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Five AHEC Students Receive \$1,500 Awards in ECHO Grant Program

Five students participating in the 2011 Encouraging the College Bound into Health Care Occupations, or ECHO, grant were announced.

The recipients were chosen after a year of sustained participation in the program. ECHO is an intense health care occupation program that helps students become admitted to the medical program of their choice. The program awards each of the top five students \$1,500 which can be used toward college expenses. The ECHO program requires monthly participation by the student and a parent or guardian. ECHO participants must also become certified as National Junior Health Educators and complete a community project. State-wide Texas AHEC East granted awards to 35 students. For more information on the 2011-2012 ECHO program, contact AHEC coordinator Claudia Reyes at 817-598-8887. ♦



Clockwise from top: Dariela Rivas from Decatur is pursuing a double major in Pharmacy/Public Health at UT Austin. Astrid Mendez from Decatur is pursuing a Bachelors degree in Nursing at UT Arlington. Clara Mendez from Gainesville plans to pursue a degree in Biology at Baylor University. Chastie Brown is now a senior at Byron Nelson High School who plans to pursue Biomedical Engineering. Natalia Obregon from Mineral Wells is entering her freshman year at Louisiana's Lafayette University as a Pre-Med/Biology Major.

AHEC to Offer 16 Hours of Geriatric Care Continuing Education

The University of Texas Medical Branch (UTMB) East Texas Geriatric Education Center-Consortium (ETGEC-C), in partnership with Texas Area Health Education Center East, will present the 2012 "Special Topics in Geriatrics: Unspeakables - The Stigma of Disease and Aging" Broadcast series beginning January.

The broadcast series offers up to 16 continuing educations credits in variety of disciplines (i.e. CME, CNE, Social Work and Ethics). CE's are delivered via 2-way video at Weatherford College Wise County. There is no cost for the educational series and lunch is provided.

The first CE: The Stigma of Aging and Disease is scheduled for January 18, 2012 from Noon to 3 pm. Contact AHEC Coordinator Andrea Stephens at 817-598-8899 for more information or to reserve a space for the class. ♦

Local Physician Makes Kamp Kenner Possible for Students of Parker County

AHEC health career camps for Parker County students began in 2007, largely because of Dr. Joanne Kenner-Allensworth's vision and support. Dr. Kenner-Allensworth practiced Obstetrics and Gynecology in Mineral Wells for over 50 years alongside her husband, Dr. John Allensworth. She has become such an influential leader and supporter of AHEC activities that Kamp Kenner is now named in her honor.



Surgical techniques are covered as campers learn anatomy during a cow eye dissection in a Weatherford College classroom under the direction of Dr. Ibe.

This summer, Kamp Kenner took place for the fourth consecutive year. The purpose of Kamp Kenner and other AHEC camps is to help talented individuals gain a head start on occupations in the medical field. This is accomplished by immersing students in activities for up to 96 straight hours. Students dress in scrubs and perform medical activities like wound suturing, organ dissection, and human tissue examination. Tours of medical facilities, universities, and local employers round out camp activities and help students gain a glimpse into their possible future. On the final day, students get a rare opportunity to work alongside health professionals.

Kamp Kenner is primarily intended for students from Mineral Wells. This year Kamp Kenner became an overnight camp for the first time as students lodged at Coyote Village, the student housing site at Weatherford College. From this location they were able to become comfortable with Weatherford College professors and staff.

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AHEC Gets H.O.T.T. for Summer Camp

On June 6, the summer of 2011 officially got hot when 18 young women from Cooke, Denton, Parker, and Wise Counties met at Weatherford College to learn more about health careers during AHEC H.O.T.T. Camp. H.O.T.T. Camp is an acronym for Health Occupations for Today's Teens. The name was certainly appropriate as temperatures seared into triple digits each day. Nonetheless, campers were eager to experience a schedule of activities designed to help them learn more about health careers, college applications and financial aid.

H.O.T.T. Camp is one of two camps presented by the Texas AHEC East North Central Region during 2011. This is the inaugural year for H.O.T.T. Camp, while Kamp Kenner celebrates its fourth consecutive year. Each Camp consists of three to four days and overnights at Coyote Village, the student housing facility at Weatherford College.

Eighteen campers attended H.O.T.T. Camp this year. Although many apply, there is only room for 20 campers in each camp. Applicants must write a short essay explaining why they should be in camp, and must provide references from counselors and teachers.

When campers arrive they are immediately given scrubs, educational materials, tee shirts and other items they will need for the week's activities. Then they are registered at Weatherford College and given identification badges. After that, they are taken on a tour of Weatherford College and oriented at Coyote Village.

