

# Piney Woods Perspective

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## HOLIDAY GREETINGS



from the PWAHEC staff

Janis Ritter, Rebecca Hamblett, Kelly Floyd, Kinnie Parker and Heather Perkins

### Local Leader Receives Pioneer Award

Each year the Texas Hospital Association honors a health care professional who has exhibited outstanding health care leadership. This year the THA Pioneer Award was given to Dr. Sandra Jackson, chief executive officer and chief nursing officer at Tyler County Hospital in Woodville, Texas, for her role in the response and actions of her staff during Hurricane Rita. During the 2005 hurricane season, much of East Texas was impacted by individuals and families fleeing west from the devastation of Hurricane Katrina, forcing thousands to temporarily relocate to the area. Just a few weeks later, Woodville, with its estimated population of 2,500, found itself in the path of a major hurricane.

In preparation for Hurricane Rita, Jackson decided to evacuate all inpatients from her rural facility. They were transferred via ambulance service and a Texas school bus to the University of Texas Health Center at Tyler for care. Tyler County was under a voluntary evacuation order, and hospital officials wanted to free its 25 beds for anyone who might be injured in Rita's wrath.

More than 950 evacuees were treated in Tyler County Hospital's (continued on page 2).



Richard Hoeth, Texas Hospital Association; Mary Lou Jeans, Tyler County Hospital Board Member; and Dr. Sandra Jackson, Pioneer Award Recipient.

### PWAHEC Board Members

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Center

**Local Leader** (continued from page 1) emergency room after Hurricane Rita. It operated as a field hospital, the only medical facility within a 30-mile radius, even though the building and some equipment was damaged in the storm. A Disaster Medical Assistance Team (D-MAT) set up operations at Tyler County Hospital. This facility provided emergency services and support such as lab, radiology and dietary services to the surrounding population.

As a result of this generous care, the hospital was in serious debt after Hurricane Rita. For a small, rural facility such as this, approximately \$800,000 of debt almost put this hospital out of business. But Jackson continued to persevere, working with agencies such as the Federal Emergency Management Agency and through charitable donations, helping to overcome financial difficulties and maintain the quality care they offer to their community.

"They say what doesn't kill you makes you stronger," Jackson said. "The hospital is better financially and physically because of the hurricane. We are just a little country hospital meeting an unmet need," she stated. "We have been so blessed with help."

## Diversity Regional Conferences

There is a present need for a health workforce that reflects the growing diversity of Texans. Due to the critical shortage of health care practitioners in rural and underserved areas, the diversity of the existing health care workforce in those areas is grossly inadequate to meet the needs of the clients in many areas. These issues can have a very negative impact on the health care and political system.

Staffs from the AHECS of East Texas, West Texas and South Texas are collaborating to present six regional conferences to address these issues and facilitate a dialogue to find solutions. Each conference agenda will reflect the needs of the

underserved populations, the health care disciplines and the stakeholders of that region including K-12 and higher education; health workforce development and employment; health care industries; federal, state, and community organizations; and health workforce policy.

We invite you to register for one or more conferences to learn about, discuss and facilitate a solution for regional and statewide issues.

For conference and registration information, go to [www.hwdc.org](http://www.hwdc.org). The conferences will be held at multiple locations in Texas. Please attend the conference that is closest to your service region.

Dallas - Feb. 5  
Lubbock - March 6  
Austin - April 19  
El Paso- May 4  
Houston- June 12  
McAllen - July 12-13

## Red Ribbon Week

October 23 through 31 was National Red Ribbon Week, a week of awareness and education on alcohol and drug abuse. A ceremony to kick



off the week was held in downtown Nacogdoches and led by Mayor Bob Dunn. Local entertainment and lunch were provided for police officers and local citizens who have worked to keep Nacogdoches' youth drug free.

The Piney Woods AHEC helped Nacogdoches Safe and Drug Free hand out more than 16,000 red ribbons and drug and alcohol awareness material to schools, businesses and day cares throughout Nacogdoches County. During Red Ribbon Week PWAHEC stayed busy visiting classrooms and presenting on the effects of alcohol to the body and mind. These presentations reached more than 788 elementary, junior high and high school students from Rusk, Lufkin, Tenaha and Huntington.

Area schools celebrated Red Ribbon Week with pep rallies, door decorating contests, theme-related dress-up days and informative assemblies. The Piney Woods AHEC works throughout the year to bring the message of a drug and alcohol-free lifestyle to schools in our region.

To see programs offered by the Piney Woods AHEC or to set up a time for the AHEC to visit your school or place of business, please view our web site at [www.pwahec.org](http://www.pwahec.org) or call (936) 468-6901.

[www.TexasHealthMatch.com](http://www.TexasHealthMatch.com)



A Project of the Texas AHECs

**Texas Health Match**

Texas Health Match is a statewide collaborative effort, between the Texas Area Health Education Center (AHEC), Texas Department of State Health Services and the Office of Rural Community Affairs to assist rural & medically underserved communities recruit and retain healthcare providers, healthcare related professionals and health industry skilled workers. Texas Health Match offers job-seeker to employer self-matching as well as free online technical assistance to assist with profiles. Texas Health Match also offers face to face community development.

