



## **Making Our Communities Healthier**

Piney Woods AHEC kicked off its Making Our Communities Healthier initiative in Lufkin on March 31, 2011 by holding a summit of community and business leaders in the local area. This action comes as a part of a full East Texas AHEC initiative to Make Our Communities Healthier across its nine regional AHEC operation centers. Additional summits have been held across East Texas. The goal is to bring community and business leaders together to help make a change in the overall health of the community.

The first step was contacting local community and business leaders and obtaining their feedback on how they envision a healthier Angelina County. This information was then presented to a larger group at the summit for discussion. Several key business leaders attended and shared their viewpoints. "We need to communicate across lines from industry to health care to education about what's needed in the community," said Winifred Ferguson Adams, division director for health careers at Angelina College.

After all ideas were presented, the group organized them into four categories and then prioritized these categories. The four categories that resulted were: Coordinate Resources, Save MyPac, Promote Healthier Lifestyles, and Aid in Smoking Cessation. It was determined that if the community could coordinate resources, then all of the other focus areas could be achieved much easier and with greater efficiency.

The next step will be for the partners to generate an action plan and begin implementation of the plan in the community. "You have to educate people, second of all, people have to be motivated to do it, and thirdly there has to be some type of initiative to get people started," said Adams. It is the goal of the PWAHEC to be a guiding force in this initiative.



## **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**

[jritter@pwahec.org](mailto:jritter@pwahec.org)  
Center Director  
(936) 468-6901

### **Yolanda Gasaway**

[ygasaway@pwahec.org](mailto:ygasaway@pwahec.org)  
Administrative Assistant  
(936) 468-6901

### **Lurah Bryant**

[lbryant@pwahec.org](mailto:lbryant@pwahec.org)  
Program Coordinator  
Community Based Education  
(936) 468-6942

### **Mark Scott**

[mScott@pwahec.org](mailto:mScott@pwahec.org)  
Program Coordinator  
Practice Entry and Support  
(936) 468-6941

## **PWAHEC Welcomes New Team Member**



PWAHEC is proud to welcome Yolanda Gasaway as its newest member to the staff. Gasaway will serve as the administrative assistant for PWAHEC. She has several years of clerical experience, an associates degree of applied science in business management and is currently working on a bachelor's degree in child & family development at Stephen F. Austin State University.

Gasaway moved to East Texas from Dallas 12 years ago and feels this makes her an East Texas native. She is a mother and grandmother who loves being outdoors, looking at her horse (not riding yet), fishing, gardening, or watching a sporting event. She believes her life purpose is to empower individuals with knowledge through education and training to develop stronger individuals, healthier families, and safer communities. "I am excited to be part of the PWAHEC team and I look forward to working with everyone," said Gasaway.

# Piney Woods Perspective

## Continuing Education Opportunities

**June 14, 2011**

**Alzheimer's Association  
Know the 10 Signs: Early  
Detection Matters**  
Nacogdoches Medical Center  
Women's Center  
3rd Floor Classroom  
Nacogdoches, Texas  
Contact:  
Mandy Humes  
(936) 632-9930

**June 22, 2011**

**Exercising Your Brain: An  
Informative Session and  
Brain Work-Out for Healthy  
Aging**  
Stephen F. Austin State  
University  
School of Social Work  
Room 201  
Nacogdoches, Texas  
Contact:  
(936) 468-6613  
(936) 468-5105  
7 Hrs CEU for Social Workers

**June 24, 2011**

**Psychiatric Nursing  
Certification Preparation and  
Update Course**  
Laurel Ridge Treatment Center  
17720 Corporate Woods  
San Antonio, TX  
Contact:  
(210)694-0625  
[www.ameshigh.com](http://www.ameshigh.com)

**REMEMBER!**

Check us out at:  
[WWW.PWAHEC.ORG](http://WWW.PWAHEC.ORG)

**July 19, 2011**

**Reducing MRSA Rates in Rural  
Texas Schools**  
107 W. Lufkin Avenue  
Lufkin, TX 75904  
Contact:  
(817) 735-2539  
2 Hrs Category 1A, AOA  
2AMA PRA Category 1 Credit(s)  
2 CNE Contact Hours

Authorized Provider  
of CPR and ECC Courses

American Heart  
Association  
  
Learn and Live™

### American Heart Association Courses

**Advanced Cardiac Life Support  
Courses**  
Offered by Piney Woods AHEC AHA  
Training Center  
Stephen F. Austin State University  
DeWitt School of Nursing  
Nacogdoches, Texas  
Mark Scott: (936) 468-6941

Aug. 6-7, 2011

### 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



**Online Education**  
[www.noeptexas.org](http://www.noeptexas.org)

**Cervical Cancer: What the  
Nurse Needs to Know**  
1.19 contact hours CNE

**Every Nurse's Guide to  
Hematologic Malignancies**  
1.0 contact hours CNE

**Nursewise: Nutrition and  
Physical Activity**  
1.10 contact hours CNE



**Telephone Workshops**  
[www.cancercare.org](http://www.cancercare.org)

**June 16, 2011**  
*Advances in the Treatment of  
Metastatic Colorectal Cancer*

**June 21, 2011**  
*Understanding and Managing  
Chemotherapy Side Effects*

**June 23, 2011**  
*Mantle Cell Lymphoma Update*

**June 28, 2011**  
*Living with Multiple Myeloma  
Part 1*

**July 26, 2011**  
*Living with Multiple Myeloma  
Part 2*