Be Well Colorado is Central Colorado AHEC’s new Chronic Disease Self-Management Program (CDSMP). Central Colorado AHEC was awarded a grant through the Department of Public Health and Environment (CDPHE) to implement the CDSMP series for 566 Coloradans by March of 2012. Though it was originally thought that the grant would only be implemented in the greater Denver metro area and the San Luis Valley, Central Colorado AHEC is happy to announce that the Be Well Colorado CDSMP series will be implemented across the state of Colorado. Currently, there are 14 CDSMP series scheduled. It is estimated that 70 CDSMP series will be conducted through the grant. A calendar with details concerning the date, time, location and contact information of upcoming series can be found on the Central Colorado AHEC website: www.centralcoahec.org

Be Well Colorado is a series of licensed, evidence-based self-management workshops developed at Stanford University, which teaches the skills needed in the day-to-day management of chronic conditions in order to maintain and increase life’s activities. The series consists of 2½-hour long workshops that are given once a week for six weeks. Workshops are highly participative and are facilitated by two trained lay leaders, one or both of whom are non-health professionals with chronic conditions.

In 2004, the U.S. Census Bureau estimated that 457,187 Colorado residents (9.8 percent of the total state population) were 65 years or older. However, as the “baby boomer” population of Colorado ages, it is projected that between 2000 and 2030, there will be a 247 percent increase in Colorado’s population over the age of 65. Chronic diseases and conditions such as diabetes, heart disease and arthritis disproportionately affect older adults compared with adults in younger age groups. The CDSMP aims to empower the individual to put life back in his or her life by learning how to better manage chronic conditions.

If you have any questions regarding the CDSMP, please contact Lindsey Blackwelder: 303.724.4399 or lindseyb@centralcoahec.org.

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From the Director
Jack Westfall, MD
What the Heck’s an AHEC?

Community Engagement

Colorado AHEC is all about engaging our communities to improve health.

Community Engagement means getting out into the community, asking, listening and collaborating with folks all over the state. Whether it’s healthcare workforce education and training, participatory research, service learning, or practice redesign, the Colorado AHEC Program and Centers are committed to engaging and participating with practices, schools, communities and individuals throughout Colorado.

Community Engagement means working with schools to bring oral health or asthma education, or health career experiences, to the students. Our Great Hospital Adventure, Summer Health Careers Institute, Aurora LIGHTS, and CREATE Health will engage your students who have an interest in healthcare. Applications for these programs will be out soon. Check out the Colorado AHEC website and let us know what can we do with your school.

Community Engagement means working with primary care practices to identify their quality improvement needs, the knowledge they need to implement an electronic health record, and the skills they need to move to becoming a Patient-Centered Medical Home. Colorado AHECs are actively learning about the needs of primary care practices and how they can help them achieve and document their excellent

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From the Librarian’s Desk

In keeping with our theme of Engaging Communities, below is a list of libraries that can assist you in finding medical information right in your own community:


Here are two helpful tutorials for evaluating and understanding health information:

Evaluation Health Information:

Understanding Medical Terminology:

Health Matters

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My Summer of Medicine: A Student’s View of the Summer Health Careers Institute

This summer I was privileged to attend the Summer Health Careers Institute (SHCI), offered by the Southeastern Colorado Area Health Education Center (SECAHEC). SHCI is a week-long program hosted by the Colorado AHEC Program Office through a grant funded by the Colorado Trust, that helps students learn about, and decide if they want to work in, the medical field.

We took a class to become certified in cardiopulmonary resuscitation (CPR), and learned to perform the Heimlich maneuver. We learned about being emergency medical responders, practicing our CPR and learning how to stop bleeding and splint different wounds. We also learned how to check vital signs, respiratory techniques and how to immobilize a person on a backboard. Our instructors then put us to the test in simulations with mannequins that they controlled on the computer.