Log onto [www.texashealthmatch.com](http://www.texashealthmatch.com) to create your free company profile and post job listings. For more information about community development, please contact Heather Perkins, Piney Woods AHEC, (936) 468-6942 or [hperkins@pwahec.org](mailto:hperkins@pwahec.org).



# Piney Woods Perspective



## Continuing Education Opportunities

### 2006

12/14 - 12/15

#### **Trauma Nurse Core Course**

Longview Regional Medical Center  
Longview, Texas  
Contact: (903) 381-7243

### 2007

1/4 - 7/3

#### **EMT - Intermediate Course**

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

1/13 - 1/14

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

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

1/25 - 1/27

#### **Pri-Med Southwest 2007**

George R. Brown Convention Center  
Houston, Texas  
[www.pri-med.com](http://www.pri-med.com)

1/26

#### **Cancer Survivorship for the Healthcare Professional**

Nurse Oncology Education Program  
Nacogdoches, Texas  
Contact: (800) 515-6770

2/5

#### **Regional Health Workforce Diversity Conference**

Dallas/Fort Worth AHEC  
Dallas, Texas  
[www.hwdc.org](http://www.hwdc.org)

4/20

#### **Mission Possible XII: Good Mental Health is Everybody's Business**

The Burke Center  
Nacogdoches, Texas  
Contact: (936) 639-1141

5/14 - 5/15

#### **Rural Minority and Multicultural Health Conference**

National Rural Health Association  
Anchorage, Alaska  
[www.nrharural.org](http://www.nrharural.org)

5/16 - 5/18

#### **National Rural Health Association 30th Annual Conference**

National Rural Health Association  
Anchorage, Alaska  
[www.nrharural.org](http://www.nrharural.org)



For CE information 24/7, visit our newly developed Continuing Education Events Calendar at [www.pwahec.org](http://www.pwahec.org)

### Online Education

#### **Disaster Preparedness and Response for Nurses**

Honor Society of Nursing  
<http://www.nursingsociety.org>

#### **Preparedness Center Training Site**

North Carolina Center for Public Health Preparedness  
[www2.sph.unc.edu/nccphp/training](http://www2.sph.unc.edu/nccphp/training)

#### **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)

12/15: Fundamentals of Coding, Billing and Reimbursement Compliance  
12/21: Safe Medication Update

### Telephone Workshops

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

12/19: Chronic Myelogenous Leukemia  
12/20: Breast Cancer  
12/21: Updates on Lymphoma Treatment

### 2007

1/26: How Cancer Treatments May Affect Your Skin

2/7: Medical Update on Bladder Cancer  
2/9: Understanding Medicare Part D  
2/21: Beyond Calories: Building Lean Body Mass, Nutrition and Cancer  
3/21: The Role of Targeted Therapy in the Treatment of Breast Cancer

### Basic Life Support Courses

12/22, 1/5 & 1/19

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

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

1/19, 2/9, 3/2

#### **Basic Life Support**

Angelina College Community Services  
Lufkin, Texas  
Contact: (936) 633-5206



## 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  
(936) 468-6901 (voice)  
(936) 468-6913 (fax)

### **Physical Address**

7308 US Highway 59N  
Nacogdoches, Texas 75965

### **Janis Ritter**

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### **Becca Hamblett**

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### **Heather Perkins**

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Program Coordinator  
Community Based Education  
(936) 468-6942

Please email any changes in your contact information to [info@pwahec.org](mailto:info@pwahec.org)

## Health Educator's Corner: Holiday Weight Management

We have munched on Halloween goodies and savored Thanksgiving stuffing and pies, with Christmas celebrations, New Year's Eve parties, Super Bowl Sunday and Valentine's Day looming. Is four months of holiday feasting worth tighter waistlines, higher blood sugar and cholesterol?



Can we keep our New Year's resolutions to reduce stress and get more organized rather than lose those 1 to 10 pounds of winter weight?

It's not just about what we eat. According to the National Center for Health Statistics, most Americans (70 percent in 2004) do not engage in vigorous leisure-time physical activity. With the added holiday activity demands and colder weather, we have a recipe for even more inactivity.

Here are a few tips to keep from gaining weight during the holiday season:

- Focus on maintaining weight rather than losing weight
- Have smaller portions of your favorite treats, "the first bite is always the best"
- Make opportunities to move more (walk to a coworkers desk rather than e-mail, walk around when on a phone call, do sit-ups and stretches during TV commercials)
- Manage stress and emotions (learn to say no, ask for help planning events, turn to people for help instead of food)
- Plan in advance (eat vegetable soup or raw vegetables before going to a social event, avoid lingering around the buffet table, plan a brisk walk after a party or meal)
- Set a goal to eat at least five fruits and vegetables a day (enjoy seasonal varieties of squash and apples)
- Think positive (I will not gain weight over the holidays, I won't overeat at parties)

For more tips on a healthier lifestyle visit, [www.smallsteps.gov](http://www.smallsteps.gov). For heart-healthy recipes, visit [www.deliciousdecisions.org](http://www.deliciousdecisions.org).

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

Non-Profit Organization  
Permit No. 1  
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