



Connecting students to careers,
professionals to communities &
communities to better health.

AHEC ACCESS



Inside

Inspiring students to pursue health careers at Brooks-DeBartolo High School . . . 3



New and Improved CE Registration Process 3



Save the Date—Painting A Moving Train: Working with Veterans of Iraq and Afghanistan and Their Families 4



Dexter Frederick Receives Community Achievement Award 5



5th Annual Community Health Worker Conference 6



Dr. James McKluskey on increasing MRSA rates . . . 7

Discovering Future Health Careers

By Victor L. Rodriguez Cruz

The Florida Medical Clinic Foundation of Caring and Gulfcoast North AHEC share a common goal of building community partnerships to improve the quality of health in our communities. Therefore, when the Florida Medical Clinic Foundation of Caring awarded GNAHEC a grant to support a Health Careers Expedition for the second consecutive year, we were thrilled! GNAHEC's Health Careers Expeditions are designed to introduce middle and high school students to various career opportunities available in the healthcare field, inspire and assist them in establishing careers in health, and encourage and recruit them to work in underserved areas as healthcare professionals.

During the first year, GN-AHEC selected 28 students



from Zephyrhills High School Health Academy to participate in the Expedition. Participating students visited and interacted with health professionals at All Children's Hospital, Bayflite Aeromedical, St. Anthony's Hos-

pital and USF Health. They also participated in the Museum of Science and Industry's (MOSI) Vital Signs Program where they were able to better understand

Careers cont. page 2...

State Funding for USF AHEC Decreases

By Anne Maynard, MPH

Florida's economic downturn has reached the USF AHEC Program, says director Dr. Cynthia Selleck. As a result, services for the underserved are in jeopardy. "Since the start of the fiscal year, the Florida Department of Health has decreased our core funding 18 percent," she informed area legislators during a recent

meeting of the Florida AHEC Network Program and Center Directors in Tallahassee. "At the USF AHEC Program and our centers, Gulfcoast North AHEC and Gulfcoast South AHEC, we have reduced our staff, eliminated some healthcare workforce recruitment programs, discontinued support of several community

projects and are limiting services for providers," reported Dr. Selleck. Steps are being taken to mitigate the impact of the cuts on programs for the medically underserved, "but any further budget reductions will leave us no choice but to decrease our efforts to place students, residents and providers in these underserved communities."



Area Health Education Center Program • USF College of Medicine, MDC 76
12901 Bruce B. Downs Blvd. • Tampa, FL 33612-4799
health.usf.edu/ahec • 813.974.3507

AHEC ACCESS

AHEC Program Director

Cynthia Selleck, DSN, ARNP

Gulfcoast North AHEC

Chief Executive Officer
Jody Lazzara, MS, LMHC

Gulfcoast South AHEC

Chief Executive Officer
Edna Apostol, MPH

ACCESS Editor

Rimma McKnight

AHEC ACCESS is published biannually for members of the health care community serving our nine counties: Charlotte, Citrus, DeSoto, Hernando, Hillsborough, Manatee, Pasco, Pinellas and Sarasota.

Send correspondence or notice that you have received this newsletter in error to:

Rimma McKnight
ACCESS Editor
AHEC Program Office
College of Medicine, MDC 76
12901 Bruce B. Downs Blvd.
Tampa, FL 33612-4799
813.974.3507
rmcknigh@health.usf.edu

For more information please contact the AHEC in your service area or visit www.health.usf.edu/ahec.

USF AHEC Program Office

813.974.3507

Gulfcoast North AHEC

1.888.546.2432
(Serving Citrus, Hernando, Hillsborough, Pasco & Pinellas counties)

Gulfcoast South AHEC

1.800.967.0807
(Serving Charlotte, DeSoto, Manatee & Sarasota counties)



Got Healthcare Workforce Needs?

By Cynthia Selleck, ARNP, DSN

For those of us interested in recruitment and retention of clinicians for Florida's rural and underserved areas, there are some new resources available. Florida recently joined 48 other states to become the newest member of 3RNet, a nationally recognized rural recruitment and retention network that assists states with the recruitment of health professionals for underserved areas.

Florida's membership in 3RNet provides a common web portal (www.3rnet.org) for clinicians nationwide to identify opportunities in Florida's rural and underserved communities. It also allows community organizations such as county health departments, federally qualified health centers, rural health clinics and others seeking physicians, dentists, ARNPs, PAs, mental health and allied health professionals to post information about specific job opportunities.

