



# Eastern Shore Area Health Education Center

814 Chesapeake Drive  
Cambridge, MD 21613

Phone: 410-221-2600  
Fax: 410-221-2605

[www.esahec.org](http://www.esahec.org)

## ANNUAL REPORT 2017—2018

### *Images of The Shore*



Cover Photos By: Shore Girl Photography

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

## To our ESAHEC Friends,

**The only constant is change** - a phrase all of us are familiar with. This is certainly true in the health care industry where over the course of the past years, terms such as population health and patient centered medical home have and will gain traction and be accepted as treatment/operational models.

While new health care models bring about change, within those modules constants do remain! Asthmatic children, oral health decay, health needs of the growing elderly population, and the demand for continuing education are all constants within the health care field.

It is the goal of the Eastern Shore Area Health Education Center to bridge the divide between change and constant. The Center does so with the variety of its programming and services . Continuing Education, assisting student professionals to better understand services and needs of the elderly, and preparing for jobs in health care are demonstrated in this Annual Report.

The Eastern Shore Area Health Education Center will continue to bridge constant and change on the Eastern Shore. The success of this effort is made possible by the outstanding cooperation of our partners who continue to make the Center's success possible.

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*Lisa Widmaier- GAIT/CHW Trainer*  
*Jeanie Holtz- Children's Oral Health*  
*Andrea Dayton - Clinical Education Coordinator*  
*Steffanie Malkus - EARN/Grant Coordinator*  
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*Damaris Bourland- Health Careers Coordinator*  
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*Robin Monahan—MHB Navigator*  
*Lauren Singh—MHB Navigator*  
*Amethyst McNabb—MHB Navigator*  
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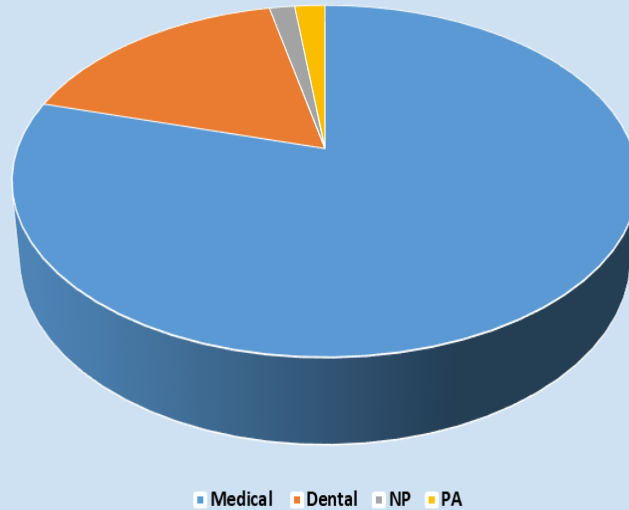
# Clinical Education

The ESAHEC Clinical Education program continues to provide students with the opportunity to complete a quality rotation with a local, dedicated and experienced physician. The ESAHEC continues to provide students with housing at furnished apartments in convenient locations so that future health care professionals can experience life on the shore and service in a rural area.



Orientation day for these Primary Care Track Students!

Students By Discipline



## Thank You Preceptors!!

### Medicine

Melinda Butler, MD	Eugene Newmier, DO
Edwin Castaneda, MD	Julio Ramirez, MD
Alon Davis, MD	Brookellen Rider, DO
Y. Robert Ding, MD	Casey Scott, MD
Elizabeth Elliott, MD	Frances Seymour, MD
Mark Faber, MD	Hi Sup Sim, MD
Jamie Harms, MD	Timothy Snizek, MD
Brent Hofmann, MD	Charles Stegman, MD
Khalid Kurtom, MD	Jennifer Wehberg, MD
Danielle Orr, MD	Joseph Weidner, Jr. MD

### Dental

Sandra Garbely, DMD  
Scott Wolpin, DMD  
David Bradford, DDS  
Celeste Ziara, DDS

***"I can't believe my AHEC month is over, it just flew by! I have nothing but good things to say about my preceptor and his practice. I was somewhat interested in pursuing chronic pain and explored that during my month doing the Pain Management elective at Kernan Hospital (UMROI) with the anesthesiology department at Maryland, but after experiencing pain management in Easton with my preceptor, I think I've decided to do a pain fellowship after my anesthesiology residency! Working on the Shore was so fulfilling, I saw several patients a couple of times (for their monthly follow-ups, or for procedure appointments) and that continuity of care is something I felt I was going to be missing if I did general anesthesiology. My preceptor's patients truly respect his medical expertise and would routinely tell me that I am "learning from the best!" – I really feel like that was the case. Choosing where to practice after residency is still very far away for me, but this month really opened my eyes to the possibilities!"- Student Testimonial***

## Community Health Worker (CHW) Program

It's been an exciting year for Maryland CHWs as the Maryland General Assembly passed Senate Bill 163 creating a CHW Advisory Committee. The Committee will be tasked with making recommendations for the certification of CHWs and CHW Training Programs. ESAHEC provided testimony in support of the bill and participated in stakeholder meetings and calls to advocate for the passage of the bill.