A health expo gave us a broad view of different health professions: Actors donned gowns to let us practice both our good patient interview skills, and our clinical exam skills (by listening to their heart and lungs). We also studied oral health and learned how to conduct a patient exam, and did a segment on sports medicine. We got to practice making casts. I was the first in my pair to get my cast, and it’s really hard to construct someone else’s cast while wearing a cast yourself!

We got to shadow health professionals during our “day in the life of a health care provider.” I was the only one in my group to shadow in the gynecology operating room, during which I was able to watch three surgeries, as well see a birth. Watching a baby being born was truly amazing!

Overall, the week was an amazing experience and opportunity. Many students apply, and only 100 are accepted each year. People who can attend are those who will be juniors, senior or college freshmen that coming fall season. To apply for next year’s SHCI, visit the SECAHEC website (http://www.secahec.org/). I had such a great time and I wish the same for those who attend in the future.
Nutritious Cooking in Weld County

For families with a limited income, nutritious eating is more than just knowing to pick fruits and vegetables: healthy eating includes basic nutrition, careful budgeting and savvy shopping. Eating Right, a course in just such topics, has been developed by Share Our Strength, a national organization with a Colorado branch, whose mission is to eliminate child hunger.

Thanks to Carrie Cosner, our energetic public health intern, Centennial AHEC was able to offer the Eating Right curriculum to clients of Sunrise Community Health Center this past spring. Carrie, who has since graduated from the University of Northern Colorado, recruited participants and volunteers, engaged other agencies, marketed the series and shopped for the six-week Operation Frontline (OFL) program.

With the assistance of volunteer chefs and dieticians, Carrie coordinated the program for 10 families in Evans. The group was active, actually shopping and preparing meals together. The OFL program emphasizes tasty, healthy meals on a budget – having fun at $2.50 per serving. Reading labels, food safety and low-cost strategies are all covered, along with the message that food resources can be managed to provide maximum value at minimal expense. Recruitment efforts for next year’s intern have begun. Centennial AHEC believes this program is not only valuable to the clients, but to the students who gain real-world experience as they give service to the community.

Patricia Brewster-Willeke Awarded Centennial AHEC Hero

Patricia Brewster-Willeke is not a native of Yuma (in fact, she’s a native of Dublin, Ireland), but is well-known throughout Yuma County and, indeed, all of northeastern Colorado. As founder and co-director of Rural Communities Resource Center, she has been serving the rural underserved for 27 years. She’s committed to the families of the region, a social worker whose ambitious programs often stretch the resources of her nonprofit family resource center.

On Saturday September 25th Patricia was presented with Centennial’s inaugural Hero Award as a key facilitator of many Centennial AHEC eastern plains initiatives. Whether it’s as an implementor of our school-based oral health program, a host for medical and pharmacy student service learning activities, a free space to hold a cancer focus group, a partner in health career programs or a colleague in advocacy efforts, Patricia is always an eager collaborator; she stands consistently by our side.

When Sally Henry, CAHEC Executive Director, called to tell her of the award, Patricia interrupted to state her enthusiasm for the concept and asked, “How can I help?” That’s always what Patricia says, “How can I help?” She never considered that she was the awardee.

Thank you, Patricia; you are indeed a friend and a Centennial AHEC Hero!
Mini-Med School a Success in Southwestern Colorado

Southwestern AHEC got off to a great start offering its first round of Mini-Med School this fall. Mini-Med School is a free eight-week educational program coordinated by Colorado AHEC for the CU School of Medicine. Partnering with the Fort Lewis College Biology Department, SWAHEC is proud to announce that a full 58 attendees registered online for Mini-Med school. It appears that the demand for community health education is high in Durango! More than half of attendees are affiliated with Fort Lewis College; SWAHEC is pleased to have such a great partner in moving forward health-related education in the community and among students. We finished Mini-Med school with a celebration on the last night, November 3, including opportunities to learn more about SWAHEC, meet rural health profession students, and celebrate ‘graduation’ from Mini-Med school. For more information, please contact SWAHEC Program Coordinator Renee Knight at 970-903-3126.

