarding ways you can exercise in the Roanoke area. You can also try these exercises almost anywhere!

- A bike ride—one of my favorites! Try some of Roanoke's beautiful greenways, or if you want to drive a few

- hours away, I highly recommend the Virginia Creeper Trail!
- A hike—we have access to some great trails along the Blue Ridge Parkway!
- Swimming—whether you go to a local pool, the YMCA, or Smith Mountain Lake, there are plenty of places to swim.
- Canoeing or kayaking—with numerous rivers and Smith Mountain Lake nearby, it's not hard to find a place to go!

- Sports—visit local batting cages, driving ranges, or parks to use tennis courts, baseball fields, or basketball courts.
- Roller Skating—visit the Skate Center of the Roanoke Valley or Star City Skate Center to get rolling!

Have fun exercising!



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* June 2011 *

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



JEFFERSON COLLEGE
of HEALTH SCIENCES

The Student Affairs Team

Scott Hill

Dean for Student Affairs

Debbie Stinnett

Department Secretary

**Jefferson Academic
Support Services**

Al Overstreet

Director of Academic
Support Services

Emily Moore

Coordinator of the Learning and
Writing Center

Rase McCray

Writing Specialist

Letisha Houston

Educational Technology
Assistant

Counseling and Wellness

Dr. Jennifer Slusher

Director of Counseling
and Wellness

Sarah Higginbotham

Coordinator of VOICE Program

Judy Caffee

Health Records Specialist

Student Life

Zac Widner

Coordinator for Student Affairs

Liz Costa

Assistant Director
of Student Life

JEFFERSON ADVERTISES

Jefferson College
of Health Sciences

101 Elm Avenue, SE
Roanoke, VA 24013

Contributing writers for this issue:

Emily Moore, Letisha Houston, Betsy Barksdale, Mark Lambert, Ava Porter, Scott Hill, Jennifer Slusher, Jennifer Becker, Robin Shinault, Susan Booth, Zac Widner, Jamie Price, Liz Costa, Danielle Lusk, Frank Dane, Darrell Shomaker, Brad MacDonald, and Stephen Harris.

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.

Tutors Needed!

The Learning & Writing Center
is looking for tutors in ALL subjects!



If you have a good GPA, earned at least a B in the course(s) you'd be interested in tutoring, and would like to **earn a little money** (and have a superb resume booster!) by helping your fellow students, please contact the LWC Coordinator, **Emily Moore**, for a tutor job application. Don't worry if you have no experience; you'll receive plenty of training!

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

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



**Virginia 2-1-1 is
here to help YOU!**

2-1-1 is easy to remember: a phone number connecting people with free information on available community services including those that serve the well-being of older adults. When you dial 2-1-1, a trained professional will listen to your situation and suggest sources of help using one of the largest databases of health and human services in Virginia. Also, visit the website at: <http://councilofcommunityservices.org/programs/2-1-1-virginia/>

Please submit your "promotional ads" and "event announcements" for Volume 3, Issue 4 of this newsletter to Letisha Houston at LBHouston@jchs.edu no later than **Wednesday, September 7, 2011.**

Please send all newsletter submissions for Volume 3, Issue 4 to Letisha Houston at LBHouston@jchs.edu no later than **Wednesday, September 7, 2011.** Go to the [Newsletter web pages](#) to see the [Submission Guidelines](#).