



Eastern Shore Area Health Education Center

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Connecting Students to Careers,
Professionals to Communities and
Communities to Better Health

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IMAGES OF THE SHORE

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Course Director, Introduction to Clinical Medicine
University of Maryland School of Medicine



AHEC MISSION STATEMENT

***THROUGH COLLABORATIVE PARTNERSHIPS, AHEC SHALL
BECOME THE LEADER IN PROVIDING EDUCATIONAL SERVICES
AND PROGRAMS TO ASSIST EASTERN SHORE COMMUNITIES IN
THE RECRUITMENT AND RETENTION OF HEALTH CARE
PROFESSIONALS***

VISION STATEMENT

***IMPROVED ACCESS FOR ALL COMMUNITIES ON THE
EASTERN SHORE TO QUALITY HEALTH CARE***

Images of the Shore

Cover and back photo by Joan Smith, LCSW



Roger Harrell, MHA Board President

Letter from Board President Roger Harrell and Executive Director Jacob F. Frego

Dear ESAHEC Friends and Supporters,

This past year dramatically illustrated that with the current health care system change – and consistency are opposite sides of the same coin.

Change

For the ESAHEC change is represented by our beginning involvement in the Affordable Care Act – the Maryland Health Insurance Exchange, and also the initiation of the Primary Care Track Program. Both of these, in their own way will bring change to the Shore. Under the Affordable Care Act we have entered into a sub-contract with Seedco, Inc. – a New York company, to provide outreach services in the Mid Shore. More detail on this is found in this Report and our involvement stems from an educational outreach perspective – assuring our Citizens have the necessary information to make decisions on their health care insurance.

From a different perspective we are delighted to work with the University of Maryland School of Medicine on the Primary Care Track Program. We have long advocated for the medicine students to be exposed earlier in medical school to rural health care practice. We are particularly indebted to our physician preceptors who stepped up to work with these students thereby contributing to the Programs success.

Consistency

While the Center experienced change the past year we also benefited from the consistency of our on-going programs. As seen in this report Health Careers continue to reach out to engage and encourage high school students – and adults – to consider a career in health care; our Geriatric Programs continue – and are increasing in popularity – as service to the senior population gains in both real numbers and increasing needs; we continue indebted to all of our health care preceptors who unselfishly give their time, expertise, and experience to enable the Clinical Education Program to succeed when assisting the students and thereby touching the future of health care.

The Center, its Board of Directors, Committees, Advisors and Staff are certainly proud of all the activities of this past year. We all recognize that continued change is inevitable coupled with some consistency of existing programs. We look forward to the challenges of a new year with the firm realization, and heartfelt thanks, that with the continued assistance and participation of our partners we will continue to enjoy success in meeting the health care issues of Maryland's Eastern Shore.

Jacob Frego, Executive
Director, Eastern Shore AHEC



Who We Are, What We Do

The Eastern Shore AHEC is a private, non-profit, 501(C)(3) organization, which became programmatically operational in 1997. Governed by a 16 person Board of Directors, AHEC serves the nine counties comprising Maryland's Eastern Shore.

To accomplish our mission, AHEC works to recruit and retain health professionals in the medically underserved areas on the Eastern Shore and this includes health care education programs for both health professionals in the service area and students from colleges and universities both in Maryland and surrounding areas. The outcome of the Center is to retain and encourage jobs in health care.

AHEC develops community-based programs covering:

- Clinical Education
- Continuing Education
- Health Careers
- Oral Health
- Geriatric Training
- Library Information Services



Map of ESAHEC Service Area



Competent Care Connections—Health Enterprise Zone
 Press conference featuring Lt. Governor Anthony Brown and Maryland state and local health organization representatives at the Center on June 24, 2013. During the press conference a ceremonial check in the amount of \$755,000 was presented representing the state's contribution.



Meredith Todd, DDS



I'm so excited to be returning to the Eastern Shore to practice dentistry. I grew up in Cambridge and it has been my goal to come back and serve the community that I grew up in. I owe much to the Eastern Shore Area Education Center, because without them, I may have never pursued dentistry.

My journey began during my undergraduate years when I began volunteering my summers at ESAHEC. I knew I wanted a career in health care but did not have a clear direction of what field I was best suited for, or how to accomplish my goals. Through AHEC I shadowed many different health care professionals and had access to a wealth of resources for advancing my career. As I grew excited at the prospect of a career in dentistry, ESAHEC helped me to focus that energy towards meeting my goals. From the application process to facilitating my dental externship with Choptank Community Health, ESAHEC provided tremendous support all along the way.

