

This Month

May 2008

Johnson County Community College

**Good
Night,
Good
Job**





JCCC Begins Polysomnography/Sleep Technology Program

Michael Riley, registered sleep technician and consultant, JCCC polysomnography/sleep technology program, uses a 10/20 system of scalp electrode placement on patient Doris Wilson as Bibiana Wrigley looks on.

New Degree

Cover: Dr. Clarissa Craig, assistant dean, respiratory care, oversees JCCC's new associate's degree in polysomnography/sleep technology.

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As sleep medicine has become a recognized medical subspecialty, sleep centers have turned down the sheets and welcomed people

with suspected sleep apnea, restless leg syndrome, narcolepsy and a myriad of other sleep disorders. There are 16 sleep disorder centers and labs in Kansas, 12 in Missouri – seven of the 28 are in the Kansas City Metro area. To meet the growing demand for sleep studies (polysomnograms), JCCC will offer an associate's degree in polysomnography/sleep technology beginning fall 2008.

According to Dr. Clarissa Craig, assistant dean, respiratory care, sleep medicine has come to the forefront for two reasons: one, evidence that sleep disorders correlate to medical conditions like heart attacks, strokes, high blood pressure, diabetes and obesity; and two, private health insurance providers that now provide reimbursement for sleep services.

Historically, other health care workers (nurses or respiratory therapists) or people who have had on-the-job training have taken on the role of sleep lab technicians.

“But this is a profession that requires its own set of skills, knowledge and expertise,” Craig said.

For the 50 to 70 million Americans who find soothing slumber to be the fantasy of lullabies, science has uncovered the mechanics of a seemingly simple act. People who have trouble sleeping (or conversely staying awake the next day) may stop breathing numerous times at night, their brain and eye movements may lack the rapid-eye-movement of dream-inducing sleep or their limbs may violently twitch.

Working under a physician's supervision, PSG technologists evaluate patients using non-invasive monitoring equipment to watch for irregularities in REM brain waves, oxygen and carbon dioxide levels, breathing variables, heart rates and leg movement; interpret sleep stages; and titrate appropriate therapies like Continuous Positive Airway Pressure (CPAP) – all during a 12-hour night's sleep study.

“Even in the first semester, students will

complete observational experiences in sleep labs so they understand the hours and the work,” Craig said.

JCCC received grants from the Kansas State Technical Education Technology and Equipment Grant and the Kansas Innovative Technology Grant to outfit the respiratory lab with the sophisticated equipment for three complete sleep-study systems (lots of monitors and wires with three-letter abbreviations, like EEG, EOG, ECG and EMG, that connect to the chest, head and legs) and help pay a registered sleep technician, Michael Riley, to implement the program. Part of Riley’s job will be to secure affiliations for students’ clinical experiences.

Right now, PSG technologists are not required to have an associate’s degree or registration in Kansas or Missouri. Registered polysomnographic technologists (RPSG), certified by the Board of Registered Polysomnographic Technologists, are mandated in some states and preferred by local sleep centers. Students who complete the JCCC program will be prepared to sit for the BRPT exam, according to Craig.

“There are only a handful of associate degree programs in polysomnography at community colleges and university medical centers in the United States,” Craig said. “There are none in the metropolitan area; the nearest is in Iowa. Students who graduate from our program will have a good formal education and be a hot commodity in the job market.”