Clinicians interested in becoming candidates for consideration may register at www.3rnet.org/candidates/. Facilities seeking to list position vacancies should register at www.3rnet.org/facilities/ and enter information on their job openings. Organizations should also regularly visit the 3RNet home page for announcements. For instance, registration is currently open for a monthly 4-part webinar series on Developing Effective Strategies for Recruitment & Retention of Physicians and Other Medical Professionals.

Florida's membership in 3RNet is sponsored by the Florida Office of Rural Health, working in cooperation with the Florida

Office of Health Professional Recruitment. For questions or assistance with 3RNet, contact Gulfcoast North AHEC or Gulfcoast South AHEC.

The Health Workforce Information Center (HWIC) is another new resource available to both clinicians and organizations. HWIC provides free access to the most recent resources on the nation's health workforce in one easy-to-use online location. Resources available through HWIC's website (www.healthworkforceinfo.org) help health providers, educators, researchers and policymakers around the nation develop strategies to meet future workforce demands.

Through HWIC, you can stay up-to-date with the latest health workforce news and events, and connect with experts and organizations across the country. HWIC offers the latest on health workforce programs and funding sources, workforce data, research and policy, educational opportunities and models, news and events.

HWIC also offers a professionally-maintained and comprehensive online library, email news and updates, and customized assistance from information specialists.

HWIC is operated by the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences and funded by the Bureau of Health Professions, Health Resources and Services Administration, U.S. Department of Health and Human Services. Contact them via email at info@healthworkforceinfo.org or toll free 1.888.332.4942.

Careers from page 1...

the anatomy of the human brain, lungs, and heart.

There are no better words to describe what the students experienced during this Expedition than those of a participating

student — "I am very thankful to all the people who made this Expedition possible, and a great success. Having the opportunity to do something like this was a blessing. I would love to have a chance like this again."

GSAHEC Offers Educational Products

Medical Spanish CD-ROM for healthcare professionals and students – This beginners course focusses on vocabulary and phrases appropriate to the healthcare setting. It provides the learner with helpful exercises to learn and practice intake information and identifies medical terminology, anatomy, diseases and symptoms in Spanish. The course is approved for 30 continuing education credits for Florida licensed nursing and mental health professionals. Cost is \$50.00 plus shipping and applicable tax.

Dental Spanish Cards – A quick reference card ideal for dental care providers. Presents basic dental health information and terminology in Spanish and English. It also includes appropriate questions for patients. Cost for 25 cards (minimum order) is \$15 plus shipping and applicable tax.

Medical Terminology Booklets – This user-friendly, pocket-sized three-page booklet includes more than 100 terms frequently used in healthcare settings. Cost for 25 booklets (minimum order) is \$25 plus shipping and applicable tax.

To order, please visit our website at www.gsahec.org or contact Jarah Kollar, GSAHEC's Administrative Support Specialist, by phone 941.361.6602, fax 941.361.6612, or email jkollar@health.usf.edu.

GNAHEC thanks the Florida Medical Clinic Foundation of Caring for their partnership and ongoing support.

Brooks-DeBartolo Collegiate High School, USF and AHEC: Collaborating for Success

By LaToya Clark, MPH

The building at the corner of Fowler and 15th Street in Tampa sat empty for several years. Today it is home to 250 Hillsborough County high school students who are seeking an opportunity to prepare for post-secondary education through educational programs such as Advanced Placement, Dual Enrollment and Advancement Via Individual Determination (AVID).

Founded on the belief that, given the necessary resources and opportunities, every child has the potential to realize his/her dreams, Brooks-DeBartolo Collegiate High School (BDCHS) opened its doors in August 2007 as the first college preparatory public charter school in Hillsborough County. One might think that its name, Brooks-DeBartolo (after former Buccaneers football player, Derrick Brooks, and the DeBartolo family) is its marketing tool, but the school's mission is to provide a rigorous and relevant academic environment where both the students and teachers achieve excellence through high expectations, collaboration, and support. This mission drew the attention of USF College of Medicine and AHEC.



B.E.S.T. Club students: (l. to r.) Jimmy Santiago, Jessica Shaffer, Alexa Morales, Estele Lalime, Tiffany Thurman and USF Honors College volunteer Daiana Atari.