SWAHEC works with Promoviendo la Salud

Pharmacy students in Durango and Pagosa Springs now have an opportunity to deliver diabetes education classes to Latino patients through Promoviendo la Salud, a chronic disease management program at the San Juan Basin Health Department. This experience is part of the Service Learning Education Project in which regional Colorado AHEC offices coordinate health- or education-related opportunities for health profession students during rural rotations. Two pharmacy students have completed this project so far and two more will in October. The students are encouraged to try their own Spanish; promotoras from the clinic program are also present to interpret and reinforce educational material with patients after the sessions. Pharmacy students so far report that the diabetes education classes were “an excellent experience, and seemed to be well received.” We expect that this Service Learning Education Project will be an ongoing way for pharmacy students to engage in our southwestern Colorado communities and to provide local clinics with an additional patient education opportunity. Thanks to the Promoviendo la Salud clinic and the University of Colorado pharmacy students!

SWAHEC Welcomes New Program Coordinator

Southwestern AHEC (SWAHEC) is very pleased to introduce its newest member, program coordinator Renée Knight. Renée comes to SWAHEC with a bachelor’s degree in community health, as well as experience in elementary education, non-profit marketing and event coordination, and project management. She is heavily involved in volunteer activities throughout Durango, and luckily she has decided to make SWAHEC part of her work in the community in southwest Colorado. Renée is our Student Support Services Liaison; she is coordinating the Nightingale Award and communications for SWAHEC. She is also immersed in getting to know our Colorado AHEC mission, programs, and the southwestern Colorado health and education community. You can reach Renée at renee.knight@swcahec.org or at 970-903-3126. Please join me in welcoming her to the Colorado AHEC Program when you have a chance!
Notes From An Intern: Cecily’s Story

While looking for a summer internship opportunity, I contacted Central Colorado AHEC (CCAHEC), asking for help in my search. It ended up being one of the best emails I sent; they surpassed my expectations of a mere recommendation and offered me an internship with them.

I started my internship June 1st, exactly one week before the Aurora LIGHTS program was scheduled to start. From day one I was organizing activities, talking with professionals, and learning the process behind health education. I was put in charge of a photo voice project called Eye on Health, in which the students developed posters that depicted the healthy and unhealthy behaviors in their communities using pictures that they took during the first two weeks of the program. I saw firsthand the effect that Aurora LIGHTS had on 38 high school students and the passion that each of these students had for the healthcare profession. As Aurora LIGHTS came to a close, the summer was only half over, and CCAHEC did not slow down. I was given the opportunity to develop a poster for the Colorado Public Health Association annual conference and plan and implement a week-long healthcare academy with A/D Works for high school students.

As the summer comes to a close I am preparing to return to St. Olaf College in Minnesota, where I am getting my degree in Exercise Science. My CCAHEC internship gave me the chance to explore my own career path, setting me up with multiple job shadows and meetings. This internship has helped me find my passion in the healthcare field. Upon graduating I plan to get my Masters in Public Health and hopefully go on to study infectious disease in athletics.

Welcome New Central Colorado AHEC Staff!

Welcome: Kevin Winn

Our new Student Support Services Liaison, Kevin Winn, joined our team as a temp in July of 2010 and we can’t get him to leave! A Colorado native, Kevin is currently pursuing a Marketing degree at Metropolitan State College of Denver, and hopes to use his newly acquired skills and knowledge to help Central Colorado AHEC exceed their goals. When Kevin is not in school, answering phones, grading RN/LPN refresher tests, juggling student housing, or boosting office morale with his infectious smile, he is playing sports, spending time with his family, and/or eating. Kevin is very excited to be part of such a diverse and hardworking team and looks forward to helping his community through Central Colorado AHEC.

