

HEALTHLINKS

A NEWSLETTER FROM CATSKILL HUDSON AREA HEALTH EDUCATION CENTER

FALL 2008

Catskill Hudson AHEC Receives John T. Sloper Community Fund Grant from the Community Foundation of Dutchess County

The Community Foundation of Dutchess County has awarded a grant to Catskill Hudson Area Health Education Center (Catskill Hudson AHEC) in the amount of \$6,000 through the John T. Sloper Community Fund in support of the EMS Leadership Academy – Webcasting. The EMS Leadership Academy Webcasting provides EMS leadership continuing education workshops to rural and urban volunteer Emergency Medical Service providers across an eleven county region.

Since 2005, Catskill Hudson AHEC has provided five EMS Leadership Academy workshops to EMS captains, officers and others in or about to be placed in a position of leadership in their EMS agency. These workshops have been so successful, the EMS community has asked for additional sessions. The John T. Sloper Community Fund support has enabled Catskill Hudson AHEC to purchase portable webcasting equipment that allows the EMS Leadership Academy to be offered as a distance-learning workshop and expand the EMS leadership audience via the Internet.

The John T. Sloper Community Fund was established at the Community Foundation of Dutchess County and endowed with the proceeds from the sale of Sloper-Willen Community Ambulance Service. Founded in 1958 by John T. Sloper, the company motto was: “That lives may be saved.” This fund was established to honor the legacy of John T. Sloper and the Sloper-Willen Community Ambulance Service to promote and encourage people and organizations to provide emergency medical services and to save lives.

Since 1969, the Community Foundation of Dutchess County has been a driving force for philanthropy in our community. Representing thousands of donors through more than 380 separate funds, totaling more than \$30 million in assets, the Foundation channels much needed resources to the community through grants and scholarships. The Foundation’s mission is to connect people who care with causes that matter. For more information about the Community Foundation of Dutchess County, please visit the Foundation’s website at www.cfdcn.org or call 845-452-3077.

EMS Leadership Academy 2008 Expands with Webcasting

Catskill Hudson AHEC will conduct its sixth EMS Leadership Academy on Saturday, December 6th, 2008 at Ulster County BOCES. For the first time, Catskill Hudson AHEC will webcast the workshop through a generous grant by the John T. Sloper Community Fund Grant from the Community Foundation of Dutchess County. This Academy is being conducted in collaboration with the Hudson Valley Regional EMS Council. Speakers and topics for this workshop are:

- Safety (*Lee Burns, BS, EMT-P, CIC-RF*)
- The Newly Elected Leader (*Karl Klug, BS, CIC, EMT-CC & Robert Delagi, MA, NREMT-P*)
- Conflict Resolution (*created by Joyce Mulleedy, RN, MS, EMT, CIC-RF and presented by Lee Burns, BS, EMT-P, CIC-RF*)
- Mentoring/Service Level Training (*Richard Beebe, MS, Ed*)

For more information, please visit our website at www.catskillhudsonahec.org/events.html.

Nursing Summit 2008 Topics in Developing Staff Excellence

Catskill Hudson AHEC successfully presented its fourth consecutive Nursing Summit on May 1, 2008 at the New York State Nurses Association (NYSNA) Conference Center in Latham, New York. Attendees included sixty-six nursing and staff development educators and those involved in healthcare education and staff training. All attendees benefited from innovative and insightful presentations, which included:

- **Developing Staff Excellence; The Role of Education in Achieving Magnet** by *Kathy Webster, MSN, RN, CNA*. Ms. Webster is the Vice President of Patient Services at the Hudson Valley Hospital Center. Her presentation addressed the major role of education and training in achieving Magnet status and cultivating excellence.
- **The Role of Staff Development in Recruitment and Retention** by *Sue Malinowski, MS*. Ms. Malinowski is the Director of Education at Saratoga Hospital. Her dynamic presentation addressed the educator's role and strategies that contribute to organizational recruitment and retention efforts.
- **E-Learning and Other Innovative Teaching Strategies for Staff Educators** by *Vicki Howard, RN, CMSRN*. Ms. Howard is the Staff Development Manager at Champlain Valley Physicians Hospital Medical Center. Her presentation focused on new and innovative teaching strategies for staff educators, introducing practical ideas for implementing an e-Learning program and discussion of innovative methods for providing education in the workplace.
- **Fostering Excellence Through Governance: Preceptor Retreat Program** by *Deanna Spendiff, CBSN, RN and Kathleen Lee, MA, RN*. Both Ms. Spendiff and Ms. Lee are Education Specialists at Seton Health. This presentation explored the development of a successful recognition program for nurse preceptors that motivate and foster excellence.
- **Graduate Nurse Intern Program Design: Mentoring Professional Transition** by *Dianne White, BS, RN*. Ms. White is the Coordinator of the GNI Program at North East Health. Her presentation described the design and implementation of a new graduate nurse orientation program that promotes professional development and retention.

Comments from attendees included:

"Thank you so much for the wonderful day. I have some great ideas to incorporate into my practice!", *"Loved the program. Very in tune with current needs. Thanks for a job well done."*, *"Excellent program. I learned new ways to incorporate ideas into the Education Department to make learning fun and recognizing our preceptors for the work they do."*, *"Excellent learning day!"*, *"The sharing of experiences and tools that others have in place, priceless!"*, *"This was a full day of quality expertise and inspirational ideas. Nice job, ladies!"*

Catskill Hudson AHEC is planning the next Nursing Summit for August 2009 with a focus on educational technologies in health care.