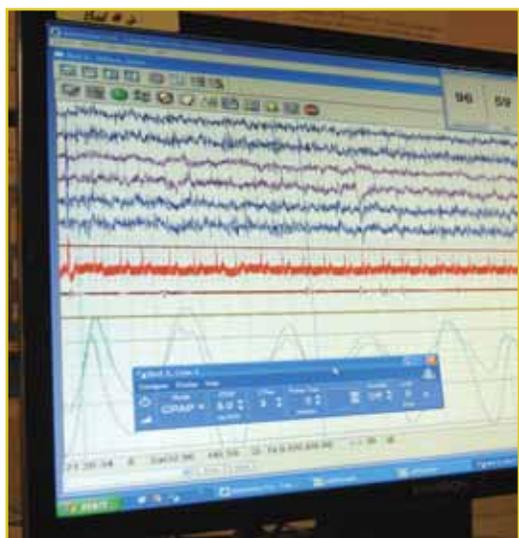
Craig says ideal candidates for the profession should possess skills in science, technology, attention to detail, communication and have a desire to help patients. 🌱



Bibiana Wrigley reviews electrode wire placement on patient Doris Wilson prior to a sleep study.



Michael Riley, registered sleep technician, scores data from a previous night’s study as Patricia Pope and Bibiana Wrigley look on.



During a sleep study, monitoring measures REM brain waves, oxygen and carbon dioxide levels, breathing variables, heart rates and leg movement.

Manners Matter

“The number one rule of etiquette is making people feel comfortable. It’s more important than using the right fork,” said

Mary Jean Billingsley, program director, Career Services Center.

Recently certified by the Protocol School of Washington, D.C., Billingsley can tell you the proper seating order for an international business dinner based on a guest’s rank and function, when and when not to take a sip during a toast and how to give a proper handshake. Billingsley attended the school, recognized as one of the best protocol schools in the world, for an intensive five days of training with 30 U.S. and international participants, many who were gov-

ernment protocol officers. The week included training from the director of protocol for the Smithsonian Institution, speech critiques by a national speech consultant, materials development from a New York marketing executive and the experience of a formal dinner complete with a receiving line and toasts.

In 2000, Billingsley started an etiquette seminar, *First Impressions*, which is offered twice a semester through the Career Services Center as a way to give JCCC students an edge in today’s job market. During a three-hour, six-course dinner in the Capitol Federal Conference Center, participants learn how to conduct business while balancing hors d’oeuvres with a glass and eating soup correctly. She says many job interviews are conducted during a meal or social event. The seminar also covers business introductions, Internet etiquette, savvy on the golf course and business correspondence.

“Manners matter,” Billingsley said.

Even in today’s more casual work environment, Billingsley says etiquette still applies. She talks to students about how to best represent oneself in person, on paper and electronically. The new spin to Emily Post’s guidelines is “netiquette.” Billingsley advises job-seekers to clean up their electronic presence because employers check out the Internet.

“Really clean up your image on MySpace or Facebook – remove images of you drinking or using bad language that would indicate a lack of judgement to an employer,” Billingsley cautions. “Make sure your e-mail address and cell phone answering message are professional.”

And, while it is an electronic age, a handwritten, hand-delivered note following an interview will make you stand out among applicants, Billingsley says.

She has been in the field of career planning for 25 years but took a career turn into the food industry for a few years as co-owner of a business supplying ingredients to white-tablecloth restaurants. She is also a Certified Tourism Ambassador for Kansas City.

Billingsley continues to offer *First Impressions* seminars with additional seminars for students and faculty/staff in leadership programs at JCCC and other universities. 🌿



Maheu Pledges Allegiance

When Suzanne Maheu, Homestay coordinator, Intercultural Center, JCCC, became a naturalized citizen on Feb. 29 in the

Robert Dole Courthouse, the federal courthouse in Kansas City, Kan., two officials from JCCC sat on the bench.

Attorney Anita Tebbe, professor and career program facilitator, paralegal program, the chair of the Naturalization Ceremony Committee for the Johnson County Bar Association, and JCCC president Dr. Terry Calaway, the ceremony speaker, sat on either side of the Honorable Dale Somers, the federal judge, who presided over the ceremony. Maheu, originally from Montreal, was one of 79 people from 25 countries who took the oath of allegiance that day to become a U.S. citizen.



“My husband, who is also a Canadian and seeking citizenship, was unable to attend the proceedings because he was out of town on business,” Maheu said. “The presence of Dr. Calaway and Professor Tebbe at the proceedings squelched the feelings of disappointment I was feeling from knowing that I would not have a loved one in attendance to observe this meaningful ceremony that marked a very significant event in my life.”

