



www.esahec.org

Eastern Shore Area Health Education Center

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ANNUAL REPORT 2016—2017

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



Images of the Shore by: Shore Girl Photography

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Eastern Shore Area Health Education Center

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Maryland Statewide

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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



Letter from Board President Lori Brewster and Executive Director Jacob F. Frego

To our ESAHEC Friends and Supporters,

This past year has been one of maintenance, challenge, and excitement - maintenance of existing Center programs and anticipation of challenges and excitement with new Federal AHEC guidelines.

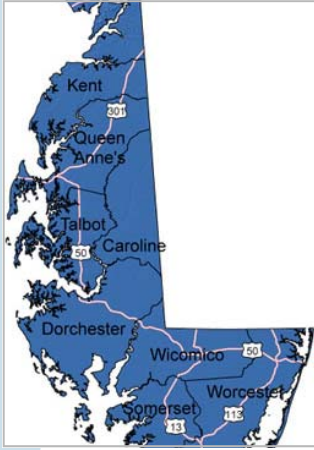
The current Annual Report reveals strong efforts in maintaining Center programs continue to be well received and rated highly by all participants, professionals and students alike! Practically noteworthy are Community Health Worker (CHW) Training Program and the Employment Advancement Right Now (EARN) Program.

Future Annual Reports will share the new Federal AHEC incentives - all proceeding to enhance and strengthen a program which has now enjoyed almost 50 years of proven success.

One significant activity which does not show up as a Center service, is the continued strong guidance and policy direction provided by the Center's Board of Directors. Under the direction of the Board President and with assistance of Dr. Patricia Plaskon, a Board Member, a Self Assessment Survey was completed and analyzed. Based upon this self assessment the Board will continue to work on strengthening their role as they continue to see that strong services and programs are provided to the Region.



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
- Community Health Worker Training
- Oral Health
- Geriatric Training

EARN: Employment Advancement Right Now

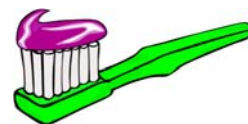
The state of Maryland's Department of Labor, Licensing and Regulation (DLLR) has awarded additional funding to the Employment Advancement Right Now (EARN) Ready to Care Partnership to continue training and placing Certified Nursing Assistants throughout the nine counties of the Eastern Shore.



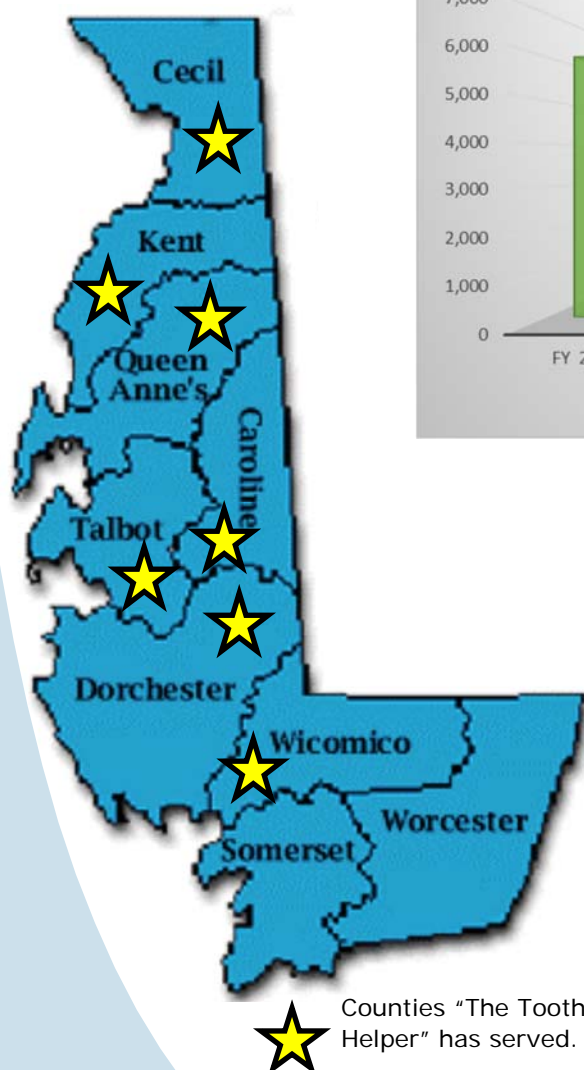
As the population on the Eastern Shore continues to grow, the need for medical professionals is also growing. Steffanie Malkus, EARN & Grant Coordinator has made the EARN program a thriving success helping place Certified Nursing Assistance throughout the Eastern Shore over the past 2 years. In our first round of funding, 28 students were certified and employed. Our second round of funding produced an additional 39 employed CNAs. With our third year of funding starting in October of 2017, our goal is 45 students trained and employed. In addition to training and placing CNAs, we are also hoping to provide 15 CNAs with credential stacking opportunities. These 15 students would have the option to be trained as Dialysis Technician, EKG Technician, Phlebotomist, or Medical Assistant. Following the Vision of the AHEC to "Improve access for all Communities on the Eastern Shore to quality healthcare" we hope these students will continue their careers as health professionals on the Eastern Shore for many years.