Shortly after BDCHS opened, the USF AHEC Program and Gulfcoast North AHEC began implementing an academic enrichment program for students interested in health careers. With much interest and involvement by BDCHS students and teachers, the Brain Expansions Scholastic Training (B.E.S.T.) Club (supported by GNAHEC) has had tremendous success educating and inspiring students who are preparing for careers in the health professions. But it doesn't end in the classroom. The B.E.S.T. Club students are using what they have learned to advocate and educate the entire student body about their health and the health of their communities.

Support of the B.E.S.T. Club and other health related

programs at BDCHS has been made possible by the volunteer support of USF undergraduate health professions students and USF College of Medicine students. In October 2007, the medical student class of 2011 adopted BDCHS as their "class project" school. Since then, the collaboration between BDCHS, USF College of Medicine, and AHEC has grown stronger. Medical students have volunteered many hours tutoring, mentoring, and providing health assessments for BDCHS students. In December 2008, the medical students assisted BDCHS staff with initial health screenings of 244 students in preparation for the school's Healthy Bodies Healthy Minds campaign to fight childhood obesity and raise funds for student programs and scholarships.

AHEC is proud of the results from this collaboration. USF medical students have been given the opportunity to mentor and motivate youth to succeed in high school and beyond, the B.E.S.T. Club has inspired students to pursue careers in the health professions, and ultimately BDCHS has been awarded full accreditation by the Southern Association of Colleges and Schools (SACS) through its Council on Accreditation and School Improvement (CASI). This is definitely a collaboration for student success!

"We are well on our way to building a model school for the next generation of students seeking high performance opportunities. Every partnership and collaboration we build moves us closer to realizing our vision for this school," said Dr. Phildra Swagger, BDCHS Executive Director/Principal.

LaToya S. Clark, MPH, Coordinator, Diversity Initiatives, at the USF AHEC Program Office is the liaison for the BDCHS, USF College of Medicine, and AHEC collaboration. For more information please contact Mrs. Clark at 813.974.5973 or via email at lclark2@health.usf.edu.

New and Improved CE Registration Process

To improve the efficiency and the look of our online event registration system, Gulfcoast North and Gulfcoast South Area Health Education Centers have joined the other eight Florida AHEC centers to implement a new event registration system featuring a bright, fresh look and a simple-to-follow process.

By visiting our respective websites, www.gnahec.org and www.gsahec.org, and clicking on "View or register for an event"

under the "What's New" column, anyone who has ever made an online purchase will breeze through the easy registration steps. As always, those who may not be comfortable with the online process can still register by phone, fax or by mail.

The new site features a map of Florida with all of the AHEC centers highlighted, thus allowing visitors to explore all AHEC educational programs available statewide. A click on a region opens that center's page

with a list of featured events. While creating an account is not necessary (and it is a short step that can be skipped), it allows a person to quickly update contact information, view a history of programs attended and payments made, as well as make future registrations a whole lot easier.

To view professional educational opportunities visit us online and call our centers for additional information.



March 15, 2009

To: Gulfcoast North AHEC, Inc.

Thank you for generously donating the primary care textbooks to the five centers of Community Health Centers of Pinellas, Inc. The books are an invaluable resource to the providers and rotating students located at the centers. We have received books from AHEC in previous years and this has allowed us to create a nice reference library for each center.

Sincerely,

Julie Cheek, M.D.
Julie Cheek, M.D.

Johanna Ruth Clarke Health Center at the Historic Mercy Hospital Campus - 1344 22nd Street South - St. Petersburg, FL 33714 - Phone (727) 843-4264 - Fax (727) 843-7450
Dental Clinic at the Historic Mercy Hospital Campus - Phone (727) 843-4277
Pharmacy at the Historic Mercy Hospital Campus - Phone (727) 843-4339
Community Health Centers at Clearwater - 3600 1st Avenue Road - Clearwater, FL 33735 - Phone (727) 464-1439 - Fax (727) 464-4562
Community Health Centers at Pinellas Park - 8627 96th Street - Pinellas Park, FL 33278 - Phone (727) 244-2674 - Fax (727) 244-1984
Community Health Centers at Largo - 13400 134th Avenue North - Largo, FL 33274 - Phone (727) 487-7739 - Fax (727) 487-7736
Community Health Centers at Tarpon Springs - 291 South Harbor Avenue - Tarpon Springs, FL 34689 - Phone (727) 444-2648 - Fax (727) 429-4979
Executive Offices - 1344 22nd Street South - St. Petersburg, FL 33714 - Phone (727) 843-4600 - Fax (727) 843-2166
www.theptcinc.org

Save the Date!