Maheu’s husband, Neale Lobo, took a job as an engineer with Hoescht Marion Roussel (now known as Sanofi-Aventis) in Kansas City, Mo., June 5, 1997. Maheu had two daughters, 3 and 5, at the time and later had a third child. Because of the educational and support services provided in Johnson County to her oldest daughter, who is intellectually-challenged, the Maheu-Lobos decided to seek permanent citizenship.

“We thought our daughter could reach her greatest potential here,” Maheu said.

Maheu, who has a bachelor’s degree in psychology from McGill University, Montreal, and a master’s degree in psychology from the University of Guelph, Ontario, worked for 10 years in

Montreal in psychogeriatrics as part of a multidisciplinary team assessing dementia.

At JCCC, she coordinates homestays for international credit students. Her own experience as an immigrant adds to her appreciation of JCCC international students who, she says, “have the courage and confidence to live in a foreign country and learn about another culture and language.”

Calaway welcomed the new citizens and recognized that their abilities would enrich this country. He also talked about his in-laws, naturalized citizens, and how much U.S. citizenship meant to them.

“The naturalization proceedings are incredibly moving,” said Tebbe, who was appointed to her position by the president of the Johnson County Bar Association to organize proceedings every other month (the Johnson County Bar Association alternates monthly with the Wyandotte County Bar Association). “It’s a very powerful oath in which one renounces one’s country of birth. It is a huge step for immigrants.”

Maheu says that Canada allows its citizens to hold dual citizenship. 🌿

Anita Tebbe (left) and Dr. Terry A. Calaway (right) officiated at the naturalization ceremony of Suzanne Maheu.

Honors Students Teach Art History

Honors Students

JCCC student Michele Handy helps Kayla Peterson and Selma Baghdadi (seated) in a printmaking project.

If you don't know who the German Expressionist painter Ernst Ludwig Kirchner is, ask the 20 students in Debra Johnson's fourth-grade class

at Prairie Star Elementary School, Leawood. After a 30-minute Masterpiece Moments with Dr. Allison Smith, assistant professor, art history, and two JCCC honors students, Adela Wood and Michele Handy, the fourth-graders eagerly spoke about the artist and tried their hand at printmaking, one of Kirchner's media.

"He is a German artist, he likes snow and the color red because it is expressive," said Gillian Frey, fourth-grade student.

"And he wasn't very photogenic," added Lauren Barash, another fourth-grader.

Handy and Wood will be solo presenters to first- and second-graders, respectively, at Prairie Star twice during the spring semester as part of their honors contract.

"When I started teaching at JCCC, I wanted to make art history more relevant to students' lives,"

Smith said. "And with this experience, honors students learn how to speak to and communicate with the general public, especially children, in a simple way, what an artist is trying to convey."

The fourth-graders are not shy about raising their hands and sharing their opinions about Kirchner's works. Presenters learn too.

"Kids see things in ways that adults don't," Smith said.

Making a print from a Styrofoam meat tray was a new experience for most of the fourth-graders. The ink was red, reinforcing the idea of Kirchner's favorite color as red.

"I never knew what a print was before," Barash said.

"Don't be discouraged if your print doesn't come out exactly the way you would like it to," said Smith, who has been in charge of Masterpiece Moments for the last five years. "Sometimes artists' mistakes can turn out to be their greatest projects."

"The students love it," said Johnson, when asked about the Masterpiece Moments program in her classroom. "We have a great arts program at Prairie Star, and having Allison and her students here certainly adds to it."

Wood, who is studying toward a degree in elementary education, says the honors project is a good opportunity to present in a classroom. She saw her children, who are both students at Prairie Star, become "connected to art" as a result of previous years' Masterpiece Moments.