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Our Champions: Soon-To-Be New Health Care Providers in Rural and Urban Underserved Colorado

The Colorado AHEC Program has received a generous grant from the Colorado Trust to develop and manage a health professions scholars program. The program, which is part of the Colorado Trust Foundation Workforce Investment Strategy Initiative, assists graduate students in the healthcare professions, who wish to practice in rural and underserved areas. These two-year, $30,000, scholarships are designed to assist students by paying for a significant portion of their education in nursing, medicine, pharmacy, dentistry, public health and other allied graduate-level schools. Recipients agree to work in rural, frontier or urban underserved areas for a minimum of two years. This year's recipients from the Central CO AHEC region include:

- Ian Abeyta  University of Colorado School of Public Health
- Bree Almgren  University of Northern Colorado Family Nurse Practitioner
- Myo Aung  University of Colorado School of Pharmacy
- Catia Chavez  University of Colorado Master of Public Health
- Luis Hernandez  University of Colorado Physician Assistant
- Piper Knight  Regis University Master of Science in Nursing
- Joseph Potter  University of Colorado School of Dental Medicine
- Nick Robles  University of Colorado School of Public Health
- Lauren Temmer  Red Rocks Community College Physician Assistant
- Stephen Wills  University of Colorado School of Medicine

In this issue we highlight Ian Abeyta. Being a hero can take many forms. Ian is a hero to elementary students in Fort Collins because he taught them how to prevent obesity. In their area of economic stress, this is a fate from which many cannot escape, but people like Ian are making a difference. In studying public health, Ian has been able to research the complex issue of obesity. His Hispanic heritage has prompted him to focus on the non-English speaking population. After completing his Masters in Public Health, his ultimate goal is to become a medical doctor; he hopes to become a predominant force in quality health care for these people in Colorado. His knowledge of culture, language and medicine will provide the people of this underserved area with a champion for their needs.

Welcome New Central Colorado AHEC Staff!, cont’d.

Welcome: Lindsey Blackwelder

Lindsey Blackwelder is our new program assistant for the Chronic Disease Self Management Program (CDSMP). In May, Lindsey graduated with her Bachelor of Science in Nursing from the University of Colorado Denver College of Nursing. Prior to going back to nursing school, Lindsey worked in the Denver-based office of JSI Research and Training, Inc., managing Title X and Title XX grants. She completed her undergraduate degree in religion at Centre College in Danville, Kentucky and her Masters of Theological Studies, concentration Ethics, at Vanderbilt University Divinity School in Nashville, Tennessee. One of her favorite life experiences thus far has been serving for a year in AmeriCorps in Machias, Maine where she worked at an AIDS Service Organization. Lindsey was raised on a farm and ranch in Eastern Colorado and heads east on the weekends in order to spend time with her herd of Boer show goats.

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The San Luis Valley Area Health Education Center (SLVAHEC) held its second Student Health Careers Guild on October 14, 2010. This pre-collegiate planning session, a component of the “Grow Your Own” youth pipeline project, was attended by 36 individuals, including “Grow Your Own” students and parents, University of Colorado pharmacy students, AmeriCorps participants, Adams State College Financial Aid Office representatives and SLVAHEC staff.

The students and parents received a wealth of information regarding potential financial aid sources in preparation for their future college pursuit. The Student Health Careers Guild is a comprehensive component of the “Grow Your Own” program, which takes place during the high school student’s regular school year providing quality guidance for health care career paths in higher education.

On September 25, 2010, Bernadine Hostetter received the SLVAHEC Hero Award at the “Engaging Communities In Education and Research” conference in Vail, Colorado.

