



## PWAHEC Welcomes Back Former Employee

Sylvia Baker has rejoined the team at Piney Woods AHEC as Special Projects Program Coordinator. She was previously employed with PWAHEC from 2002-2004 before moving to Fort Worth and working with the University of North Texas Health Science Center at the Fort Worth Office of Professional and Continuing Education. Sylvia and her husband, Jerry, returned to Nacogdoches in 2006, and she honed her organization

and time management skills as a stay at home mom with her son Mason, now five years old and Cate, now three. Sylvia is glad to be back with the AHEC and putting her Community Health degree to good use. She enjoys actively working in her community and the variety of projects employment with the AHEC offers.

## Flu Season is Here! Here's What You Can Do

### **1. Stay Informed**

TexasFlu.org is the Department of State Health Services site for flu information in Texas. Bookmark it. Sign up to receive Twitter and e-mail notices when information is posted. Dial 2-1-1 for flu advice. Visit: <http://www.dshs.state.tx.us/txflu/default.shtm>

### **2. Get a Flu shot**

Flu vaccinations are the best way to protect yourself and others from flu. Get a seasonal flu vaccination and an H1N1 flu vaccination when it becomes available.

### **3. Stop the Spread**

Wash hands frequently. Cover coughs and sneezes. Stay home if you're sick. Have a plan to care for sick family members at home.



## **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

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(936) 468-6901

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Program Coordinator  
Practice Entry and Support  
(936) 468-6941

- The newsletter also is available by e-mail; if you would like to receive it via e-mail, please send a message to [info@pwahec.org](mailto:info@pwahec.org).
- Please e-mail any changes in your contact information to [info@pwahec.org](mailto:info@pwahec.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  
Postage Paid  
Nacogdoches, TX 75961

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Piney Woods AHEC  
P.O. Box 6123, SFA Station  
Nacogdoches, TX 75962-6123



# Piney Woods Perspective

## Continuing Education Opportunities



**October 30, 2009**

### 9th Annual Neurological Conference

Stephen F. Austin State University  
Baker Pattillo Student Center, Twilight Ballroom  
Nacogdoches, Texas

7.0 Contact Hours, Nurse  
7.0 Contact Hours, OT & PT  
6.0 Contact Hours, SLP  
Contact: Kathie Lane  
(936) 568-3149

**November 4, 2009**

### Medication Errors

Rowlett, Texas  
3.0 Contact Hours  
Contact: (817) 272-3527

**November 6, 2009**

### Critical Thinking for Nurses

Sweetwater, Texas  
4.0 Contact Hours  
Contact: (817) 272-3527

**November 12, 2009**

### Pediatric Physical Assessment

Rowlett, Texas  
7.4 Contact Hours  
Contact: (817) 272-3527

**November 16, 2009**

### Getting Aggressive with COPD

Clear Springs Restaurant  
211 Old Tyler Road  
Nacogdoches, Texas  
2.0 Hours Category 1A, AOA  
2 Credits Category 1, AMA PRA  
[www.registerwithunt.com](http://www.registerwithunt.com)

**November 22-25, 2009**

### Texas EMS Conference 2009

Fort Worth Exhibit Hall  
Fort Worth, Texas  
Registration Deadline: October 15, 2009  
[www.texasemsconference.com](http://www.texasemsconference.com)

**March 4-6, 2010**

### Pri-Med Southwest Conference & Exhibition

George R. Brown Convention Center  
Houston, Texas  
30 AMA PRA Category 1 Credits  
[www.pri-med.com/southwest](http://www.pri-med.com/southwest)

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



### Online Education CME

[www.texmed.org/Template.aspx?id=3346](http://www.texmed.org/Template.aspx?id=3346)

Chemical Dependence in Physicians: Identification and Intervention

Coping With Stress in the Practice of Medicine

### CNE

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

Every Nurses Guide to Breast Cancer

Every Nurses Guide to Pain Management Part I

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



### Telephone Education Workshops

CancerCare Connect  
[www.cancer.org](http://www.cancer.org)  
1-800-813-4673

**November 4, 2009**

*Advances in the Treatment of Metastatic Melanoma*

**November 5, 2009**

*Medical Update on Colon Cancer: Understanding K-RAS*

**December 9, 2009**

*Clinical Trials: Improving Treatment Options and Care for People Living With Cancer*

**December 10, 2009**

*Update on Chronic Myelogenous Leukemia (CML) from the 2009 American Society of Hematology (ASH) Annual Meeting*

### American Heart Association Courses

#### Advanced Cardiac Life Support Courses

Stephen F. Austin State University  
Nursing/Math Building Room 125  
Nacogdoches, Texas  
Mark Scott: (936) 468-6941

November 14-15, 2009  
January 9-10, 2010  
March 27-28, 2010  
May 22-23, 2010  
August 14-15, 2010

#### Basic Life Support Courses for Healthcare Providers

#### Nacogdoches EMS Education

Nacogdoches, Texas  
Cynthia Stewart: (936) 569-4600  
E-mail: [stewarcy@nacmem.org](mailto:stewarcy@nacmem.org)  
First and third Wednesday of each month

#### Angelina College

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

All questions regarding continuing education offerings, including payment information, should be directed to the contact.