



## NEWS RELEASE

October 1, 2013  
FOR IMMEDIATE RELEASE

CONTACT: Katherine Doyle  
Catskill Hudson AHEC  
[kdoyle@chahec.org](mailto:kdoyle@chahec.org)  
(845) 883-7260

### Scrub Club Kicks Off Second Year

As students throughout the Hudson Valley began a new school year, twenty-one students from Dover High School zealously entered into their second year of the *Scrub Club: Pathways to Health Careers*, developed by Catskill Hudson Area Health Education Center. This program is a health career exploration program designed to introduce students to various healthcare careers and offer them the opportunity to experience them through engaging, hands-on activities and real-life experiences.

In a panel discussion lead by health professionals, student members of Scrub Club learned “How current studies relate to future health careers.” Panel speakers included: Cathy Riley, Director of Radiology, Sharon Hospital; George Rand, EMT and pre-med student; Ingeborg X. Grutzner, RN, MS, Professor and Department Head at Dutchess Community College; Dr. Daniel Brocks, Hudson Valley Ophthalmology; and James Snyder, who gave his point-of view as a medical student at Albany Medical Center.

“This is such a great program.” stated Jim Snyder, medical student panel member from Albany Medical College. “We never had a program like this when I was in high school. The experience would have been very helpful in making my career choice.”

The Scrub Club curriculum is being utilized as an after-school program at Dover High School. However, the lesson plans consist of 1½ hour, activity-based lessons that can be incorporated into the daily classroom curriculum as well. All lesson plans meet New York State Career Development & Occupational Studies Core Curriculum and Learning Standards.

“In their Sophomore year, it is particularly important for students to explore career options in order to begin course preparation for college. Through this session of Scrub Club, students were able to engage in open discussion with a wide range of health professionals and gain a valuable perspective of what’s involved in achieving the career of their choice.” stated Kathryn Reed, Executive Director of Catskill Hudson AHEC.

Catskill Hudson AHEC is a non-profit organization devoted to improving the quality, geographic distribution and retention of healthcare professionals and stimulating interest in health professions careers through innovative programs across its 11-county service area.

For additional information, please visit [www.CHAHEC.org/programs](http://www.CHAHEC.org/programs) or call (845) 883-7260.

—###—