



INSIDE AHEC

SPRING/
SUMMER 2009

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Mini-Med School Comes to the Mid-Shore



Kadaya Daveis, right, gets her BMI measured by Amy DeHaven, left

The Eastern Shore AHEC offered two Mini-Med Schools this year. The first Mini-Med School was a partnership with the Upper Shore Workforce Investment Board (WIB) for high school students who are interested in pursuing a healthcare career. Students made a commitment to attend five 3-hour sessions on Saturdays, including lunch. Students also received a scrubs top and name badge, just like real healthcare professionals.

Sessions were held bi-weekly from January through March dealing with topics such as: health care

professions; infection control; CPR; healthy eating and exercise; and visiting Pleasant Day Adult Daycare Center and working with the elderly. At the conclusion of the program eight (8) students were recognized for their commitment and received "diplomas" at a luncheon with the parents.



Judy Dzimeria, a registered dietitian, demonstrates portion control

Community-based Mini-Med



Dr Ferentz and Jake Frego

The First AHEC Community-based Mini-Med School was held on 4 consecutive Wednesday evenings in March/April at Krystal Q in Easton for the mid-shore community. A total of 80 people attended one or more sessions to hear lectures on various health topics, including cancer, clinical trials, pain management, addictions, diabetes, obesity, and health and wellness. Speakers included local health care professionals Dr. Mary DeShields, Dr. Priya Krishnamurthy and John Winslow, MHS, CPS. Additional speakers were from the University of Maryland School of Medicine, including Dr. M. Naomi Horiba, Dr. Thelma Wright, Dr. Nanette Steinle, and Dr. Kevin Ferentz.

Just as in medical school, students took pre and post "tests" to measure their knowledge base and increased learning. The 46 students who attended 3 or more sessions "graduated" and received a "diploma" and T-shirt. The Mid-Shore Mini-Med School was free to the public with funding from the University of Maryland Baltimore.



More than 40 students graduated after attending three or more Mini-Med School Sessions

CLINICAL EDUCATION

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Dr. Leslie Robinson, MD at mid-term meeting with fourth year Medicine students at the AHEC.

During each of the four block rotations of University of Maryland Medical students, Dr. Leslie Robinson, Course Director, IMC travels to the Eastern Shore to visit with the students and check on their progress in the Rotation. Also, during these visits Dr. Robinson and the Clinical Coordinator have made a point to visit Preceptor offices along the Shore. Usually the student meetings are held at the AHEC office as in the picture to left, but on occasion these meetings have

even been stops at Panera Bread on a Monday morning as students return to the shore from a weekend at home!

For a number of years the Eastern Shore Area Health Education Center has worked with Dr. Robert Bauer in (St. Mary's County) to provide Clinical Education rural rotations in this area. This year we are working to increase the AHEC presence in Southern, Maryland.

AHEC Success Story:

In the Spring of 2005, Michelle Folsom was a 4th year medical student who completed her AHEC rural rotation in St. Mary's County. Now, just 4 years later she is residing in Calvert County as a Family Physician. By this fall, we hope to report that Dr. Folsom will be working with our program as a Preceptor.



MICHELLE FOLSOM, MD a former Eastern Shore AHEC Medical Student in 2005, now a Family Physician at Calvert Family Practice Associates, in Prince Frederick, Maryland



Cattail Cove Townhouse in Cambridge Maryland

Once again we have been able to place students in all nine counties of the Eastern Shore.

To accommodate the housing demand for our Medical, Pharmacy, P.A., and Dental students, a new apartment was added for the 2008-09 year. A lovely apartment within walking distance to downtown Cambridge is a welcome addition.

Special Thanks from the Executive Director:

Thank you to our Board Members for their service to the Eastern Shore AHEC and special thanks to our President Douglas Wilson, PhD for his tireless leadership.

CHILDREN'S REGIONAL ORAL HEALTH CONSORTIUM (CROC)

Spring has sprung and so has the CROC Volunteer Corps!

CROC volunteers busily provided Children's Dental Health Month presentations to Pre-K, Kindergardeners and First graders throughout Cecil, Dorchester, Wicomico, Worcester and Somerset counties of the Eastern Shore.

This year CROC Volunteer Corps Children's Dental Health Month Pre-K, K and First Grade Dental Presentations have surpassed 2,500 children. Classroom dental presentations serve as an important dental outreach providing children with age appropriate dental supplies such as floss, fluoride toothpaste, imprinted child sized toothbrush with; "Parents brush 4 kids until age 9, after breakfast, after dinner, less cavities you will find", and a "Parents' Tips from the Tooth Fairy"™ brochure highlighting the infectious nature of tooth decay and how easily it can be prevented with parents' help.