Bernadine is Director of Guest Services at Adams State College and has been a great conduit between the SLVAHEC and Adams State College, and has certainly helped SLVAHEC achieve its mission statement goals in the last three years. Bernadine was instrumental in facilitating the move and contract for housing University of Colorado health profession students on clinical rotations to Adams State College suites. She consistently goes out of her way to assure that SLVAHEC’s facility requests at Adams State College are top priority. She strongly believes in supporting youth pipeline programming. She was the principal investigator in From High School to Health Careers, a 25-year survey of the Summer Health Careers Institute program participants. The SLVAHEC thanks Bernadine Hostetter for all the work she has done and continues to do for the students of our agency. SLVAHEC is proud to have Mrs. Bernadine Hostetter as the Colorado and SLVAHEC Hero Recipient!
WCAHEC’s High School Health Careers Club

The Delta High School Health Careers Club is meeting monthly, and its student members have completed a College in Colorado survey to help them determine what type of healthcare career they are interested in pursuing. After reviewing the surveys, WCAHEC has helped to organize a field trip to the Delta Memorial Hospital where students had the opportunity to speak with nutritionists, obstetricians, pediatricians, physical therapists, and public relations personnel. Since interest in emergency medical services and mental health was high, future trips are planned for students to spend time with emergency medical technicians and paramedics, as well as local psychiatrists and psychologists. As the club’s members become more familiar with the career paths that interest them, WCAHEC will be arranging job shadowing opportunities for the club.

WCAHEC and CBC: Forging Partnerships

Under the auspices of the Advocacy Project, which is funded by a Colorado Trust grant to the Colorado AHEC Program Office, WCAHEC has recently partnered with the Colorado Beacon Consortium (CBC). The CBC was awarded a grant by the U.S. Department of Health and Human Services to participate in a three-year health care demonstration project; their goal is to improve care access, transitions, care coordination and efficiency within provider organizations, and the health of all patients in the community, through the expansion of health information exchange services. WCAHEC’s role is to facilitate relationships between the CBC’s member organizations and primary care provider practices throughout the western region.

WCAHEC Student Housing Program a Valuable Resource

Demand for student housing is high in Grand Junction, as the University of Colorado Denver’s School of Medicine Emergency Medicine clerkships are underway (St. Mary’s Hospital in Grand Junction is accepting two students per two-week rotation, for a total of 48 student rotations per year). WCAHEC is responding to the need for housing with its busy host homes program, as well as maintaining local apartments for student use. For information about WCAHEC’s student housing program, please contact Steven Cruse at scruse@wcahec.org.
From the Director, cont’d.

patient-centered care. Save the date for the IT to HIT conference March 10-12, 2010. How can we engage your practice?

Community Engagement means asking communities about their primary care and public health needs. What does your community need to improve access to care, find a new doctor or nurse or pharmacist or dentist, or provide services to your most vulnerable populations? Is there a public health problem in your community and you need help identifying the right stakeholders, funders, and interventions? What is needed in Rifle or Cortez or Haxtun or Springfield or Aurora or San Luis? How can we engage your community?

The Colorado AHEC again partnered with the State Networks of Colorado Practices and Partners (SNOCAP) and the Colorado Clinical Translational Science Institute (CCTSI) Community Engagement Core to host the “Engaging Communities in Research and Education” conference. Over 350 participants gathered to learn the latest and greatest in community engagement. Dr. Richard Wender introduced us to the concept of “Service Research,” that is, research that brings value and quality to healthcare programs while also generating new knowledge. Colorado AHEC will be working to engage you and folks all over Colorado in service research as well all strive to make Colorado healthy. We look forward to engaging you and your community.

Colorado AHEC wants to engage you. Please read our latest newsletter. Find some new ideas, or some old ideas reimagined. We look forward to working with you.

Birth Mothers’ Network Provides Support

The Colorado FASD/ATOD Substances Prevention Outreach Project (COFAS) and the Birth Mothers Network have partnered to provide women with additional support around drinking and raising a child who was prenatally exposed to alcohol: The Circle of Hope/Birth Mothers Network is a group of members who used alcohol during their pregnancy and are now joining in a national effort to support birth mothers whose children have been exposed to alcohol during pregnancy, as well as offering support around recovery and the challenges these women face. The project supports all women who drank during their pregnancy, and not only women who suffer from alcoholism or drug addiction. To learn more about Fetal Alcohol Spectrum Disorders and the Colorado Birth Mothers Network, contact Dr. Pamela Gillen, Program Director of COFAS 303-724-0327 or http://www.ucdenver.edu/life/services/AHEC/ProgramAreas/cofas/Pages/cofas.aspx.
Engaging Communities in Education and Research
From Engagement to Linkages

The Engaging Communities in Education and Research conference took place September 24-26, 2010 in Vail, Colorado. This conference attracted 365 Colorado Health Providers, University of Colorado Anschutz Medical Campus Rural Preceptors, Community Researchers, Regional AHEC Board Members and more from around the State of Colorado.