I graduated from University of Maryland School of Dental Surgery in 2011 and completed a one-year general practice residency at Sacred Heart Hospital in Allentown, PA. After spending a year in private practice in Pennsylvania, it was time to return to the Eastern Shore. I knew that there was plenty of opportunity to give back to the community by improving access to dental care and education. It's also exciting just to be returning to my friends, family, and the more relaxed eastern shore lifestyle. I am currently practicing dentistry at Harbor Dental Center in Cambridge with Dr. Thomas Duncan and am happily accepting new patients!

I just wanted to give a big thank you to the ESAHEC and the wonderful people there. I believe in their mission and ability. They bring resources and diverse people together to improve healthcare for all the Eastern Shore. Their staff is always friendly, encouraging, and genuinely excited by the work they are doing. They make young people like myself believe that we can do anything we set our minds to, inspiring students on the rural Eastern Shore to pursue their dreams in healthcare fields.

-Meredith Todd, DDS

GERIATRIC PROGRAMS

Geriatric and Gerontology Education and Research (GGEAR)

and

Geriatric Assessment Interdisciplinary Team (GAIT)

This past year funding from the Geriatrics and Gerontology Education and Research (GGEAR) program at University of Maryland, Baltimore supported six (6) Geriatric Assessment Interdisciplinary Team (GAIT) training projects and a Multidisciplinary Clinical Skills Workshop: Assessment Tools of Older Adults.

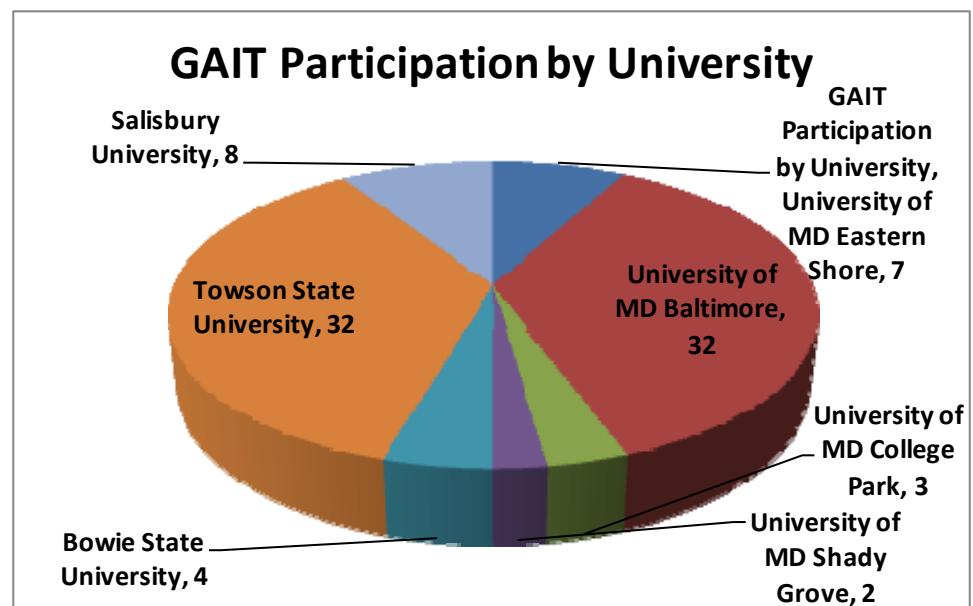
GAIT: A total of 88 students attended GAIT training workshops this year with an average of fifteen (15) students per session representing various disciplines including: Physician Assistant (25), Pharmacy (25), Social Work (8), Nursing (7), Medicine (4), Dietetics (3), Speech and Language Therapy (3), Physical Therapy (2), Occupational Therapy (2), and Gerontology (2).

Multidisciplinary Clinical Skills Workshop: Assessment Tools of Older Adults:

In November, nursing students from Salisbury University and Dietetic students from University of Maryland Eastern Shore attended the older adults workshop held at the Wicomico Youth and Civic Center. The 115 students chose from sessions on physical therapy, nursing, nutrition and pharmacy with 98 percent of students evaluating the workshop as Good to Excellent.

“This experience has definitely increased my interest in working with the geriatric population.”