CROC Consortium member, Village Dental Center, activated the Corps again this year to assist in school screenings in three Wicomico County Title 1 Elementary Schools.

The volunteer corps consists of about a dozen dedicated registered dental hygienists and a dentist who provide their professional services in order to extend the reach of public health dentistry to children in need. By serving in school screenings, other vital public health dental staff can stay in the clinic performing clinical services instead of being pulled for the school screening outreach.

School screenings are important in identifying and triaging the dental needs of children who might not have regular dental care. Once the children who need care are identified, their parents are contacted and referrals are made. Some children have no evidence of tooth decay, some have mild evidence of tooth decay and others exhibit acute abscess conditions, as well as, severe extensive decay. Without these valuable screening services and intervention these children may very well continue to suffer. Had 12 year old Deamonte Driver, the Prince George's County boy that died from a brain abscess that originated from untreated tooth decay, been screened in school, he would very likely be alive and well today.

CROC 1 Grant ended on June 30th with the phasing in of CROC 2; we regret to say that Ms. Hall will pursue oral health on a direct level as she partners with her husband at their private practice. Jeanie Holtz, R.D.H. will succeed Ms. Hall (pictured with Ms. Hall as Carey the CROC is passed on to Ms. Holtz) Ms. Holtz; served as a CROC Volunteer and we are happy to have her aboard.

CROC Coordinator, Alex Hall, RDH and Carey Crocodile (mascot for the CROC Program), beside the plaque honoring CROC Volunteers that have served the Village Dental Center in Wicomico County



Children's Regional Oral Health Consortium Volunteer Registered Dental Hygienists: (L-R): Alicia Brooks, Linda Blackston, Suzanne Smith, Alexandra Hall (CROC Coordinator), Sherry Herling, Christie Wingate



Passing of Carey the CROC from Alex Hall, RDH to new CROC Coordinator Jeanie Holtz, RDH

AGING SIMULATION SENSITIVITY TRAINING (ASST)

Aging Simulation Sensitivity Training Workshops Reach Out to the Community

Longevity and the emergence of the “baby boomer” generation are contributing factors to the growing numbers of the aging population. Aging Simulation Sensitivity Training (ASST) workshops have been developed to reach out to the community to raise awareness of the special characteristics and needs of this age group.

The program has been very successful in attracting healthcare agencies which have utilized the workshops to fulfill geriatric training needs for Staff Education and Development. On a number of occasions, agencies have invited volunteer workers, non-professional staff, family members and other caregivers to participate in the workshops. Coordinators Jean Baker, RN and Audrey Wahl BS, MPS have observed that many of the attendees who may not provide direct care to the elderly have a personal interest in the program because they are caring for aging relatives either at home or in the community.

In December, the Adult Day Care Foundation sponsored a combined Holiday Celebration/Staff Development Day at the Kent Island Adult Medical Day Services, located in the Percy Thomas Center in Stevensville. The Center provides services to individuals over the age of 16 who require assistance or supervision related to health care issues, social needs, confusion or disability.

In February a coalition of Social Service Departments from Caroline, Dorchester, Kent, Queen Anne’s, Somerset, Talbot, Wicomico and Worcester counties combined efforts to provide training for 49 participants of the Project Home Program which included Project Home staff, In Home Aide Service (IHAS) staff and Department of Social Services staff.

In March the Talbot County Department of Social Services (DSS) hosted an (ASST) workshop in Easton. DSS Personnel Officer Pamela Wilkinson facilitated the program. Forty- two social workers, case managers, addictions counselors, office workers and ancillary staff attended the 2 hour program.

Another ASST program in March was hosted by the Dixon House Assisted Living facility. Thirteen staff members and families of Dixon House residents participated in the workshop which took place in the historic residence located in Easton.

In April 15 students from the University of Maryland Eastern Shore (UMES) Doctor of Physical Therapy (DPT) program visited the Eastern Shore Area Health Education Center (AHEC) to participate in an ASST workshop. The students learned that because of the ever-growing numbers of elderly in the country, the demand for elder products and services has increased significantly. As a result, many of their clients will be older adults who will require physical therapy and rehabilitative programs.

Funding support for these ASST programs was provided through the hosting agencies, a Geriatric and Gerontology Education and Research (GGEAR) grant from the University of Maryland, Baltimore and a Johns Hopkins Geriatric Education Center Consortium Grant. For information about costs and scheduling a program for your group, please call the AHEC at 410-221-2600 ext 10 or e-mail your request to ahcagingproject@yahoo.com.