Oral Health Outreach

The Tooth Fairy's Helper Program continues to be a major focus of the outreach events funded by the Department of Health and the Office of Oral Health . The number of presentations completed was 140 with 5,315 participants.

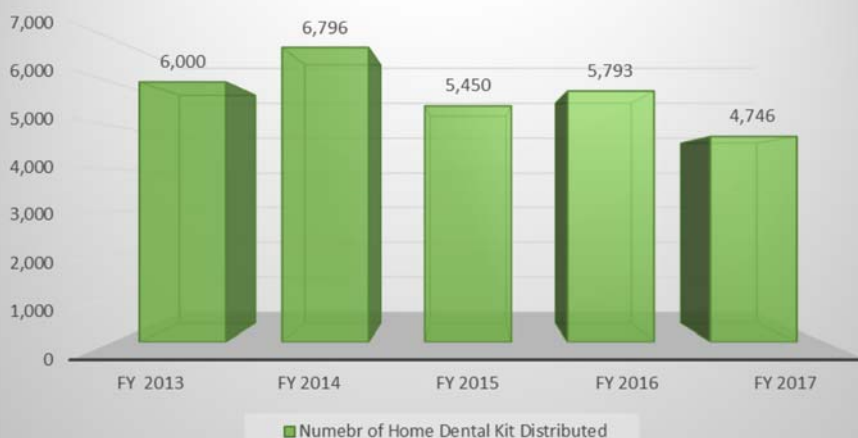


This past year schools were visited amounting to 5,315 students receiving oral health education and dental care kits. Of those schools, 30 are designated Title 1 which means the majority of students are from low-income families. The Tooth Fairy's Helper is eager to serve the children of the Eastern Shore.



Counties "The Tooth Fairy's Helper" has served.

Number of Home Dental Kits Distributed



The Tooth Fairy's Helper busy at work educating and passing out dental supplies.

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.

GERIATRIC PROGRAMS

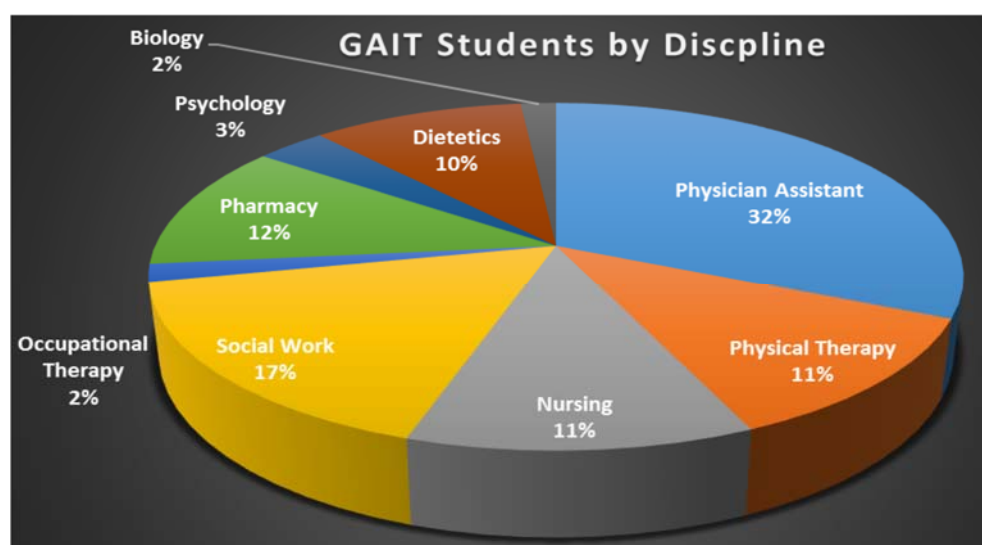
Geriatric funding for this year was supported by a University System of Maryland Redeployment grant to the Geriatrics and Gerontology Education and Research (GGEAR) program at University of Maryland, Baltimore under the direction of Reba Cornman, MSW and Johns Hopkins Geriatric Education Center (GEC)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