GAIT Participant



Johns Hopkins Geriatric Education Center Consortium

The Johns Hopkins Geriatric Education Center Consortium grant provided for 105 Nursing students from area community colleges to attend three (3) geriatric training programs. Chesapeake College nursing students attended a Multidisciplinary Colloquium on Older Adults held in September at the Milestone in Easton. Wor-Wic Community College nursing students attended the Multidisciplinary Clinical Skills Workshop: Assessment Tools of Older Adults in November at the Wicomico Youth and Civic Center and one (1) Geriatric Assessment Interdisciplinary Team (GAIT) program training workshop.

AGING SIMULATION SENSITIVITY TRAINING (ASST)

The ASST workshop is a one or two hour-long program that utilizes props, individual and group activities that simulate every-day situations. Open discussions promote understanding, empathy, sensitivity and an appreciation of the challenges that are commonly experienced by the elderly in the course of their daily living. The training is designed to teach participants to better recognize barriers to communicating with older people, become aware of behavioral cues that can affect decision making and experience the effect of sensory losses such as impaired hearing, vision and mobility that are common in the process of aging.

In Fiscal Year 2013 :

20 staff/faculty

166 students

For a total of 186 individuals that attended ASST workshops

The ASST Program is grateful to each Host Site, the Johns Hopkins Geriatric Education Center Consortium Grant, and the Eastern Shore Area Health Education Center for funding the Aging Simulation Sensitivity Training workshops.



Doctor of Physical Therapy students at the University of Maryland, Eastern Shore pictured with Dennis Klima, PT, PhD and dressed as their future elderly clients.

CLINICAL EDUCATION

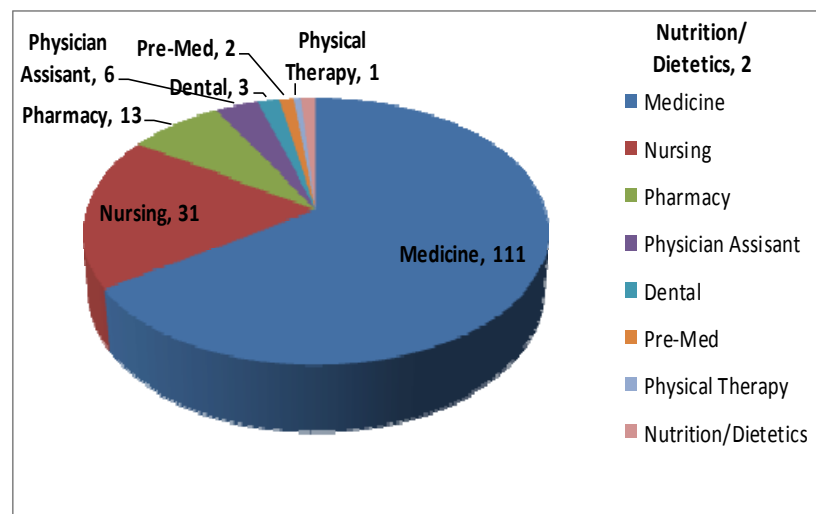
"I was extremely impressed by the entire process. Not only was the staff at AHEC extremely welcoming, but the apartment was also exceptional, safe and convenient. My rotation was a fantastic experience. For these reasons, I want to thank AHEC for helping students, such as myself, with achieving their goals and dreams."

**Elizabeth Tassis
Student at the
University of
Maryland
School of
Pharmacy**

The 2011-2012 clinical education program continued to expand its positive role in the region and the health care community. The program offers advanced level health care students the opportunity to experience primary care practices in a rural setting under the guidance of a board certified preceptor in family medicine, internal medicine, or pediatrics. This year 169 students participated in the AHEC program working directly with professionals in the community for over 21,000 contact hours. One big change for medical students this year was the decrease in the length of their clinical rotations from eight to four weeks. The AHEC is thankful to have dedicated preceptors who willingly give of their time and talents to make rural rotations a successful experience for the students.

The Primary Care Track Program was launched in the summer of 2013 with eleven participants from the University of Maryland School of Medicine through the coordination provided by Eastern Shore AHEC. This program provides students with a longitudinal mentorship from physicians in the student's first year. They will participate in a two week shadowing experience with their mentor the following summer. Ongoing contact with the mentor through online discussions and the possibility of working with the same mentor for a portion of the third year primary care clerkship and again during the fourth year AHEC rotation are benefits to this program for both the student and the mentor. The students will get increased exposure to practice settings that are not often included in traditional medical school training

The Eastern Shore AHEC was pleased to continue to provide housing on the shore for students with apartments available in North East, Chestertown, Easton, Cambridge, and Salisbury. Housing was also available in St. Mary's county in Southern Maryland with placements coordinated by Dr. Robert Bauer. In cooperation with University of Maryland School of Medicine and with the support of Dr. Robert Bauer of Southern Maryland, we inform medical students of opportunities in the Southern Maryland region.