Handy, also seeking an elementary education degree, says the honors project allows her to affirm her degree choice. 🌟



Dr. Allison Smith introduces fourth-graders to German Expressionist painter Ernst Ludwig Kirchner.



Students Create Good Design for Good Cause

JCCC interior design students Randi Knapp, Shannon Honn and Genevieve Hamel donated their talents and about 50 hours of

volunteer time to redesign the reception area and waiting room of the Center for Child Health and Development at the University of Kansas Medical Center.

The project, due for completion in May, will create a soothing atmosphere in a palette of gold, chocolate brown and aqua colors where children (ages newborn to 18) can play and interact with their parents as they await diagnostic tests and follow-up treatment for developmental disabilities such as ADD, autism and speech impediments.

The JCCC Interior Design Students Association board approved the project in fall 2007, and the three women volunteered their services.

“First, we love gaining real-world experience,” Honn said. “And, second, each one of us has been touched by a special needs child.”

The team met with the CCHD faculty to understand the goals of the center. From there, the women wrote concept and purpose statements and presented their design plans to 18 members of the CCHD team in November.

“The students more than exceeded our expectations,” said Diana Ingham, associate professor, interior design, a co-adviser to the project along with Jan Cummings, professor and career program facilitator, interior design. “They had listened very carefully to the goals of the center. The CCHD staff was very enthusiastic about how the design plan fit their needs.”

The JCCC students developed the space with carpet, furniture and paints. The design incorporates traffic flow for wheelchairs; upholstered benches so children and parents can feel

engaged with each other; and reading corner, activity wall and art areas defined by two different carpet styles. Colorful bean bags entice children and add a design element.

“Instead of just making the room look pretty, we had to understand the clients’ needs,” Honn said. “We had to make it practical for special needs children.”

Indeed, interior design students had to work with the state’s carpet options, existing teal chairs, and Americans with Disabilities Act and OSHA regulations.

“I think we have a better understanding of child development disabilities because of this project,” Knapp said. “Being able to create a good environment for children and their parents who spend a lot of time at the center was an awesome opportunity.”

According to Hamel, JCCC IDSA students initiated two other components to the CCHD project – collecting approximately 100 books and 10 wooden car toys, made by Pleasant Ridge Middle School students, to donate to the center.

“We serve families from all over the state of Kansas,” said Phyllis Young, parent educator, CCHD. “These families are here to determine if their child is on the spectrum for autism or is at risk for other developmental issues. This process can be quite stressful. By having our waiting room and reception area take on a new look we hope to convey to these families our hope to make the experience as comfortable and supportive as possible. Family-centered care is a priority of our program, and our new environment certainly supports that mission.” 🌿

Interior Design Students

JCCC students (left to right) Genevieve Hamel, Shannon Honn and Randi Knapp volunteered their design services to remodel a waiting room at KU Medical Center.



JCCC Graduations

JCCC will have its commencement exercises at 2 p.m. Sunday, May 18, at the Overland Park Convention Center.

The GED graduation is at 7 p.m. Tuesday, May 13, in the Gymnasium. Penny Shaffer, program director, Health and Human Services, JCCC Center for Business and Technology, will be the keynote speaker.



Other graduations:

- Respiratory Care, 6:30 p.m.
Wednesday, May 14, Polsky Theatre
- Nursing Pinning, 7 p.m.
Wednesday, May 14, Yardley Hall
- Honors Graduation, 7 p.m.
Thursday, May 15,
211 Carlsen Center
- Dental Hygiene, 6:30 p.m.,
Thursday, May 15, Polsky Theatre
- Cosmetology, 7:30 p.m.
Tuesday, May 20, Polsky Theatre
- LPN Pinning, 7 p.m.
Wednesday, May 21, Polsky Theatre

A reception follows each graduation.

For more information about commencement exercises, contact the Student Information Desk at 913-469-3807.

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When planning your estate, remember Johnson County Community College. For more information, call Emily Fowler, JCCC Foundation, 913-469-3835.