(L-R) Dixon House Director Lynne Ewing and Karen Baines, Elder Care Advisor for the “A Place for Mom” company discuss the length of time it takes to button their shirts with their simulated loss of sense of touch.



(L-R) Jennifer DuBerg and Talbot DSS Personnel Officer Pamela Wilkinson try sewing on a button during the ASST Training workshop. UMES Physical Therapy Geriatric Specialist Professor Dennis Kilma (6th from Left in back row) shows his pride as he joins the class of 2009 Doctor of Physical Therapy students who attended the ASST Training workshop at the Eastern Shore AHEC office in Cambridge

COMING
SOON!

COMING
SOON!

Mark Your Calendar

**Eastern Shore AHEC's
Interdisciplinary Health Education Council (IHEC)
Proudly Presents:**

“A Shore Way to Improve Your Diabetes”
An Interdisciplinary Conference on Diabetes

**September 30, 2009
at the Hyatt Regency Chesapeake Bay
8:30 a.m. – 3:30 p.m.**

*More information will be available in early
August!*

*If you would like to receive our Newsletter by email please call us to be added to our email listing.
You may also access our Newsletter through our website at : www.esahec.org*

MISSION STATEMENT

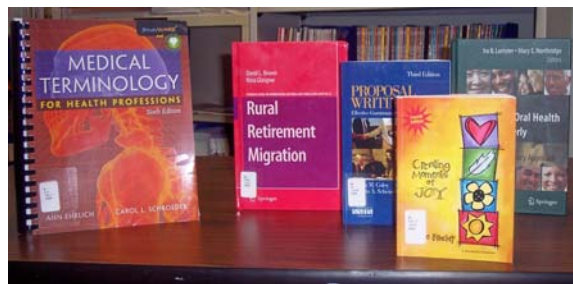
*To recruit and retain health care professionals and build healthy communities through
educational opportunities and collaborative partnerships.*

Learning Resource Center

New health related books have arrived in the Learning Resource Center. These books are a welcome addition to the library. Many are updated versions of books purchased in the last ten years. The new books are in the areas of oral health, pharmacy, reference materials, nutrition, geriatrics, proposal writing, community health, and rural health.

A listing of the books are as follows:

- McDonald, Ralph. *Dentistry for the Child & Adolescent*, 8th Edition, 2004.
- Lamster, Ira, editor. *Improving Oral Health for the Elderly*, 2008.
- Beardsley, Robert. *Communication Skills in Pharmacy Practice: Practical Guide for Students & Practitioners*, 5th Edition, 2008.
- Rohen, J.W. *Color Atlas of Anatomy: Photographic Study of Human Body*, 6th Edition, 2006.
- Fauci, A. *Harrison's Manual of Medicine*, 17th Edition, 2008.
- Ebersole, Priscilla. *Toward Healthy Aging: Human Needs & Nursing Response*, 7th Edition, 2008.
- Brackey, Jolene. *Creating Moments of Joy*, 4th Edition, 2007.
- Beerman, Susan. *Eldercare 911: Caregivers Complete Handbook*, 2008.
- Mahan, L. *Krause's Food & Nutrition Therapy*, 12th Edition, 2008.
- *Stedman's Medical Dictionary for Health Professions & Nursing*, 6th Edition, 2008.
- Ehrlich, Ann. *Medical Terminology for Health Professionals*, 6th Edition, 2009.
- Butterfoss, F.D. *Coalitions & Partnerships in Community Health*. 2007.
- Coley, Soraya. *Proposal Writing: Effective Grantsmanship*, 3rd Edition, 2008.
- Carlson, Mim. *Winning Grants Step by Step*, 3rd Edition, 2008.
- Brown, David. *Rural Retirement Migration*, 2008.
- Merwin, Elizabeth. *Annual Review of Nursing Research: Focus on Rural Health*, V26, 2008.
- Rabinowitz, Howard. *Caring for the Country: Family Doctors in Small Rural Towns*, 2004.



Book of the Month:

Creating Moments of Joy by Jolene Brackey is a wonderful book for caregivers of people with Alzheimer's or Dementia. This is a rare book that helps the caregiver understand the disease and create moments of joy for loved ones in their care.

These books are available for loan by contacting Carole Wade, Learning Resource Coordinator at 410-221-2600 or by email, cwade@esahec.org.

Teen Health Initiative Update:



The Teen Health Initiative, an outreach project funded by the National Library of Medicine, is progressing in the high schools of Talbot and Dorchester Counties. High school health classes have been introduced to reliable health and health career websites, and the use of public library resources in the two counties are promoted in the classroom and at home. The students have been assigned projects to help them utilize what they have learned in the classroom. Prize winning students have received gift cards for their power point presentations on a variety of topics. During the summer, displays will be set up in the public libraries in Talbot and Dorchester Counties. The project continues in September in the two county systems as the new school year begins.