Last year discussions included the meaning of community engagement, the mission of the Colorado Area Health Education Center and the Practice-Based Research Networks at the University of Colorado Anschutz Medical Campus. This year, the Colorado Clinical Translational Science Institute joined to explore ways to bring the best new scientific discoveries to the communities that need them, and we moved further along our engagement journey, building stronger linkages and collaborations.

The 2010 Engaging Communities in Education and Research Conference built upon the groups’ strong foundation of leadership to address the increased demands of healthcare needs of the state of Colorado. It drew an inclusive blend of attendees as a result of our position as advocates of diversity among the health professions and research. It fostered discussions regarding developments in healthcare and health education. Relevant poster and breakout sessions provided training and professional development for attendees. Saturday evening over 600 conference participants and their families attended a banquet. Craig Zablocki, nationally known speaker and humorist, provided the entertainment.

Dr. Richard Wender, Chair of the Department of Family Medicine and Community Medicine of Thomas Jefferson University, was the keynote speaker. Dean Patricia Moritz, University of Colorado Anschutz Medical Cam-

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Courage Classic: Team AHEC Rides Again!

Each year, Colorado AHEC has a team that participates in The Children’s Hospital Courage Classic. Team AHEC had over 40 riders this year and consists of University of Colorado Denver Anschutz Medical Campus (UCDAMC) health profession students, faculty, staff and community members. The annual Courage Classic is a 157-mile ride through Summit County in the Colorado Mountains. The course is challenging, but the benefit is large. The bike ride raises money for Children’s Hospital. This year Team AHEC members raised 20,000 dollars for The Children’s Hospital. Thank you to the UCAMC School of Pharmacy, UCAMC College of Nursing, Universal Stylz Inc., Alpha Bicycles, Central Colorado AHEC, Centennial AHEC, San Luis Valley AHEC, Southeastern Colorado AHEC and Western Colorado AHEC who generously sponsor TEAM AHEC.
Engaging Communities in Education and Research, cont’d.

From Engagement to Linkages

pus College of Nursing, gave a welcome on behalf of all the UC/AMC Deans. Five Colorado AHEC Heroes were honored for their years of service and dedication to healthcare and access to healthcare for Coloradans in their region:

- Patricia Brewster-Willke, Centennial AHEC
- Deborah Center, Joy Henshaw and Sandy Steiner, Central Colorado AHEC
- Bernadine Hostetter, San Luis Valley AHEC
- Charles M. Raye, MD, Southeastern Colorado AHEC
- David West, MD, Western Colorado AHEC

Learn more about the Engaging Communities in Education and Research conference by visiting: www.ucdenver.edu/coahec.

From Left to Right: Iris Clark, Executive Director, SECAHEC and Charles Raye, MD, SECAHEC Hero Awardee; Jack Westfall, MD, Associate Dean for Rural Health and Wes Nuffer, PharmD, UC/AMC School of Pharmacy; Brenda Baumgarten, Colorado AHEC Program, Mark Deutchman, MD, Family Medicine Faculty and Marrie Matthews, MD, School of Medicine Rural Preceptor

From Left to Right: Freddie Jaquez, SLVAHEC Executive Director and Nancy Rosenthal, DDS, Rural Preceptor; Shirley Stewart and Carolyn Pace, Central Colorado AHEC Board Members

From Left to Right: Ralph Altiere, PhD, Dean, UC/AMC School of Pharmacy; David West, MD, WCAHEC Hero Awardee