College of Health Sciences to host information fair

Jefferson College of Health Sciences, an affiliate of Carilion Clinic, will host a program information fair on Sept. 26 at 10 a.m. Those attending are asked to meet in the third-floor lobby at Carilion Roanoke Community Hospital, 101 Elm St., in Roanoke.

Participants will have an opportunity to speak with representatives from each of the 21 degree and certificate programs offered at Jefferson and to learn more about the college as a whole.

Those planning to attend can RSVP online at www.jchs.edu/jefferson-college-program-information-fair.

Carilion Clinic adds veteran orthopedist

Retired Lt. Cmdr. Jonathan Maher, M.D., has joined the orthopedics team at Carilion Clinic. A Blacksburg native, he has an extensive sports medicine resume.

Maher began his professional journey with a 14-year commitment to the U.S. Navy in which he interned, completed his residency and worked in a number of Naval hospitals and camps. In July 2012, he was also deployed to Afghanistan in support of Operation Enduring Freedom.

Upon his return, Maher worked in a number of sports medicine positions, including as a member of the clinical staff at Harvard and a year as a team physician for the Boston Celtics.

Red Cross calling for most-needed blood types

The American Red Cross is facing a shortage of the blood types most needed by patients and is calling on donors with O negative, B negative and A negative blood to give.

Blood donation appointments can be scheduled by using the Red Cross Blood Donor App, visiting redcrossblood.org or calling 1-800-RED CROSS.

Overall blood donations in the Red Cross Appalachian Blood Services Region have been about 674 fewer per month in June and July this year than the previous 10 months.

Platelet donors and those with type AB blood are also continually needed.

For platelet donations, call 1-866-353-1030.

JCHS awarded grant to develop nursing program for vets

Jefferson College of Health Sciences has been awarded $1,034,749 for a three-year grant from the Health Resources and Services Administration Bureau of Health Professions as part of its Nurse Education, Practice, Quality and Retention Program.

The NEPQR program prepares veterans from the military to a civilian professional nursing practice role. As part of the program, Jefferson College has developed “Leaders in Healthcare: A Veteran’s Bachelor of Science in Nursing Program,” which will assist veterans with enrollment, progression and graduation as they earn their baccalaureate nursing degrees.

The VBSN program modifies existing nursing curricula and support services to address the needs of veterans. Ava Porter, D.N.P., R.N., C.N.E., chair of Nursing at Jefferson College of Health Sciences, will serve as the grant’s principal investigator and project director.
Psychologist stresses importance of a back-to-school sleep routine

Barbara Hutchinson, Psy.D., is sharing her tips for adjusting a child’s sleep routine to best prep for the upcoming school year and its early morning hours.

Hutchinson’s main tips include planning ahead two to four weeks to fully transition into a school year routine; maintaining a consistent sleep schedule even on the weekends; and creating a good sleep environment. She also provides recommended nightly sleep guidelines for preschoolers (3-5 years), school-age children (6-13 years) and teenagers (14-17 years) at 10-13 hours of sleep, 9-11 hours of sleep and 8-10 hours of sleep, respectively.