H.O.T.T. camp began with fun icebreaker activities which allowed the girls to quickly become acquainted with each other and find mutual interests. The first day of camp included a landing by the Air Evac Life Team from Wise Regional Medical Center, a cow eye dissection activity with Dr. Ibe from Weatherford College, and a cookout prepared by Weatherford College police chief Paul Stone.

The next day, students boarded a bus for the University of North Texas Health Science Center (UNTHSC) and Tarleton State University.



UNTHSC is nestled between two world-renowned art museums in downtown Fort Worth. It's one of the best medical schools in the United States offering programs in Osteopathic medicine, occupational and physical therapy and physician assistant studies. After campers were introduced to medical students who would act as their guides for the day, they toured the campus. UNTHSC professor Dr. Jerry Friedman conducted an activity where students were trained to detect normal and abnormal heart rhythms by listening to heartbeats.

UNTHSC purchased lunch for campers and counselors, and afterwards, Dr. Albert H. Olivencia-Yurvati, chair of the UNTHSC Department of Surgery, took campers to a third floor lab to learn suturing techniques. With help from other UNTHSC medical students, Dr. Yurvati taught the campers how to suture wounds using pig ears. Some medical students demonstrated how to perform difficult invisible stitching techniques.

After this, medical students from the professional physical therapy programs demonstrated procedures that occupational and physical therapists use to help patients regain the use of their bodies.

Finally, Dr. Claire Kirchhoff from the Biology Department took campers into the anatomy lab and allowed them to examine human cadavers and organs.

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Andrea Stephens Joins Staff at AHEC North Central Region

The North Central Region is pleased to announce the promotion of Andrea Stephens to the position of CBE/PES/GEC Coordinator. Miss Stephens earned her Bachelor's degree in Health Studies focusing on Community Health from



Texas Woman's University in May, and worked as an AHEC assistant this summer. Andrea's community health passions are to help in the prevention of diabetes and to reduce childhood obesity. She also loves reading, writing, her dogs, dancing, and music.

Andrea's phone is 817-598-8899 and her email is astephens@wc.edu. ♦

AHEC Director Tom Knight Trains at the Cooper Institute

On October 5, North Central AHEC Director Tom Knight received Cooper Institute certification as a Health Promotion Director. Knight completed 31 contact hours in Health Promotion training, and successfully passed the examination.

"It was motivating to see other health professionals who came to this class from all over the world," said Knight. "It was rewarding to see others with the same passion for making our communities healthier. But, the highlight of the week was meeting Dr. Cooper. The entire week was an experience I'll never forget."

Knight believes AHEC can help other organizations that want to lower their health care costs and premiums.

The Cooper Institute focuses on cardiovascular health. Health promotion training teaches the elements necessary for a successful, measurable, long-term change in wellness. Movement, nutrition and behavioral change are emphasized. ♦



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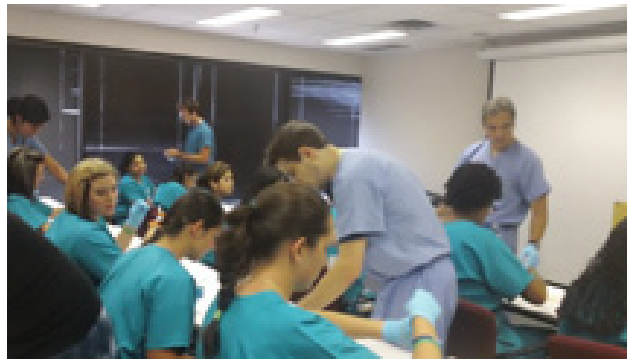
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AHEC IS MAKING OUR COMMUNITIES HEALTHIER

AHEC Gets H.O.T.T. for Summer Camp (continued)

The last educational stop of day one was at Tarleton State University. Tarleton State's campus in Fort Worth offers certificate programs in Clinical Laboratory sciences and Associate and Baccalaureate Degrees in Histotechnology and Medical Laboratory Sciences.



As day turned to night, students and camp advisors visited Chuy's Restaurant in Fort Worth and later, went bowling and played laser tag at The Main Event in southwest Fort Worth.

On Wednesday, campers stayed at Weatherford College's main campus and gathered information about the excellent programs offered by the allied health department, including nursing, radiologic technology, respiratory care, phlebotomy, sonography and human services. Instructors from these fields met with campers and gave demonstrations.

On Thursday, campers were given the unique opportunity to job shadow medical professionals

at Wise Regional Medical Center in Decatur. The departments students shadowed were emergency room care, trauma surgery, imaging, coronary care, intensive care, and occupational/physical therapy. Job shadowing is an experience any medical school or medical related program looks for while going over admission applications. All students were very grateful for the opportunity to participate in an activity that is hard to find on one's own means.

