



## NEWS RELEASE

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FOR IMMEDIATE RELEASE

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### **Sheila DePaola's AmeriCorps Service Comes Full Circle**

For the past year and a half, Sheila DePaola, AmeriCorps member with Hudson River HealthCare, has become an integral partner of the Catskill Hudson Area Health Education Center (AHEC) Scrubs Club initiative. This program was created and developed by Catskill Hudson AHEC to inform and guide high school students toward healthcare as a future career option through engaging, hands-on lesson plans. Sheila's benevolent nature, can-do approach, and enthusiasm for Scrubs Club has greatly supported the program throughout the many accomplishments it has made. Sheila's service is scheduled to conclude in July, when she will seek full-time employment.

"Sheila is one of the most dynamic young ladies I have had the pleasure of working with. She truly is an exemplary ambassador of the AmeriCorps program. Her intellect and enthusiasm will be greatly missed, but I am confident she will excel in her future endeavors." stated Kathryn Reed, former Executive Director for Catskill Hudson AHEC.

The benefits of Sheila's work for Catskill Hudson AHEC and Scrubs Club has been immeasurable and unexpectedly beneficial to her future plans.

"Working with Catskill Hudson AHEC as part of my Community HealthCorps service assignment was an incredible learning opportunity," stated Sheila. "Prior to my service at Catskill Hudson AHEC, I was uncertain about my career path after AmeriCorps. But, as I was assisting high school students with the Scrubs Club lessons, I was also learning about health career options and the possibilities for *my* future career. The combination of my background in education, the supportive team at Catskill Hudson AHEC, and my Scrubs Club experience helped me discover my passion for health education," she said.

Sheila hopes to work with youth in underserved communities and continue to teach both youth and adult wellness classes. She also has interests in helping combat childhood obesity through nutrition education and access to healthy foods.

Catskill Hudson AHEC is a non-profit organization whose mission is to address regional healthcare workforce shortages through education and collaborative community relationships to assist students, career seekers, and health professions. For additional information on Scrubs Club and other programs, please visit [www.CHAHEC.org/programs](http://www.CHAHEC.org/programs).



*Sheila DePaola*

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