Geriatrics and Gerontology Education and Research (GGEAR) Program

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.



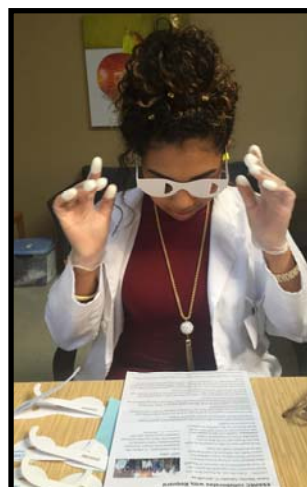
Lisa Widmaier
GAIT Coordinator



Geriatric Assessment Interdisciplinary Team (GAIT) Training

A total of **60** Students representing various disciplines including: Physical Therapy (7), Physician Assistant (19), Pharmacy (7), Social Work (10), Nursing (7), Occupational Therapy (1), Psychology (2), Dietetics (6), Biology (1). Eighty four (**88%**) percent of attendees rated the overall quality of the GAIT Program as EXCELLENT.

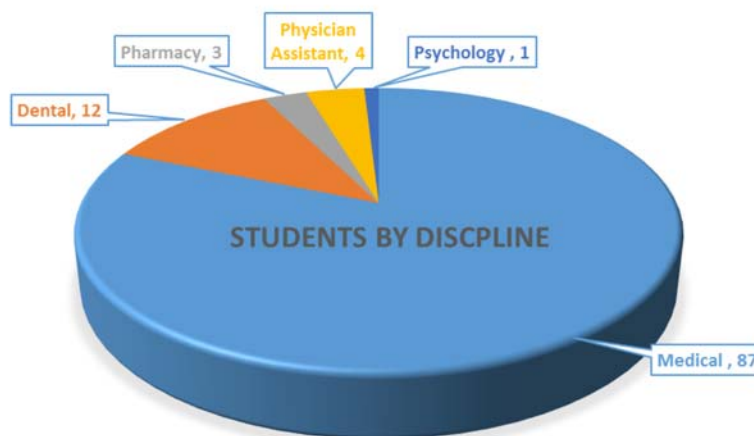
GAIT SITES	COUNTY
HealthSouth Chesapeake Rehabilitation Hospital	Wicomico
Compass Regional Hospice	Queen Anne's
Heron Point of Chestertown	Kent
UM Shore Rehab/Cambridge	Dorchester
Atlantic General Hospital	Worcester



GAIT participant experiencing the Age Simulation Sensitivity portion of the program. This exercise is used to simulate reading an article with either; Glaucoma, Diabetic Neuropathy, Cataracts, or Macular Degeneration

CLINICAL EDUCATION

As one year comes to a close and another begins, we find ourselves reflecting on all the positive experiences students had during their clinical rotations at the Eastern Shore AHEC. One outstanding experience students had was giving back to the AHEC, the physicians' offices and the communities where they completed their rotations. Students always impress me with their willingness to share their knowledge in very meaningful ways. One student created a brochure called Adult Immunizations: what you need to know to keep yourself protected. This was shared with local physicians' offices. It was very eye catching and informative. Another student spoke with pre-med students from Washington College about how to prepare an application for medical school, what it is like once you get in and how to apply to residencies. She was also generous enough to share her contact information with the pre-med students so they could keep in contact with her during their journey.



