

# Piney Woods Perspective

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Piney Woods Area Health Education Center

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## PWAHEC Health Careers Camp at SFA – A Winning Combination

This year's Piney Woods AHEC Health Careers Camp, held on the Stephen F. Austin State University campus the week of July 10, was a great success! Sixteen students from several PWAHEC service counties attended the camp, which included a field trip to Houston and Texas Children's Hospital and the Body World Exhibit at the Natural Museum of Science.

Students from Zavalla, Jacksonville, Livingston, Jasper, Palestine, Woodville, Lufkin, Huntsville, Joaquin, Onalaska, Garrison and Nacogdoches spent a packed week shadowing at local hospitals, touring health-related facilities and visiting with health professionals in various fields.

Students spent the first day of camp getting acquainted with SFA by participating in a scavenger hunt across the campus. Students followed clues leading them to important campus buildings that would be of use to them as future SFA students. The students then participated in a DNA lab with biotechnology graduate student Crystal Walker and heard a lecture on HIPPA practices used in hospitals presented by Janis Ritter of the Piney Woods AHEC. The students ended their first day by spending some free time together getting to know each other and watching a movie.

On Tuesday the students traveled to Houston and spent the morning learning about childhood health and disease by touring Texas Children's Hospital. The students were able to see how a specialty hospital for children is run and its differences from a regular hospital. The second half of the day was spent at the Houston Museum of Natural Science. Here the students toured the Body Worlds 3 Exhibit and learned about the process of plastination. They also saw an IMAX movie on the inner workings of the human body.

Wednesday and Thursday were spent shadowing at Nacogdoches Memorial Hospital and Nacogdoches Medical Center. Both of these hospitals were gracious enough to allow our students to choose an area of healthcare and shadow a professional in that area. Thanks go to Shelley Woods at Medical Center and Nancy Williams at Memorial for all their generous help in arranging these shadowing experiences. Some of our students also shadowed in the fields of dentistry, veterinary medicine and biotechnology/forensics. Thanks go to two of our local dentists -- Dr. William Gandy and Dr. Jeffrey Hancock. Thanks also go to Crystal Walker in biotechnology at SFA and Dr. Bob Stout and his staff at North Street Veterinary Clinic.

After shadowing, the students spent the afternoon on the SFA campus touring the Human Services Building and learning about health careers in the therapy field. They also took a career inventory given by Sheri Mullican, associate director of career services at SFA. This gave the students in-depth information on what their personality strengths and weakness are, and helped them see what professions may be suited to their personalities. The students also learned about becoming a pharmacist and using compounding in the pharmacy setting.



2006 campers gather at Nacogdoches Memorial Hospital after shadowing health care professionals.

### PWAHEC Board Members

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A Winning Contribution - continued from page 1.

They had a great time compounding their own lip balm, bug repellent and hand cream. Thanks goes to Sandy Collier of M&S Pharmacy for arranging and executing this wonderful activity. Everyone came away smelling great! By the end of the week, the students were worn-out, but excited about their futures in health care. Many felt the camp helped increase their awareness of careers in health care would really be like. Shealee Johnson of Zavalla said the camp opened her eyes and showed her the "real stuff," and Kenifer Villafana of Palestine said the camp was "educationally fun." If you would like more information on Health Careers Camp for next summer, please contact Kelly Floyd at Piney Woods AHEC at (936) 468-6939 or [kfloyd@pwahec.org](mailto:kfloyd@pwahec.org). Also check out the Piney Woods AHEC Web-site at [www.pwahec.org](http://www.pwahec.org) to see what other awesome educational experiences are available.



## Start the School Year With an AHEC Touch

It's that time of year again -- pencils, notebooks, field trips and cafeteria food. As the school year starts and class schedules get planned, don't forget about Piney Woods AHEC as a resource for your classroom and your students! We have many wonderful programs and activities for kindergarten through high school, and they are all free. Also available are resources for teachers and students to borrow.

Some of the classroom/group activities that are available include Health Careers Summary, The Sun and Your Skin with a UV bracelet activity, Alcohol Awareness with Drunk Goggles and Healthy Eating with tips on eating healthy in a fast-

food society. Resources include HOT Jobs health careers books, videos and classroom activities. For a complete list of all activities and resources or to schedule a classroom or group presentation, please contact Kelly Floyd at (936) 468-6939 or [kfloyd@pwahec.org](mailto:kfloyd@pwahec.org).