Career Fitness Training at Ten Broeck Commons

In September 2008, Catskill Hudson AHEC provided Service Excellence education and training for staff members of Ten Broeck Commons in Lake Katrine, Evergreen Commons in East Greenbush and Putnam Ridge in Brewster. Service Excellence is one of four modules in the Career Fitness soft skills training program developed by Catskill Hudson AHEC in partnership with Ulster County BOCES, who was awarded funding from the State of New York Department of Health for the Health Workforce Retraining Initiative in November 2007. Other Career Fitness modules include Communication Skills, Conflict Resolution and Assisting Customers with Disabilities. For information on training opportunities in your area please contact us at info@catskillhudsonahec.org.

Winner of the NYS AHEC System Nursing Essay Contest

Lisa Ryman, from the Catskill Hudson AHEC region, submitted the winning essay for the New York State AHEC System Nursing Essay Contest. Her entry is entitled, "**A Never Ending Lesson.**"

"I am a married mother of four who made the decision at forty-two to go back to school and become a nurse. I was inspired, not only by my husband and kids, who frequently encourage me, but also by my mother, a proud registered nurse of fifty-one years. The sacrifices that my family made in order for me to pursue my goal will always be remembered and very much appreciated."

"I live in a small community of approximately four thousand people. I have spent a lot of time volunteering in my community, at my church, our local hospital and in my school. I was elected to the Board of Trustees for the Village for two terms. These experiences have provided me with a first-hand knowledge of the composition of Ellenville. Ellenville is a very diverse community; approximately 10% Asian, 10% Polish/Ukrainian, 15% Hispanic, 25% African American and 40% White/Caucasian. Many people in my community live at or below poverty level. The majority of people in my community do not have health insurance."

"I have been blessed with the resources needed to make life decisions. I have been afforded every opportunity to pursue my personal goals. I am surrounded by family who encourage and support me. Unfortunately, I can't say the same for many of the patients I see every

day in the hospital or office. I work with adults and children who live in fear and pain. I have learned to listen with my eyes, more than my ears and have come to understand how loud silence can be. I have seen the faces of despair and hope, anger and joy, denial and acceptance. We were taught, as students, to buffer ourselves from our patients for our own well being, not to take on their emotions. I find this to be a daunting task, one that I understand and agree with, but actively work on daily. On any given day, my feelings range from anger towards the non-compliant, fear for the abused, shame for my prejudices, optimism for the hopeful and, at times, guilty for my own health."

"There were many reasons why I chose to become a nurse. The most important reason was to make a positive contribution to the well-being of another. What I didn't know at the time is that I would be the person most affected and changed and, to some degree, healed. What I came to realize is that I need my patients as much as they need me. For me to facilitate healing as a nurse, I am allowed access into the most personal aspects of someone's life, generally reserved for the closest of family and friends and, most often, at their most vulnerable time. What a privilege for me, as a nurse, to be entrusted with the delicate well-being of a complete stranger."

"I start my working day asking for the wisdom to know what is the right thing to do, as well as the strength to do it, and I end my day grateful for the opportunity to work in my chosen profession, nursing."

Staff Changes and a New Hire

- Kirsten Carle recently resigned from Catskill Hudson AHEC as Events Planning and Project Coordinator to pursue a career in Naturopathic Medicine. She is enrolled in the National College of Natural Medicine (NCNM) in Portland, Oregon. At the completion of her education, Kirsten plans to return to the Hudson Valley region to establish a practice here. The entire Catskill Hudson AHEC staff is very appreciative of all of the contributions Kirsten has made toward the growth of Catskill Hudson AHEC. We wish her all the best and look forward to following her medical career.
- Katherine Doyle will continue as the Marketing and Program Coordinator and will absorb the Events Planning responsibilities as part of her Program Coordination role.
- Catskill Hudson AHEC welcomes Michael LaMuniere as our newest employee. Michael began working as the Technology Director on August 18, 2008. He will oversee the Webcasting segment, as well as manage the website redesign, updates and in-office technologies. Prior to joining Catskill Hudson AHEC, Michael was a freelance photographer and worked in managerial positions for Ask Jeeves, The Excite Network and Prodigy Services Company. His concentration for Catskill Hudson AHEC will be on Webcasting and assisting in the redesign of the website. We look forward to working with Michael to further develop Catskill Hudson AHEC's programs and presence within our 11-county region.



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Catskill Hudson Area Health Education Center (Catskill Hudson AHEC) is a partner in the New York State AHEC system and is comprised of an eleven (11) county region which includes Delaware, Dutchess, Columbia, Greene, Orange, Otsego, Putnam, Rockland, Schoharie, Sullivan and Ulster counties.

We are affiliated and work with the other eight (8) New York AHECs, which include Northern AHEC, Hudson-Mohawk AHEC, Bronx-Westchester AHEC, Central New York AHEC, Brooklyn-Queens-Long Island AHEC, Western New York Rural AHEC, Erie Niagara AHEC and Manhattan-Staten Island AHEC. For further information on any of these AHECs and the counties they serve, log onto the New York State AHEC website at www.ahec.buffalo.edu.



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