**CLINICAL
EDUCATION
STUDENTS BY
DISCIPLINE**

2012-2013 PRECEPTORS**MEDICINE**

Lanre Akinkumni, MD	Mitchell Gittelman, DO	Brookellen Rider, DO
Glenn Arzadon, MD	Jamie Harms, MD	Hi Sup Sim, MD
Thomas Biondo, MD	Mark Langfitt, MD	Timothy Sniezek, MD
James Burns, DO	Rohan Moffatt, MD	Barbara Socha, MD
Melinda Butler, MD	Mary Ann Moore, MD	Gary Sprouse, MD
Edwin Castaneda, MD	Sheri Moore, MD	Charles Stegman, MD
James Cockey, MD	Eugene Newmier, DO	Fred VanDusen, DO
Ricardo Conti, MD	Helen Noble, MD	Salvatore Verteramo, MD
Brian Cordon, MD	Danielle Orr, MD	Thomas Walsh, MD
Alon Davis, MD	Julio Ramirez, MD	Joseph Weidner, MD
Esther Elizabeth Elliott, MD		

DENTAL

David Bradford, DDS
 Carsten Frey, DDS
 Adrienne Webb, DDS
 Kathleen Welton, DMD
 Scott Wolpin, DMD
 Celeste Ziara, DDS

NURSING

Gene McMillan, RN, BSN,
 MSN, Ed.D
 Karen Myers, RN, DNP
 Jackie Smith, PhD, CRNP,
 MSN

PHYSICAL THERAPY

Andrew Tervernia, PT

PHARMACY

William Boothe, PharmD
 Lisa Brooks, PharmD
 Kevin Chapple, PharmD, BCPS
 Dennis Killian, PharmD, PhD
 Miranda O'Brien, PharmD



Dr. Leslie Robinson, the course director from the University of Maryland School of medicine, Andrea Kelly the AHEC Clinical Education Coordinator, and the students from the first clinical rotation of the school year enjoyed a casual dinner at the end of their rotation.

ORAL HEALTH OUTREACH

The Office of Oral Health awarded the Eastern Shore AHEC funds to continue the WIC pilot project with services one day per week in Dorchester County and expansion into Caroline and Talbot Counties providing services half-days at each WIC site. The Center continues to partner with Choptank Community Health System and Mid-Shore WIC providing outreach educational events in the Mid Shore area as well as Kent and Queen Anne's Counties.

"Please contact Ms. Holtz if you would like to learn more about AHEC's Oral Health Program at 410-221-2600 or jholtz@esahec.org.

Most outreach presentations are accomplished during the school year with the Tooth Fairy's Helper, Jeanie Holtz, RDH, visiting as many elementary schools as possible with the focus on Title1 schools at the Pre-K, Kindergarten, and 1st grade levels. During the summer a few day-camp sessions, day-care centers and libraries welcomed the Tooth Fairy's Helper. The fall and winter months included participation in two local Food Distributions sponsored by Priority Partners. There, we were able to offer dental supplies for those families most in need in Queen Anne's and Talbot counties.

The Maryland Dental Action Coalition sponsored a grant to target the Hispanic population in the Mid Shore area. With enthusiastic support from the Multicultural Resource Center in Talbot County, the Tooth Fairy's Helper visited the children during the after-school program and planned a family night dinner to address the parents of those participants. All went well with the help of translators, showing the need for continued reinforcement on matters relating to oral health.

By June 30, 2013 the end of the Fiscal year, over **6,000** dental kits/supplies were distributed to children or families by Jeanie Holtz, RDH.



Jeanie Holtz, RDH caring for a patient at the Dorchester WIC center.