2017 PRECEPTORS

MEDICINE

Eric Anderson, MD	Katelin Haley, DO	Salehinia Saeed, MD
Glenn Arzadon, MD	Jamie Harms, MD	Casey Scott, MD
Dabanjan Bandyopadhyay, DO	Brent Hofmann, MD	Frances Seymour, MD
Hugo Bonatti, MD	Aboubakr Khairat, MD	Hi Sim, MD
Melinda Butler, MD	Khalid Kurtom, MD	Timothy Sniezek, MD
Edwin Castaneda, MD	Mark Langfitt, MD	Charles Stegman, MD
Alon Davis, MD	Eugene Newmier, DO	Jennifer Wehberg, MD
Robert Ding, MD	Helen Noble, MD	Joseph Weidner, MD
Hazem Elariny, MD	Danielle Orr, MD	
Elizabeth Elliott, MD	Andrew Pelczar, MD	
Mark Faber, MD	Julio Ramirez, MD	
	Brookellen Rider, DO	

DENTAL

Sandra Garbely, DMD
Scott Wolpin, DMD

PHARMACY

William Boothe, PharmD
Miranda O'Brian, PharmD



Andrea Dayton,
Clinical Education
Coordinator

Thank you to all of our dedicated preceptors for their commitment to primary care medicine and the AHEC clinical education program.

" It's great to have an organization so close to home that can help me attain a career as a physician. The day was very informative."

*Washington College
Student*

HEALTH CAREERS

This year has been full of excitement for the Health Careers program. Cyndi Slacum our former Health Careers Coordinator of 20 years has retired and is spending time traveling and enjoying family. The ESAHEC is thrilled to introduce Ms. Damaris Bourland as our new Health Careers Coordinator. Damaris Bourland joined the ESAHEC in August of 2016. Her extensive background in healthcare and adult education prepared her well for the Health Careers Coordinator position she has held since September 2017. In addition to her career as a registered nurse, Ms. Bourland worked with Chesapeake College for eighteen years. She developed the curriculum for the Associate Degree in Applied Science – Massage Therapy, served as Director of the program for nine years and served as the coordinator for healthcare continuing education for ten years. She has practiced massage therapy since 1998 when she opened her private practice in Easton. Ms. Bourland earned her nursing degree in Illinois and a Bachelor of Science in Education from Salisbury University. Along with this exciting news is the launch of the sister program to our Health Careers program ECHO.



The Eastern Shore Area is pleased to announce the implementation of our newest program. The ECHO program is in the process of being implemented with the goal of helping students grade 9-12 interested in a health career enter a working pipeline to obtaining a health profession. A spin off our classic Health Careers program, this program is a hands on learning experience. With such quality experiences offered, this program will require hand selected students serious about becoming health professionals. With plans to partner with University of Maryland Shock Trauma Unit, Chesapeake College Simulation Lab, Local Hospitals, Adult Day cares, Primary Care, and much more these students will see the workings of several health care professions. Sticking to our Vision and Mission of "to assist the Eastern Shore communities in the recruitment and retention of health professionals" what better way to achieve this goal then to assist our youth willing to serve our community as health professionals in the future. If you would like more information or like to support this program please contact Damaris Bourland, Health Careers Coordinator at 410-221-2600.

AFFORDABLE CARE ACT

ESAHEC once again continues its partnership with Seedco, Inc. and the Maryland Health Benefit Exchange to implement the Affordable Care Act on Maryland's Eastern Shore.

In our forth year, the EASHEC is proud of the accomplishments and partnerships this program has produced. These services to our community would not be possible if it was not for the Navigators working in your local Department of Social Services, Departments of Health, and at community events around the shore .

During the open enrollment period of 11/01/2016 to 01/31/2017 the five counties serviced by the Eastern Shore AHEC Navigators enrolled the following consumers :

County	Qualified Health Plans	Medicaid	Total
Caroline	652	2671	3323
Dorchester	647	2892	3539
Kent	457	1123	1580
Queen Anne's	1237	1956	3193
Talbot	1125	1912	3037



Other highlights of Maryland's 2017 Open Enrollment:

- Including Medicaid enrollments, more than a half-million Marylanders have newly enrolled or renewed in health coverage for 2017 through the state marketplace since Nov. 1 when open enrollment began. Maryland Health Connection now covers 1.1 million in all — one of every six people in Maryland.
- The 157,637 private plan enrollments and 274,159 Medicaid expansion enrollments total 431,796 Marylanders, more than half the estimated 745,000 population lacking health insurance prior to 2010.