What: Painting A Moving Train: Working with Veterans of Iraq and Afghanistan and Their Families

Date: Friday, July 24, 2009

Time: 8:30–5:00 P.M.

Where: USF College of Nursing

Gulfcoast North AHEC is sponsoring “Painting A Moving Train: Working with Veterans of Iraq and Afghanistan and Their Families” on Friday, July, 24, 2009 from 8:30 A.M. -5:00 P.M. The conference, which will be held at USF College of Nursing in Tampa, targets mental health professionals, including psychologists, social workers, counselors, marriage and family therapists, pastoral counselors, substance abuse counselors, nurses and others interested in this subject who work with returning servicemen and women and their families.

For more information: Visit www.gnahec.org and click on “Continuing Education”.

Dr. Olga Villa: A Hometown Physician

By Christina Mathis, MBA

Statistics prove that physicians who grow up in rural or underserved areas are more likely to return home to practice. Dr. Villa is no exception. Born in Mexico and raised in Dade City, a small town in Pasco County, Olga Villa grew up as the oldest daughter among six children in a predominately Spanish-speaking family. She was the first member of her family to attend college and received her bachelor’s degree in Psychology from the University of South Florida.



Olga Villa, MD

At a young age, Dr. Villa realized that she wanted to help people and believed she wanted to be a child psychiatrist. But after completing a clerkship in the field, she decided this career path was not right for her and realized her true passion was to perform surgery and deliver babies. She was accepted and graduated from the Albany Medical College in 1999, and returned to Florida where she completed a four-year residency program in Obstetrics and Gynecology at the University of Miami.

After residency, Dr. Villa returned to Pasco County and joined a private practice in New Port Richey. But she longed for a position where she could provide services to everyone regardless of their income or lack of insur-

ance. When Premier Community HealthCare Group, Inc., the federally qualified health center in Pasco County, approached her about returning home to Dade City, she was delighted and accepted the position—it was a perfect opportunity to provide services where she grew up. Another added bonus came when she was selected to be part of the National Health Service

Corps loan repayment program for her employment in this medically needy community.

Although the nature of delivering babies while raising a family of her own presents interest-

ing scheduling challenges, Dr. Villa has managed to write two children’s books in her spare time. The books were inspired by her two children and published by her husband of nine years. To find out more about *Wormy, the Hairy Caterpillar*, and *the Rainbow* and *Pumps* please visit www.sotopublishingcompany.com.

As an AHEC preceptor, Dr. Villa and her colleagues mentor our medical and other health professions students, and we are grateful to them and Premier Community HealthCare Group for their continued support of our future healthcare workforce.



Left to Right: Psychology interns Jennifer Brereton, Amy Green and Samantha Farro with Rick Wienberg, PhD, ABPP, Internship Director

Dedication and Commitment

By Jody Lazzara, LMHC and Christina Mathis, MBA

These two words best describe what is evident in the spirit of the Psychology interns working in our local medically underserved communities. Florida Mental Health Institute's (FMHI) Psychology Internship Program, supported in part by the USF AHEC Program and Gulfcoast North AHEC (GN-AHEC), places students in local community health centers to improve the quality of patients' lives by addressing behavioral health issues and providing case management.

Jennifer Brereton, Samantha Farro, and Amy Green are the dedicated professionals currently helping to provide behavioral health services for patients at Premier Community HealthCare Group, Inc. in Dade City (Pasco County) and Tampa Family Health Centers in Hillsborough County. Their optimism and "we can get it done" attitude is inspiring. It is apparent that these three women are dedicated to improving the delivery of mental health services for their patients.

When Samantha Farro first meets a patient, she begins

building a rapport. She says she starts her sessions on time, every time, believing that this both models good behavior and conveys respect for the patient. She believes this small gesture helps to create a positive environment where healing can take place. The interns provide individual psychotherapy and conduct pain management groups. They also provide case management services that in some cases would otherwise not exist.