Dr. Dan Spivey presents recognition award to retiring Board member Gwen Ray.

## Farewell to Board Member

Piney Woods AHEC long-time board member, Gwen Ray, RN, officially retired from the board at the August 9 board meeting. Ray was one of the original members having served on the board since fiscal year 1993. Former Piney Woods AHEC center director Linda Whiting said, "Ray's energy and optimism was key to getting Piney Woods AHEC off the ground and running in the early years."

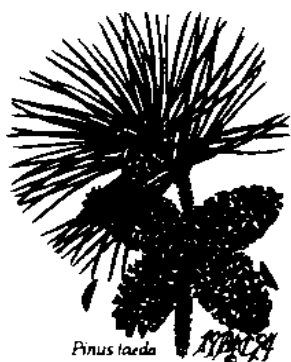
Ray retired from the Texas Department of Health in 1993 and wanted to continue to serve her community and promote health care. She said, "I believe work in health care and public health is good; it is dear to my heart. Piney Woods AHEC has done a wonderful job promoting health care as a profession." Piney Woods AHEC Center Director Jan Ritter said, "Ray's support of the AHEC program and her positive contribution to the board is greatly appreciated." Dr. Dan Spivey, board chair, presented Ray with a plaque for her 13 years service on behalf of the PWAHEC Board and staff.



## New AHEC Preceptor

Piney Woods AHEC is proud to announce a new preceptor to the community-based education program. Dr. Mary Barnette, affiliated with Nacogdoches Memorial Hospital, has signed on to work with fourth-year medical students from the University of Texas Medical Branch in Galveston, Tx to aid in completion of their Ambulatory Community Selective (ACS) requirement. The ACS rotation is an important part of the fourth-year curriculum and must be served in a Texas community setting rather than an academic health center and emphasizes non-hospital experiences. This rotation allows students an opportunity to develop an appreciation of the art and practice of medicine as it occurs in the community as well as developing their diagnostic and therapeutic skills.

Barnette received her medical degree from the University of Mississippi in Jackson. She completed a year of residency in pediatrics before going into the Air Force for active duty to fulfill her Air Force scholarship requirements. She spent three years at Vance Air Force Base in Enid, OK as a general medical officer. After completing her scholarship obligation, Barnette re-entered a pediatric residency at Texas Tech University. She is married with two children and is expecting a third.



# Piney Woods Perspective

## Continuing Education Opportunities



8/19

**Psychiatric Nursing Symposium**  
The University of Texas at Arlington  
School of Nursing  
Arlington, Texas  
Contact: (817) 272-2778

8/20 - 8/23

**National Association for Rural  
Mental Health 32nd Annual  
Conference**  
Co-sponsored by  
National Institute for Mental Health  
San Antonio, Texas  
[www.narmh.org](http://www.narmh.org)

8/22 - 8/23

**Selected Trauma Topics (CE for EMS)**  
Longview Regional Medical Center  
Longview, Texas  
Contact: (903) 381-7243

8/24

**Long Term Care**  
Texas Health Institute  
Dallas, Texas  
[www.texashealthinstitute.org](http://www.texashealthinstitute.org)

8/26

**HealthFind 2006**  
Austin, Texas  
Contact: (512) 936-6743 or  
[www.orca.state.tx.us](http://www.orca.state.tx.us)

9/19 - 9/26

**Pharmacology For Advance  
Practice Clinicians**  
Dallas, Texas  
Contact: (800) 377-7707 or  
[info@cforums.com](mailto:info@cforums.com) or  
[www.contemporaryforums.com](http://www.contemporaryforums.com)

9/21 - 9/22

**Trauma Nursing Core Course (TNCC)**  
Longview Regional Medical Center  
Longview, Texas  
Contact: (903) 381-7243

9/22 - 9/23

**Reaching for the Stars:  
Innovative Tools of the Trade**  
Texas Society for Public Health  
Education  
Houston, Texas  
Contact (800) 847-5783

9/28 - 9/30

**The 10th Annual Optimal  
Management of the Adult Medicine  
Patient**  
Baylor College of Medicine  
Houston, Texas  
Contact: <http://cme.bcm.tmc.edu>

