



CSHET C-MAIL

June 2010

Carolina's Society for Healthcare Education and Training

Our Mission: To provide a learning community among healthcare educators.

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✚ Hello fellow CSHET members! Wow I can't believe it is June already— seems like we just gathered in April for our spring Conference....hmmm wonder how many days till the **Fall Networking meeting??** (psst it's Sept. 24th in case you're looking on your calendar, that's **85** days from today). You know there's just something special about CSHET members, just can't get enough of the networking. I always leave the conference wanting more, feeling refreshed and energized. Hope you enjoy this edition of CMAIL and the recap of our Spring conference. Mark your calendars, **Sept 24th** will be here soon! See the attached flyer regarding our **Fall Networking Meeting**.

Regards,
Datra Delk-Patrick, NC Director

Spring Conference 2010 “It's A Jungle Out There

April 28-30, 2010 at the *Avista Resort*, North Myrtle Beach, SC.

Wow, what a great conference we had! There were lions and tigers and zebras! We kicked off the conference with a New Member Welcome and lunch and then we *roared* into a Board member Introduction and we were on our way to a great conference.

Below is a short re-cap:

Amy Vega, MBA, MHA, RHed, FAHCEP—Amy shared excellent examples of how you can use stories and fairy tales to teach your content. One example was the story of The Three Little Pigs and the moral of the story—there is a standard and less than standard is not good (think about hand washing—there is a standard we follow and less is not acceptable). The Board members assisted Amy with a powerful demonstration of Medical Readers Library, where we all dressed in white shirts and black pants and read a story—with no introduction of characters,

place, setting, etc. At the conclusion of the reading we were able to discuss the visions, emotions, and thoughts the story provoked. What a great exercise. The next time you have a point to convey and you want to use “stories”, use this acronym that Amy shared with us: **S-sensory**=imagination and creation, **T-touches** your heart, **O-One** size fits all, **R-relate**-can you relate to the characters, situations? **I- interaction**-how can the story be shared? **E-entertainment**, escape=happy ending, **S-suggest** change of behavior or attitude. Find more at Amy’s website: www.NursingNovellas.com.

Sherre DeMao—

Sherre is Chief Marketeer of SLD Unlimited Marketing/

PR, Inc.-Sherre brought us a thought-provoking presentation entitled “Me, Myself and Inc.® Life/work synergy: Loving work! Living Life!” Sherre led the members through several exercises that stemmed from her opening: Me, Myself and Inc.® “Why doesn’t work/life balance work?” “you cannot divide three by two! how are you satisfying the three aspects of you?” During Sherre’s presentation she had us thinking and working with words like satisfaction, passion, synergy, mindset, goals mind map, promises, limiting factors, choices, and time is an asset and confidence to soar. You can find more at Sherre’s website: www.memyselfandinc.com.

John Furnell, AA, BA- John gave an enlightening presentation entitled “Love the One You’re With~Work Ethic and Professionalism”. John shared that work ethic and professionalism go hand in hand and how we feel about our job defines our work ethic. This point was brought out by some of the questions John asked of the group—“Is your work an important part of your life?”, “Do you take pride in a job well done?” and “ Do you enjoy being part of a health care team?”. John finished his presentation with a thought provoking video entitled, “For The Love Of It”, by Dewitt Jones. One take away that I enjoyed most from John’s presentation was on a card he gave us with the following, “Express Gratitude-the factor that most determines your happiness is gratitude. The more you are grateful for, the happier you will be.

Scott Hagwood, BS—Scott gave us a “memorable” presentation on how to remember names and faces, six characteristics of intelligence (crystallized intelligence, fluidized intelligence, curiosity, abstract thinking, processing speed and memory) and how to receive, retain and retrieve information. Scott went on to share that with the 3 R’s (receive, retain, retrieve), retrieving is the most important. In order to retrieve our information, we need to schedule reflection time to allow our brains time to catch up. The number one reason we forget is due to distraction. In order to fully receive our incoming information, we need to be fully engaged.

CSHET Award Winners

- The Billie Routh Spirit of CSHET Award-*Cynthia Rice*
- The Sandi Hargette Excellence in Practice Award-*Mitzi Grey*
- CSHET Scholarship Award-Marta Kane

- Recognition of LongTerm Members-5 year-Ann Lampron, Cynthia Rice. 10 year-Datra Delk-Patrick, 25 year-Debbie Kiser.

CSHET Elected Officers

President Elect-Kecia Hall
Secretary-Debra Williams
SC Director-Debra Harley
Director At Large-Mitzi Grey

A Special “Thank You” was extended to our outgoing Board Members: Lori Rivers, SC Director and Mitzi Grey-Immediate Past President.

Vendors-Thank you to our wonderful vendors for supporting us at our conference: Grey and Company, Inc., Armstrong Medical Industries, Elsevier, Pritchard & Hall Associates, Inc. and SLD Unlimited Marketing, Inc.

And now, photos from “The Jungle”...



C-Mail Question—

Hey CSHET members what do you want to see in your C-Mail?? What do you want to see on our CSHET website? Please send me any ideas, thoughts, etc you would like to see featured in the C-Mail newsletter and on our website. Please send to Datra at dsdelk-patrick@novanthealth.org.

CSHET Bookshelf

Books That Make A Difference-submitted by *Mitzi Grey*

“Here in this tiny book, I’ll tell you about the power, its mystery and how to get it. There is a simple trick you have to learn. Once you’ve got that, silent power becomes your unspoken credential. It’s a charisma that gradually grows and develops around you. Through it, you can express a special goodness that helps people--and this planet--to change for the better.” Stuart Wilde

Silent Power by Stuart Wilde is a 100 page, small format book that has had a profound impact on many. The words above by Stuart Wilde are true and this read is quick and energizing. You will explore what true wisdom and power are along with simple actions that will enhance your power to do good in this world. Stuart Wilde encourages the reader to act out a silent strength even though this may not be resonating deeply within at all times and to work quietly on any weakness, to develop a reserve, be organized and self sufficient. In doing these things and many other suggestions in this little book, we can embrace our silent power, teach by example, and lead from behind, gradually, with a touch here and word there. What an inspiring little book!