MEET OUR TEAM FOR THE UPCOMING YEAR!

Lauren Ochinerio will be continuing into her second year as a certified Health Navigator at the ESAHEC. Lauren is currently the Navigator for Kent and Queen Anne's Counties. The ESAHEC would like to commend Lauren's hard work during her time with us, and being the Health Navigator for two service Counties.



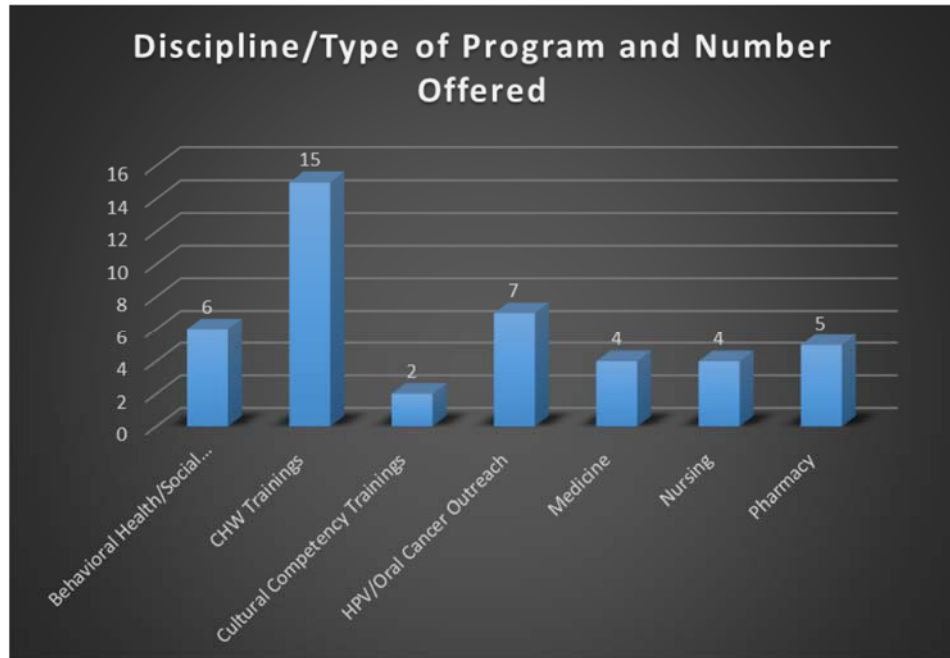
Robin Monahan joined the ESAHEC staff in July 2017 as a certified Health Navigator for Talbot County. Robin is a life long Eastern Shore resident who enjoys spending time outdoors and spending time with family and friends.

Danielle Foster joined the ESAHEC staff in July 2017 as a certified Health Navigator for Caroline County. She grew up in Annapolis, Maryland and then moved to the Eastern Shore in 2008.



Patti Miller joined the ESAHEC staff in August 2017 as a certified Health Navigator for Dorchester County. She holds a Masters degree in Secondary Education from Grand Canyon University and a Bachelors of Arts degree in Psychology from King's College.