ESAHEC participated alongside AHEC West as a panelist at the Maryland Dental Action Coalition's (MDAC) annual conference on June 18<sup>th</sup>. Ms.

Widmaier provided an overview of CHWs and discussed the training and education of CHWs in Maryland in the session entitled *Community Health Workers: Critical Link to Better Health*. **Panelists:** Lisa Widmaier, ESAHEC's Lead Trainer, Catie Wampole, Program Coordinator at Mountain Health Alliance, and Dorian Birkholz, Oral Health CHW at AHEC West



CHW training continues to be an important mission of ESAHEC. A cohort of six (6) CHWs were trained in early 2018 with funding through the Maryland Agricultural Education and Rural Development Assistance Fund (MAERDAF) and the Rural Maryland Council (RMC).

## Jobs In Health Care - EARN

In October 2017, the Department of Labor and Licensing Regulation (DLLR) granted the Employment Advancement Right Now (EARN) Eastern Shore Ready to Care partnership a third round of funding of \$181,138.00 in order to continue employment advancement on the Eastern Shore. The program participants consists of healthcare entities throughout the nine counties on the Eastern Shore who are dedicated to helping individuals secure job placement and/or advancement and filling the employment gap within the industry. The grant funds awarded will be used to offer basic training and certification to forty five (45) Certified Nursing Assistants (CNAs). Credential stacking (such as phlebotomy, Certified Medicine Aide, Pharmacy Technician, EKG Technician, and Dialysis Technician) will also be available to currently or previously funded EARN. In order to meet the increasing needs for mental health skills in the workplace, the EARN program will also fund Mental Health First Aid certification to seventy five (75) CNAs. To date the program has trained and placed seventy six (78) CNAs throughout the Shore.

# 78

**Health Care Jobs!!**

**Thank you to our Partners  
who make it happen!**  
*Chesapeake Community College*  
*Cecil Community College*  
*Wor-Wic Community College*

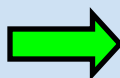
# Geriatrics and Gerontology Education and Research (GGEAR) Program

Geriatric funding for this year was supported by a University System of Maryland Redeployment grant to the Geriatrics and Gerontology Education and Research (GGEAR) program at University of Maryland, Baltimore under the direction of Reba Cornman, MSW and Johns Hopkins Geriatric Workforce Enhancement Program (GWEP), and of Jane Marks, RN, MS, FNGNA.

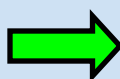


*Community Health Workers (CHWs) from across the shore discussed a typical day in the work of a CHW, their biggest challenges, and some inspiring patient stories. The panel presentation was a highlight of the conference on April 6, 2018.*

Two (2) half-day workshops were held at the Eastern Shore Hospital Center in Cambridge reaching **155** healthcare professionals including social workers, case managers, nurses, and community health workers. Each program included presentations by experts and concluded with panel discussions. Ninety-nine (99) percent of attendees evaluated the programs as Good to Excellent. Session topics included:



*Ethical Considerations in Developing Culturally Sensitive Patient/Provider Relationships in the Aging Population*



*Critical Role of Community Health workers in Health Care Delivery with Special Considerations for Older Adults*

## Geriatric Assessment Interdisciplinary Team (GAIT) Training

*This past year funding from the program at University of Maryland, Baltimore supported Five (5) Geriatric Assessment Interdisciplinary Team (GAIT) training projects and a Multidisciplinary Clinical Skills Workshop: Assessment Tools of Older Adults.*

GAIT SITES	COUNTY
Union Hospital	Cecil
HealthSouth Chesapeake Rehabilitation Hospital	Wicomico
UM Shore Medical Center at Easton	Talbot
Talbot Hospice	Talbot
Chesapeake Woods Center	Dorchester



*HealthSouth Chesapeake Rehab hosted 12 GAIT students on December 5, 2017.*

A total of **66** Students representing various disciplines including: Physician Assistant (**20**), Physical Therapy (**13**), Nursing (**12**), Social Work (**9**), Pharmacy (**8**), Dental Hygiene (**2**), Speech-Language Pathology (**1**) and Exercise Science (**1**). Ninety-one (**91%**) percent of attendees rated the overall quality of the GAIT Program as EXCELLENT. One hundred percent (**100%**) of students reported enhanced clinical skills, knowledge, and cultural competency in geriatrics and rural areas at the close of the GAIT Program.

## Bringing Health Insurance Opportunities to the Eastern Shore

ESAHEC in its 5<sup>th</sup> year with Seedco and the Maryland Health Benefit Exchange, continues working to implement the Affordable Care Act on the Eastern Shore of Maryland.