Geriatric Assessment Interdisciplinary Team (GAIT)

The Geriatric Assessment Interdisciplinary Team (GAIT) program took to the road (and water) this spring, traveling from Wicomico to Somerset and Cecil Counties. The first stop in early March was at a new site, Peninsula Regional Medical Center in Salisbury. A total of 9 students represented the Dietetic and Physician Assistant programs from University of Maryland Eastern Shore and the Nursing and Social Work programs from Salisbury University. Students had the pleasure of hearing Dr. John Burton, Director, and Jane Marks, RN, MS, Associate Director, from the Johns Hopkins Geriatric Education Center in Baltimore, discuss **Transition of Care for the Elderly**.

The second GAIT this year was held during Spring Break in Somerset County. A total of 13 students participated in teambuilding and clinical activities at The Edward W. McCready Memorial Hospital and Alice Byrd Tawes Nursing and Rehabilitation Center in Crisfield. Students represented the Pharmacy and Dental Hygiene programs from University of Maryland Baltimore, the Physician Assistant program from University of Maryland Eastern Shore, and the Nursing program from Chesapeake College. Students learned firsthand about **Rural Healthcare** with a boat trip to the Community Health Center on Smith Island with Brenda Windemuth, CRNP, who sees patients there twice a month. Of course, dinner that evening included Maryland crab cakes and Smith Island 10-layer cakes.



Dr. John Burton, Director of the Johns Hopkins Geriatric Education Center, talks to students about Transition of Care for the Elderly.



Cindy Brown and Cindy Smyser, RNs with the Adult Evaluation and Review Services (AERS) program at the Cecil County Health Department accept a plaque in appreciation for hosting GAIT.

The final GAIT of the year was held in April at the Cecil County Health Department in Elkton. Nine (9) students attended from the Pharmacy program at University of Maryland Baltimore, the Physician Assistant program at University of Maryland Eastern Shore, and the Nursing program at Cecil Community College. Rajiv K. Goel, JD, spoke to the students and staff about **Eldercare Planning and Guardianships** in the morning. In the afternoon, students made patient home visits with staff from Adult Evaluation and Review Services (AERS). This was the first time a 1-day GAIT program has been offered on the Eastern Shore, in response to feedback from faculty and students.

THANKS to the Geriatric and Gerontology Education and

Research (GGEAR) program at University of Maryland Baltimore for consistently funding GAIT for over 10 years. Additional **THANKS** to the Johns Hopkins Geriatric Education Center Consortium for its recent 3 years of funding.



Not all work as students enjoy a ride to Smith Island

Eastern Shore AHEC Welcomes Our New Staff



Jamie Holtz, RDH is the new Children's Regional Oral Health Consortium Coordinator (CROC)



Lori Lantz is the new Health Education Assistant Coordinator



Jenay Sampson is the new Office Service Assistant

HEALTH CAREERS

National Youth Leadership Forum on Medicine Scholarship Winner: Cara Baltimore



This year's scholarship winner to the National Youth Leadership Forum (NYLF) on Medicine is North Carolina High School student Cara Baltimore. Highly motivated in becoming a physician and serving in a rural area, Ms. Baltimore has been enthusiastically recommended by her high school teachers and guidance department. The NYLF scholarship is presented through the AHEC by the University of Maryland School of Medicine.

Cara will have the opportunity to visit the George Washington campus, live in a dorm at the University of Maryland College Park, travel to the University of Maryland School of Medicine, speak to many different physicians, observe procedures, visit the cadaver lab, see medical specimens, and more.

If you are interested in this program, visit the web site: http://nylf.org/med/dates/washington_dc.cfm
The AHEC hopes to obtain a scholarship for this program each year. Be sure to nominate deserving students.

Women and Girls Fund

A transportation fund was established for the Eastern Shore AHEC to take mid-shore students to hospitals and campuses to promote health careers. This will enable more students to visit sites of health care delivery, and campuses with health careers programming, to help them envision themselves as health care professionals. The funds were provided by the Women and Girls Fund of Easton Maryland.



Sherry Councill, RN, BSN, HSMI of Shore Health System gives tour to Health Occupation Students from Queen Anne's County High School, Instructor Nancy Pippin, RN, BSN, MED

Maryland Home and Community Care Foundation

A puppet kit for "The Great Hospital Adventure" was purchased with grant funds from the Maryland Home and Community Care Foundation. This kit will be placed in the Lower Shore to ensure more students are able to view this health careers, healthy behaviors and 9-1-1 resource.