All three interns have completed their doctoral coursework in Psychology and, following the completion of their FMHI

internship, plan to become licensed psychologists. They enjoy working at the community health centers and recognize the need for improved and more integrated behavioral health services, especially for children. Each hopes to become more involved in advocacy and policy change. AHEC is honored to be able to support this wonderful internship experience for three dedicated behavioral health specialists and soon-to-be Drs. Brereton, Farro and Green!

Dexter Frederick Receives Community Achievement Award

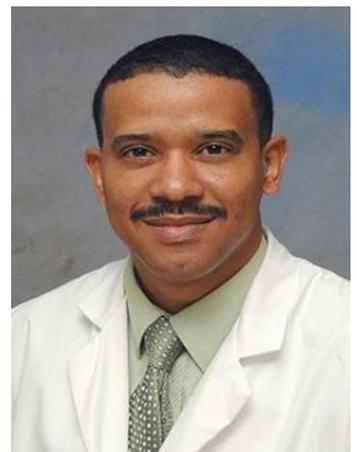
By Christina Mathis, MBA

Dexter Frederick, M.D. received the Robert W. Saunders Award on January 19, 2009 at the annual Dr. Martin Luther King, Jr. Interfaith Memorial Service held at Mt. Calvary Seventh Day Adventist Church. The award is presented to citizens who improve the quality of life in our community, honor Mr. Saunders memory, and work with civil rights movements in Florida.

Born and raised in the U.S. Virgin Islands, Dr. Frederick

received his M.D. degree from Loma Linda University in California. He is board-certified in both Internal Medicine and Pediatrics. Dr. Frederick is currently an Internist at the James A. Haley VA Hospital and the founder of the Brain Expansions Scholastic Training (B.E.S.T.) Program that encourages disadvantaged youth to become excited about learning and excel in school and life while introducing them to various careers available in healthcare.

Dr. Frederick received the award because of his dedication and work with the B.E.S.T. Program and the impact it will have on disadvantaged youth for generations to come. Gulfcoast North Area Health Education Center and the University of South Florida AHEC Program have been delighted to support Dr. Frederick and the B.E.S.T. Program since its inception. Congratulations, Dr. Frederick!



Dexter Frederick, MD

An Alternative Perspective: GSAHEC's Fifth Annual Community Health Worker Conference

By Ansley Mora, BA

"It was so good! More! More!" exclaimed one participant. "Could not have been better," another commented. GSAHEC's Fifth Annual Community Health Worker Conference, held on March 7, 2009 at DaySpring Conference Center in Parrish, might have been the best yet.

GSAHEC holds this conference annually to recognize Community Health Workers (CHWs) who work hard to educate members of their community on a variety of health topics and connect those in need to health and human services. An added bonus was having some CHWs from Gulfcoast North AHEC join us again for this special event.

For a short day, the agenda was filled. Joan Beatty-Lee, Youth Programs Coordinator and one of our own at GSAHEC, educated

the group on the notion of "who does what" in the world of health careers. With an entertaining and interactive style, Joan further acquainted the group with this subject and detailed how Community Health Workers fit into the healthcare system.

Next, we heard from Dr. Christina Captain, Doctor of Oriental Medicine, AP, SLP, FSC, who is a board certified acupuncture physician and founder of The Family Healing Center in Sarasota, an integrative, alternative healthcare practice that incorporates traditional western ideology with eastern and other holistic strategies. Dr. Captain's knowledge and enthusiasm for health and wellness has earned her a reputation as a qualified lecturer, keynote speaker, and experienced teacher throughout the United States. She provided a very informative, useful and extremely relevant

overview of alternative medicine. When planning this conference, we heard she was good, but we didn't know she was that good!

To end a nearly perfect day, guest speaker, Anne Silverman, walked us through a yoga demonstration to help us deal with life's stressors. Ms. Silverman has studied and practiced yoga for more than 15 years. As a certified Kripalu Yoga teacher, she shared her passion in creating yoga experiences for students of all ages, sizes and abilities. She provided inspirational techniques and practical applications to all.

Special thanks to the presenters, CHWs, community partners, and to the GSAHEC and GNAHEC staff for making this conference extremely successful from many perspectives.