AFFORDABLE CARE ACT

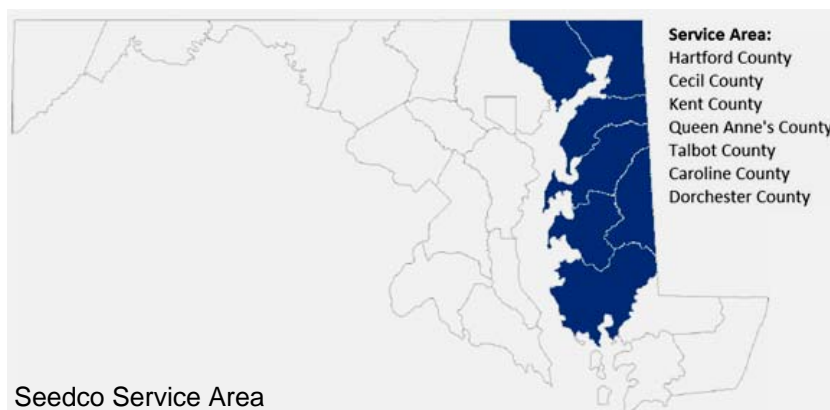
Affordable Care Act (ACA) – Maryland Health Benefit Exchange

When Congress passed the Affordable Care Act, Maryland was one of a handful of States immediately beginning to place in motion a process to bring affordable health care insurance to its citizens. The State established the Maryland Health Insurance Exchange Commission which organized the State's response and the process of carrying this out. Under this process, contracts were let in defined service areas to provide the educational outreach.

Seedco, Inc. a New York based 501 C-3 organization was awarded the contract for a portion of the Shore including Harford County. To provide the "hands on" work, Seedco sub-contracted with the Center to provide services. Under this agreement the Center will hire Navigators and Assisters who will provide the educational outreach in the counties of Dorchester, Caroline, Talbot, Queen Anne's and Kent.

Note – the lower Shore counties of Wicomico, Worcester, and Somerset are being served by the Worcester County Health Department.

As of this writing the Affordable Care Act and the Maryland Health Benefit Exchange are programs in "motion" and subject to considerable change. How this all shapes out remains to be seen but the Center is pleased that it will provide educational outreach to Citizens on the emotional and physical security of having health care insurance.



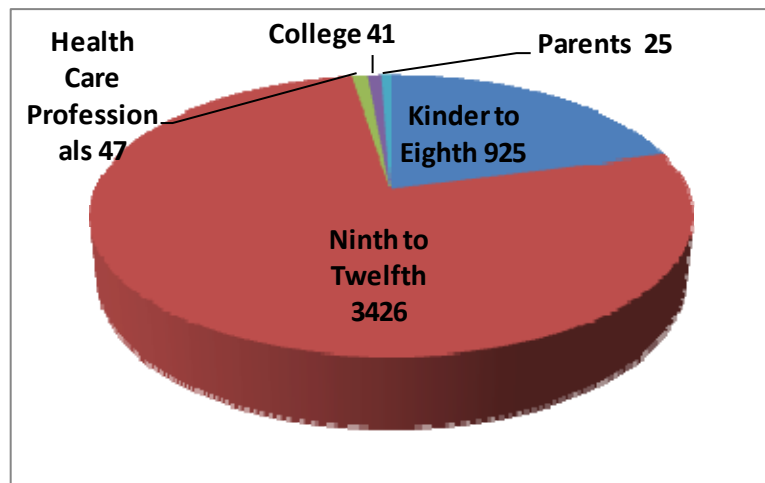
HEALTH CAREERS

The Eastern Shore Area Health Education Center's (AHEC) Health Careers Program develops health career opportunities and promotes to students in high schools, college and adult learners. The Health Careers Program works in partnership with the area's guidance counselors and school administrators, colleges and universities, and regional health care professionals and personnel at health care institutions.

The Program emphasizes the varied opportunities existing in the rewarding and fulfilling health care field. When we think of health careers, our first thought is of physicians, nurses, dentists, therapists and other highly-skilled, demanding and generally well-paying positions. However, there are many other health care positions for which a particular individual may find him/herself better suited. These areas include aides, technicians, and office personnel – among others.

Students, parents, the public and appropriate school personnel are informed about health-related careers by arranging site visits to health-related facilities, attending health, job and career fairs and college nights, and responding to requests for health career information, all designed to encourage consideration of a career in health care.

Total Health Careers contacts made FY 13 - 4,464



TOTAL HEALTH CAREERS CONTACTS—4,464



Mini Med School for Teens 2013, Surgical Tech Room, The Memorial Hospital at Easton

Mini-Med School for Teens

The Eastern Shore AHEC partnered this year with the Upper Shore Workforce Investment Board (USWIB) on programs and activities addressing jobs in healthcare. One of the programs was a continuation of the successful Mini-Med School for Teens. The activity was directed at high school students selected by USWIB with program objectives to provide students with reliable labor market information on health care employment, positions available, skills required and earning and advancement opportunities.