At the end of camp, AHEC regional director Tom Knight spoke to students about the week's activities and asked each student to discuss their favorite activity. Almost every student related a different event as their favorite. One student even cited the Zumba class as their favorite activity of the week. Knight encouraged students to thank everyone involved who hosted and prepared their activities for the week, and reminded them to follow their dreams.

Five of the campers from HOTT Camp qualified for a special AHEC scholarship which provides \$1,500 towards each of their college expenses. Four AHEC students are currently enrolled in college, and one student is a high school senior (see story page one). The program will lead to certification or licensure in a health care profession.

This year, AHEC will again offer the grant program, Encouraging the College bound into Health Occupations, or ECHO, for short. The grant selects five AHEC students for training and provides \$1,500 towards each of their college expenses. Contact Claudia Reyes at 817-598-8887 for more information. ♦

Local Physician Makes Kamp Kenner Possible (continued)

This year, the first day of activities included demonstrations and face-to-face talks with Weatherford College instructors and staff. Students learned how to make applications for college and financial aid. AHEC places an emphasis on helping students discover which career they want to pursue, and helping them learn the tasks needed to attain their goal.

A special event occurred the afternoon of the first day when an Air Evac helicopter landed at Weatherford College. Emerging from the helicopter was Wise Regional Medical Center trauma nurse coordinator, Jeanie Argo. She gave students a thorough presentation of ER and EMS careers and let them explore the aerial ambulance.

The next day, events took to the road as students traveled to the UNT Health Science Center in Fort Worth to learn about the Physician Assistant, Osteopathic Medicine, and Physical Therapy programs at UNTHSC. Campers interacted with medical students who offered advice in surviving medical school and then demonstrated labs for them.

The activities at UNTHSC including suturing wounds, detecting abnormalities of the heart, checking for vital signs, and performing physical therapy. During the final activity, students were allowed into the donation center to view human organs and cadavers.

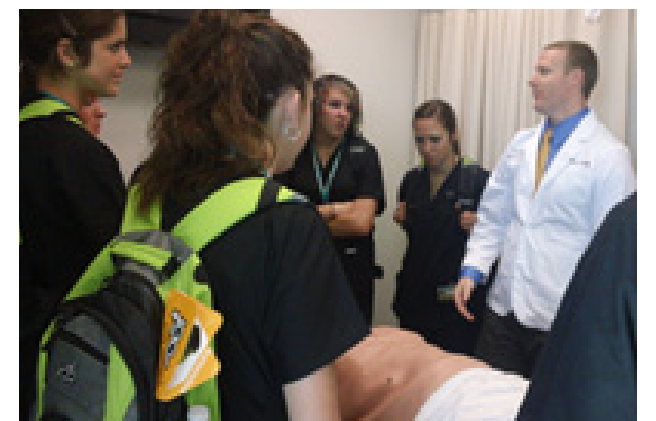
In the afternoon, students climbed aboard the bus again to visit Tarleton State University and learn about health studies not offered by Weatherford College or UNTHSC. By the end of day two, campers had learned about applying for colleges and financial aid, and had visited three local schools offering higher education in health studies.

But Kamp Kenner is not all work and no play. During the evenings, campers dined at Chuy's in Fort Worth and were treated to bowling and laser tag games at The Main Event in Fort Worth. The day was long as the bus arrived back at Coyote Village around midnight with a group of happy, but tired, counselors and campers.

On the final day, students had the biggest opportunity of all. It is increasingly difficult for hospitals to allow outsiders into patient areas. But thanks to a partnership between AHEC and Wise Regional Medical Center, Kamp Kenner students are allowed to job shadow health professionals in the emergency room, labor and delivery, surgery, physical therapy and med/surg departments. After witnessing a Caesarean delivery, one camper proclaimed she was ready to pursue a career as a labor and delivery nurse. These are exactly the experiences



Weatherford College director of nursing, Cheryl Livengood, performs a phlebotomy lab at Kamp Kenner.



A UNTHSC Doctor of Osteopathic Medicine student shows Kamp Kenner students one of the simulation patients.

AHEC hopes to accomplish through preparatory activities.

At the final luncheon, students were asked to share their experiences with others. Almost every student cited a different example as their favorite activity of the week. AHEC director Tom Knight asked students to thank Dr. Kenner-Allensworth for her support, Mineral Wells ISD educators Garry Fade and Wanda Voelker for their dedication, and AHEC Specialist Claudia Reyes for organizing the camp.

Without the vision of Dr. Joanne Kenner-Allensworth, students like these would not be able to live their dreams for a week. But thanks to her support, they can begin pursuing a career they will love and be rewarded for the rest of their lives.

For information or to apply for Kamp Kenner 2012, contact AHEC specialist Claudia Reyes at 817-598-8887, or counselor Kim Ortiz at Mineral Wells High School. ♦