For more information about GSAHEC's Community Health



CHW conference participants

Partnership Project, please contact Ansley Mora, Community Education Coordinator, by phone at 941.361.6602 or email amora@health.usf.edu. For GNAHEC, contact Maureen Guthke, Coordinator, Community Health Education by phone at 813.929.1000 or email mguthke@gnahec.org.

From Dreams to Reality: An Early Start for Inspiring Youth toward Health Careers

By Joan Beatty-Lee, BS

Remember what it was like when you were young, and the possibilities for your future seemed endless? Did you dream of becoming a doctor, lawyer, fire fighter, nurse, police officer, or veterinarian? Dreaming about our future begins early in life; therefore inspiring future generations of healthcare professionals requires an equally early start.

Gulfcoast South Area Health Education Center (GSAHEC) is proud to introduce two new youth programs for elementary school students in Charlotte, DeSoto, Manatee, and Sarasota counties. Developed for students in first, second, and third grades, Health

Careers Story Time is designed to introduce students to the many and varied careers in health, sharing with the students the importance of health professionals and their individual job duties. Each of the students receive a health careers story time coloring book that details a visit to the hospital for a patient who has been involved in a car accident. Students learn about 14 different health careers beginning with Emergency Medical Technicians who arrive first on the scene. The story follows the patient through the emergency room where a Physician Assistant and Emergency Room Physician examine him and order x-rays. From there, the patient visits radiology where x-rays are taken by



West Elementary students, Arcadia

the Radiologic Technologist and a shattered elbow is diagnosed by the Radiologist. Then, the patient is prepped for surgery. A Phlebotomist draws a blood sample, an Anesthesiologist gives him medicine to put him to sleep during the surgery, a Surgical Technologist prepares the operating room, and

the Orthopedic Surgeon repairs the broken arm. After surgery, Nurses care for the patient during recovery, a Physical Therapist measures the arm for a brace, a Pharmacist checks the prescription, and a Pharmacy Technician dispenses the medicine. After the patient is released from the hos-

GSAHEC Educates about Increasing MRSA Rates

By Charlene Chirillo, RN, BSN

The message is plain and simple. The prevalence of community-acquired methicillin-resistant *Staphylococcus aureus* (CA-MRSA) is rapidly increasing. The annual incidence of CA-MRSA in patients seen and treated in local emergency rooms nationwide has reportedly increased by 250 percent in 2004 and 500 percent in 2005, compared to 2003. Strains of MRSA which had been largely confined to hospitals and long term care facilities are now emerging in our local neighborhoods and present a growing challenge to treat.

Staph bacteria are one of the most common causes of superficial skin infections in the United States. Approximately 25 to 30 percent of the popula-

tion is colonized in the nose with *Staphylococcus aureus*, which means the bacteria are present but not causing an infection.

Infection occurs most frequently among persons in hospitals and healthcare facilities who have weakened immune systems, have received previous antibiotic drug therapy, or are injection drug users.

But MRSA can also affect those in the community. This form of MRSA infection, called “community-acquired,” has become an increasing health concern. Unlike hospital strains, which typically are resistant to multiple antibiotics and can be related to other hospital strains, these so-called community acquired strains have been found to be susceptible to other antibiotic classes and often are resistant to commonly used beta-lactum

antibiotics. Staph or MRSA infections in the community occur in healthy people and usually manifest as skin infections, such as pimples and boils.

On January 30, 2009, GSAHEC hosted the USF Center for Biological Defense and James McCluskey, MD, MPH to raise the awareness and educate the local healthcare provider community on this issue. The main goals of the training were to educate the participants on the differences between methicillin-sensitive and methicillin-resistant organisms, the precautions for limiting the spread of MRSA in healthcare settings and the community, and the risk factors for colonization and infection with MRSA. The guidelines of the Centers for Disease Control and Prevention (CDC) on how to prevent staph or MRSA skin infections were covered as well.

One participant commented, “Enjoyed this presentation

very much...very informative.” Another remarked that “every health department should consider this a mandatory training.” Overall, the participants came away better equipped to help prevent the spread of MRSA among their client populations with tools and resources that were practical, efficient and user friendly. The take-home prevention message to stress with clients is nothing new—practice good hygiene in the following ways:

- Keep hands clean by washing frequently with soap and warm water. Antibacterial soap is not required.
- Keep cuts and scrapes clean and covered with a bandage until healed.
- Avoid contact with other people’s wounds or bandages.
- Avoid sharing personal items such as towels or razors.