In an open enrollment period that was about half as long as a year ago, the number of consumers served by a ESAHEC Navigator rose by **10%**.

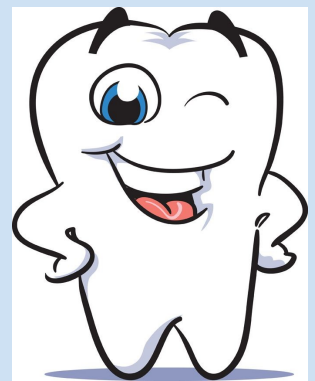
Our team of 4 Navigators: Lauren Singh, Amethyst McNabb, Robin Monahan and Patti Miller are available to provide assistance year round for all insurance plans and programs. Consumers seeking more information can visit [www.marylandhealthconnection.gov](http://www.marylandhealthconnection.gov) or call 1-866-492-6057.

	Open Enrollment 2016 (11/01/16 – 01/31/17)	Open Enrollment 2017 (11/01/17-12/22/17)
<b>ESAHEC Navigator Activity</b>		
<b># of Navigators</b>	<b>4</b>	<b>4</b>
<b># Days</b>	<b>92</b>	<b>52</b>
<b>Number served by Navigator</b>	620	684
<b>Eligibility Determinations</b>	605	648
<b>MA Enrollment</b>	206	135
<b>QHP Enrollment</b>	280	385
<b>Spanish Speaking %</b>	6.50%	7%

## Goodbye and Hello!



Jeanie Holtz, RDH of the Eastern Shore Area Health Education Center and perhaps better known to the AHEC family as the “Tooth Fairy’s Helper” will soon be retiring from the Center. For nine years in her billowing gown, sparkling tiara, and with a magic wand she has educated over 60,000 children and adults on the Eastern Shore on the importance of dental care. Ms. Holtz is an excellent hygienist who always stresses the importance of oral health to children in day care centers, schools and at health fairs throughout the Eastern Shore.



Mrs. Caitlin Donohue-Vega, RDH is succeeding Jeanie Holtz "The Tooth Fairy's Helper". As Jeanie passes the magic wand to Caitlin we want to wish Jeanie a happy and fun filled retirement!

*“So long as the memory of certain beloved friends lives in my heart, I shall say that life is good.” -Helen Keller*

## Continuing Education

Continuing Education Programs focuses on interdisciplinary educational outreach for the region's health professionals and adult learners. Offerings are based on emerging health issues, best practices, and assessments from professional associations, coalitions, and health care entities in order to provide professional development opportunities that are relevant, current, and effectively delivered.

Discipline/Type of Program	Number of Programs	Number of Participants	Number of Community Participants/ Adult Learners	TOTAL Participants
Behavioral Health	5	98		
Community Health Worker Trainings	19	6		
Dental	1	135		
Geriatrics	2	41	35	
Health Education/ Outreach	7	861	364	
Health Literacy/ Cultural Competency	1	35		
Interdisciplinary/ Inter-professional Education	6	497		
Nursing	1	5		
Pharmacy	6	178		
<b>TOTAL</b>	<b>48</b>	<b>1856</b>	<b>399</b>	<b>2303</b>



*The Eastern Shore AHEC partnered with the University of Maryland School of Pharmacy; Somerset, Wicomico, and Worcester County health departments; Atlantic General, McCready Health and Peninsula Regional Medical Center to educate 175 pharmacists, nurses, physicians, public health professionals and community members on the prevention and management of hypertension and heart disease. Funding for this outstanding program was provided by MDH's Center for Chronic Disease Prevention and Control.*

## ESAHEC FUNDING HIGHLIGHTS

	AMOUNT	%
MARYLAND DEPARTMENT OF HEALTH	\$ 18,078	2%
MARYLAND HEALTH BENEFIT EXCHANGE	\$ 262,240	25%
DORCHESTER COUNTY HEALTH DEPARTMENT	\$ 63,609	6%
DEPARTMENT OF LABOR, LICENSING AND REGULATION* 2YR GRANT	\$ 181,138	17%
COMMUNITY FOUNDATION OF THE EASTERN SHORE	\$ 6,000	1%
MARYLAND DEPARTMENT OF HEALTH	\$ 380,205	36%
HEALTH RESOURCES AND SERVICES ADMINISTRATION	\$ 80,509	8%
UNIVERSITY OF MARYLAND BALTIMORE	\$ 47,500	4%
UNIVERSITY OF MARYLAND BALTIMORE	\$ 15,000	1%
RURAL MARYLAND COUNCIL	\$ 15,120	1%
	<b>\$ 1,069,399</b>	<b>100%</b>

\*Subject to audit; annual audit will be conducted as of June 30, 2018 by PKS CPA Firm, Salisbury, MD .

## Who We Are, What We Do



Map of ESAHEC Service Area

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. 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
- Community Health Worker Training



***Our stress  
reliever Scout  
Berkman!***