10/7

**Alamo City Breast Cancer Update**  
San Antonio, Texas  
Contact: (210) 595-0216

10/9 - 10/13

**Past Life Therapy Training**  
The Crossing  
Austin, Texas  
Contact: (877) 944-3003

10/20 - 10/21

**18th Annual Psychiatric  
Pharmacotherapy Update**  
Austin, Texas  
Contact: (512) 471-6213

10/27

**Sixth Annual Neuroconference**  
Nacogdoches Medical Center  
Nacogdoches, Texas  
Contact: (936) 568-3359

11/16-11/18

**2006 National Rural Women's  
Health Conference**  
**Expanding the Agenda for Rural  
Mental Health Services Research:  
Focus on the Rural Woman**  
San Antonio, Texas  
Contact:  
[www.hmc.psu.edu/ce/RWH2006](http://www.hmc.psu.edu/ce/RWH2006)  
or (717) 531-6483

**2007**

1/26

**Cancer Survivorship for the  
Healthcare Professional**  
Nurse Oncology Education Program  
Nacogdoches, Texas  
Contact: (800) 515-6770

### Online Education

**Working with Case Management:  
Roles, Benefits and Improved  
Outcomes**  
MSU Nursing/Michigan State AHEC  
[www.nursing.msu.edu/ahecce1](http://www.nursing.msu.edu/ahecce1)

**Texas Webinar Series**  
Texas Hospital Association  
[www.thaonline.org](http://www.thaonline.org)

### Telephone Workshops

Telephone Education Workshop  
CancerCare Connect  
[www.cancercare.org](http://www.cancercare.org)



**Piney Woods AHEC**

[info@pwahec.org](mailto:info@pwahec.org)

You may contact the staff at the following locations:

**SFA Science & Research Center**  
P.O. Box 6123, SFA Station  
Nacogdoches, Texas 75962-6123  
(936) 468-6901 (voice)  
(936) 468-6913 (fax)

**Physical Address**  
7308 U.S. Highway 59N  
Nacogdoches, Texas 75965

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Kinnie Parker, [kparker@pwahec.org](mailto:kparker@pwahec.org)  
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Community Based Education  
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Administrative Assistant  
(936) 468-6901

## September - National Cholesterol Education Month

September 2006 is the National Cholesterol Education Month according to the National Heart, Lung, and Blood Institute. The theme, "Know Your Cholesterol Numbers, Know Your Risk," emphasizes two of the main thrusts of the cholesterol guidelines: the importance of having your cholesterol measured and knowing your risk of developing heart disease. Cholesterol month presents a good time to assess your cholesterol well-being. Research has clearly shown that lowering cholesterol can reduce the risk of developing heart disease.

Below are some simple steps individuals can take to help reduce their risk of high cholesterol:

- Get a fasting lipoprotein profile to find out what your total cholesterol, LDL cholesterol, HDL cholesterol, and triglyceride numbers are.
- Discuss your risk for heart disease with your physician or other health care provider and take steps to reduce the risk factors that put you at risk.
- Choose foods that are low in saturated fat, trans fat and cholesterol.
- Calculate your body mass index (BMI) and see how your weight measures up.
- Participate in physical activity of moderate intensity—like brisk walking—for at least 30 minutes on most, and preferably all, days of the week. No time? Break the 30 minutes into three, 10-minute segments during the day.
- Don't smoke. If you do smoke, contact your health care provider to discuss ways in which he or she can help you quit.

For more information on National Cholesterol Education Month, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov). The site offers a complete online tool kit for public and health professionals to help disseminate information about cholesterol to the public. The NCEP Kit for 2006 includes ways to promote National Cholesterol Month, heart-healthy recipes, information on food labels and much more.

### Life Support Courses

8/26, 9/7, 9/22

#### **Basic Life Support Health Care Provider**

Nacogdoches Memorial Hospital  
EMS Education and Training  
Nacogdoches, Texas  
Contact: (936) 569-4600

10/28 - 10/29

#### **Advanced Cardiovascular Life Support**

Stephen F. Austin  
State University  
Contact: (936) 468-6901

Alternate formats of this material are available upon request. Please contact the PWAHEC office at (936) 468-6901.