James McCluskey, MD, MPH

pital, an Occupational Therapist helps him regain mobility through special arm exercises. Through this journey, the elementary students learn that all health professionals play a vital role in helping patients recuperate and restore their health.

For the fourth, fifth, and sixth graders, GSAHEC offers Health Careers Activity Time, providing health careers fun pads for the students to introduce them to 20 different careers in health. The fun pads feature activities such as word scrambles, crossword puzzles, matching games, code breakers, mazes, and optical illusions. Each activity highlights a separate health career, detailing each job description in an interactive format.

Learning can be fun! Story times and activity times are a great way to inform these young students about the wide variety of health

careers available for them to pursue. Encouraging them to share their own medical stories is a great way to build self-confidence. Allowing them to examine a patient’s before and after x-rays for a shattered elbow ensures that you are now the coolest person they know.

Ask elementary school students what they want to be when they grow up and you are guaranteed to receive a wide variety of answers with occupations ranging from airplane pilot to veterinarian, doctor to race car driver, and nurse to teacher. The possibilities for their future seem endless. Let us continue to foster the belief in limitless opportunities for our youth, continually inspiring them to dream and then teaching them how to turn their dreams into reality.



GSAHEC Receives Grant for Breast Cancer Prevention

GSAHEC is pleased to announce that the Florida Suncoast Affiliate of Susan G. Komen for the Cure will be providing funding to Gulfcoast South AHEC for another year to help fight against breast cancer. In partnership with the Healthy Start Coalition of Manatee County and the Newtown Wellness Program in Sarasota, GSAHEC will again train and support Community Health Workers to provide breast health education and awareness activities to targeted community members. Thank you Florida Suncoast Affiliate of Susan G. Komen for the Cure!

Beverley Winston: Making a Difference in Arcadia

By Jessica Balos, MA

This year, Gulfcoast South Area Health Education Center (GSAHEC) invited Beverley Winston, RN, MSN, MBA to become our newest board member. Beverley joins us from DeSoto Memorial Hospital where she serves as the Vice President of Patient Care Services and Chief Nursing Officer. Blessed with good humor and a laugh to match, it's easy to be infected by Bev's positive nature, an energy felt by many of those with whom Bev works.

Described by DMH's Clinical Educator Amy Keys as a "manager who allows room for inventive thinking" Bev's "allowances for creativity stimulate process improvement and forward

thinking in the organization, which help to maintain DMH's forward momentum." With board certification in Advanced Nursing Administration, Bev leads with collaborative team planning and goal setting. Bev Winston gets things done.

A single peek into her office provides a glimpse of all that Bev handles. This modern day Renaissance woman oversees all clinical sites, including radiology, the rural health clinic, homecare and pharmacy services, to name a few. In fact, having such widespread organizational influence is part of the job Bev most enjoys. "You have to be a generalist" she says. Given the vast array of her professional responsibilities, it's a wonder that Bev is also able

to attend to other matters and spend time with her husband Richard, a volunteer at DMH, and their family. Holding a master's in Nursing from Rush University and an MBA from Keller University, both in Chicago, Bev is currently working toward another degree at St. Louis University. While she wishes to continue as Chief Nursing Officer as long as possible, her eventual goal is to have more time for patient care. This degree will help fulfill Bev's dream of one day becoming an Emergency Room Nurse Practitioner. Her first Emergency Room job began in

1982; "once an ER nurse" she says enthusiastically, "always an ER nurse." Bev sees the greatest need for services among the medically underserved, where she wishes to continue her work. This sentiment aligns well with GSAHEC's mission to improve the health of the underserved. "Maybe,"



Beverley Winston,
RN, MSN, MBA

Bev hopes, "I can make a difference in some patients' lives." It seems clear that making a difference is part of her daily activities. We are pleased and proud to welcome Bev and her positive, forward thinking to the GSAHEC Board.



Area Health Education Center Program
College of Medicine, MDC 76
12901 Bruce B. Downs Blvd.
Tampa, FL 33612-4799

Non-Profit Org.
U.S. POSTAGE
PAID
Permit NO. 1632
Tampa, Florida

If you have received this newsletter in error, or if the address is incorrect, please send a note to ahecnews@health.usf.edu.

RETURN SERVICE REQUESTED