The program enable the students to meet and learn first-hand from Emergency Medical Technicians; opportunities at community hospitals and discussions with practicing professionals such as registered dieticians and pharmacists. After program completion, which occured after five Saturday's in February and March, the students received a diploma during a recognition lunch.

Mini-med School for Teens provides great opportunities to learn about jobs in healthcare. This success is attributed to the USWIB for supporting the program and the regions health care facilities and working professionals who willingly spent a Saturday with a group of teenagers explaining their profession and the passion which led them to it.

Graduation Day! Mini-Med School for Teens



COMMUNITY HEALTH WORKERS (CHWS)

Under its activities in the Health Enterprise Zone (HEZ) Program, the ESAHEC is responsible to establish a training program for Community Health Workers (CHWs). CHWs are becoming a significant factor in the changing picture of the Health Care Workforce and increasingly responsible for interacting with individuals and their healthcare needs. How to gain access to services, interact within the system, and strive to lead a healthier lifestyle are all some of the functions and responsibilities of the CHW.

Training was held with various instructors from the community including Program Coordinator from the Camden New Jersey AHEC, Martha Chavis, MA. Working in public health for over 38 years, Ms. Chavis provided the majority of the training sessions on topics such as interpersonal communication, basic outreach methods, cultural competency and legal and ethical issues. Ms. Chavis used her dynamic personality and wealth of personal experiences in public health to teach and inspire the CHW participants. Other community instructors included Addie Eckardt, RN, MS, CS; Sharon Stagg, RN, DNP, MPH, FNP-BC from Shore Wellness Partners; Brie Breland, RN, MPH, Maryland Healthy Weighs; Wynne Aroom, MS, RN, CDE, Shore Regional Health; and Tyantha Randall, MSW, CLSW-C, Affiliated Sante Group. A total of eighteen public health workers participated in the 56 hours of training.



Pictured from left to right: Ashyrra Dotson, Director of Programs, Associated Black Charities, Dorchester County (ABC); Cyndi Slacum, ESAHEC; Terri Hughes, Competent Care Connections Coordinator; Sharon Wilson, CHW; Martha Chavis, Program Coordinator, Camden NJAHEC; Joyce Opher, CHW; Robin Sample, CHW; Wanda Molock, CHW and Lisa Widmaier, ESAHEC.

FINANCIAL SUMMARY Fiscal Year July 1, 2012 to June 30, 2013

Maryland Department of Health and Mental Hygiene	\$ 380,205
Federal Funds Received through University of Maryland Baltimore	\$ 65,818
WIC - Oral Health Initiative	\$ 56,250
Geriatric Assessment Interdisciplinary Training (GAIT) Program	\$ 47,500
GEC Consortium Grant (Johns Hopkins)	\$ 38,000
Southern Maryland - Dr. Robert Bauer	\$ 32,940
Maryland Regional Care Network	\$ 30,449
CROC - Rural Health Care Services Outreach Grant Program	\$ 19,920
WIC - Oral Health Outreach	\$ 17,000
Health Enterprise Zones	\$ 14,250
MD Telehome Care Network	\$ 11,137
Oral Cancer - Dorchester Tobacco Cessation	\$ 10,339
Geriatric Gerontology Education and Research Program	\$ 8,000
GGEAR - Certified Nursing Associates Program	\$ 7,000
Mini-Medical With WIB / Teens / Summer Jobs	\$ 6,341
National Network of Medicine Libraries	\$ 5,120
ASST - Aging Sensitivity Simulation Training	\$ (863)
MSNAAC	\$ 1,013
Caucus and Conferences	\$ 6,795
Miscellaneous Income (Local Income, Interest Income, Administrative Fees, Restricted Donations)	\$ 8,825
Seminar / Program Revenue (Talbot DSS, Cancer Research, NAO Veterans, Seminar Revenue)	\$ 36,980
TOTAL FUNDS RECEIVED	\$ 803,020
Center Staff	\$ 444,107
Center Building	\$ 26,510
Center Travel	\$ 18,579
Center Equipment	\$ -
Preceptor Program	\$ 2,118
Student Programs	\$ 90,346
Learning Resource Center	\$ 104
Center Operations	\$ 221,257
TOTAL FUNDS EXPENDED AND ENCUMBERED BY ESAHEC	\$ 803,020

The annual audit conducted as of June 30, 2013 by PKS CPA Firm, Certified Public Accountants, Salisbury, MD



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The Eastern Shore Area Health Education Center is appreciative of the many partnerships and initiatives established this year with agencies and organizations both statewide and throughout the region.