CONTINUING EDUCATION

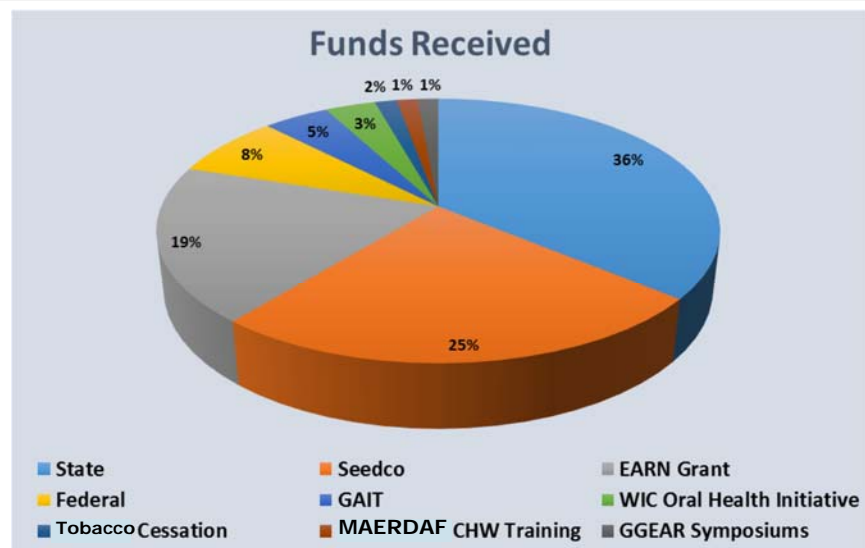


Continuing Education Programs developed and delivered 43 programs to 1,812 participants in FY17.

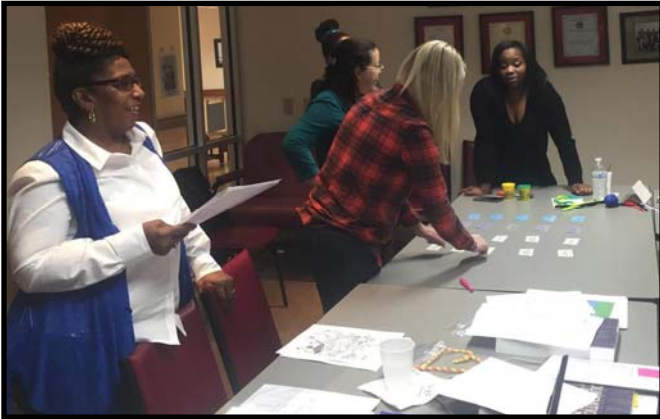
Programs are based on best practices and the programmatic needs of different disciplines and are inter-professional in nature. Strong partnerships with hospitals, health systems, local health improvement coalitions, federal, state, and local health departments, professional health associations and academic institutions inform the Interdisciplinary Health Education Committee of the Center in designing

programs and educational outreach. In the constantly changing world of healthcare, it is incumbent upon the Continuing Education Programs of the ESAHEC to be proactive in evaluating the relevancy, currency, and effectiveness of programs delivered. Funding streams have altered significantly as several grants have reached the end of their three or five year funding periods, to include the Health Enterprise Zone Project, which has been a substantial focus and provided financial support of continuing education during this fiscal year.

Budget Summary



ESAHEC Highlights & Testimonials



Community Health Worker Trainees doing an activity to reinforce the steps of case management.



*A big thank you to **Atlantic General Hospital** for hosting our 2 day GAIT which was enjoyed by all students.*



*This year the ESAHEC partnered with Salisbury University's Perdue School of Business providing 3 IT internships.
Pictured Left to right: Brian Lanham, Luke Shriver, and Brendon Morse*



"By far one of the best rotations of medical school! It gave me a chance to witness outpatient medicine in a rural setting with a different population than we see in Baltimore City. It was a very useful opportunity and I look forward to using many of the skills I learned in my future career."

"I felt welcomed, patients and clinicians were great to work with."

"This was a useful experience to see rural medicine in practice. It was particularly great for the longitudinal experience of those who did the Primary Care Track."

"Great experience that allows you to get a better understanding of age related changes, and some of the frustrations associated with these changes. I will try to keep this understanding as I practice medicine."



Jacob Frego
Executive
Director



Jennifer Berkman
Deputy Director
&
Continuing
Education



Allen Hoge
Fiscal
Specialist



Andrea Dayton
Clinical
Education



Steffanie Malkus
EARN
&
Grant
Coordinator

ESAHEC STAFF



Sports day at the ESAHEC! Everyone dressed in their favorite sports apparel even Scout!



Scout has two new playmates. Meet the newest members of the ESAHEC Kodiak and Kona.



Healthcare Professional day! Some costumes included NICU Nurse (Jennifer Berkman), and Primary Care Physician (Lisa Widmaier). (Scout)



Judith Slaughter
ASST
Coordinator



Lisa Widmaier
GAIT
Coordinator
&
CHW Trainer



Jeanie Holtz
Oral Health
Outreach



Damaris Bourland
Health
Careers



Erica Tracy
Administrative
Officer
&
MHBE Coordinator



Courtney Stouffer
Office
Administrator &
Data
Specialist