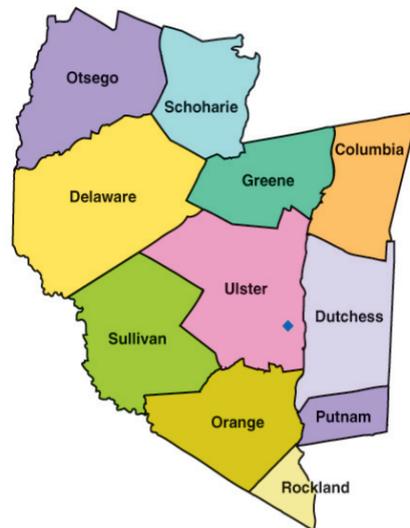




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*Catskill Hudson Area Health Education Center (Catskill Hudson AHEC) is a partner in the New York State AHEC system and is comprised of an eleven (11) county region which includes Delaware, Dutchess, Columbia, Greene, Orange, Otsego, Putnam, Rockland, 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](http://www.ahec.buffalo.edu).*



Pathways to Healthcare Careers

**HEALTHLINKS**

A NEWSLETTER FROM CATSKILL HUDSON AREA HEALTH EDUCATION CENTER  
 WINTER 2008

## Catskill Hudson AHEC Launches New Website

At the end of February 2009, Catskill Hudson AHEC will launch its new, comprehensive website designed to enhance our core mission of “Connecting Students to Careers, Professionals to Communities, and Communities to Better Health.” Using open-source technology, we partnered with Game Face Web Design of Kingston, NY to create a site that allows us to highlight exactly what our AHEC is doing in and for the communities we serve.

Our new site allows us to maintain a robust calendar of Catskill Hudson AHEC events, provides us with the ability to register users for events and take payments online, and promotes the products and services we offer to our various constituents in a more efficient manner. It will also serve as the platform for our live and archived Webcasting events throughout the year. We invite you to view our new site at: <http://www.chahec.org>.

## Catskill Hudson AHEC Works With the Liberty Partnership Program to Motivate Students to Succeed

SUNY Cobleskill Liberty Partnerships Program (LPP) was formed in 1990 with funding by the NYS Legislature through the NYS Education Department. Through partnerships with neighboring school districts, LPP developed a comprehensive program focused on motivating students to complete high school and go on to college or find meaningful employment. Through community collaboration, such as the ongoing alliance between LPP and Catskill Hudson AHEC, students are offered opportunities to take full advantage of their potential and focus on success. They are encouraged to enhance personal development through volunteer opportunities, motivational presentations, leadership skill-building activities, individual attention and mentoring. Students receive encouragement to set and pursue goals through homework help, student advocacy, annual goal setting, periodic goal review, on-on-one tutoring, curriculum enrichment and ongoing support from teachers and staff.

In 2007-2008, LPP served over three hundred middle and high school students in seven school districts. Ninety-two percent of LPP seniors graduated (50% with a Regents Diploma and 76% reporting college enrollment). LPP students received over 18,000 hours of service, including tutoring, mentoring, advocacy and college & career exploration. Nearly 50% of LPP students improved their attendance last year.

Through our affiliation with LPP, Catskill Hudson AHEC has had unique opportunities to work with at-risk students to introduce them to healthcare careers through our programs and encourage them to pursue the career of their choice by utilizing our tools and resources.

**INSIDE**

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- NYSHOEA CONFERENCE
- SUNY COBLESKILL CAREER FAIR
- CAREER HIGHLIGHT

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## SUNY New Paltz/NYCOM BS/DO Program

Catskill Hudson AHEC has been a proud supporter of the SUNY New Paltz/NYCOM BS/DO Program for the past four years. This dual degree program has a rigorous application process, which includes an interview with the BS/DO program admissions committee. If, after three years at SUNY New Paltz, students meet the tough GPA and MCAT requirements, they will go onto NYCOM to start medical school. At the end of their first year of medical school, credits are transferred back to complete their BS degree. They then complete their medical degrees after three more years and receive the Doctor of Osteopathic Medicine. Over the past ten years, eighty BS/DO program students have gone on to medical school.



*Kathryn Reed  
welcomes incoming  
BS/DO Students*



The success of this program is etched in a letter to SUNY New Paltz from Neil Panchal, who started at NYCOM this August. Neil writes, *"I am at NYCOM in Old Westbury now and already into the second week of classes. Classes started off pretty quickly and the plethora of information has buried me in my room day in and out. I have finally adapted myself to a routine schedule of classes and studying, with only about 30 minutes to myself a day. The curriculum is structured on a systemic basis so that we learn about the different systems of the body one at a time. This first month or so is a fundamental "Intro to Osteopathy" which has actually turned into a full year's worth of Biological Chemistry, Cell Molecular Bio, and Comparative Anatomy!"*

*"Because of the wonderful job that my professors at SUNY New Paltz did teaching me the essential material necessary for the foundation of a career in medicine, I am well prepared and simply "reviewing" this material so far. Others are having difficulty learning it saying, "I never learned it correctly in undergrad..." or "My professor didn't teach us properly" In the last two days only, we went over everything about Proteins, Enzymes including inhibition and MM/LB graphs, Cell*



*Neil Panchal*

*Membrane Transport, all of Metabolism, and every muscle in the back including the Superficial, Intermediate, and Deep Back muscles all the way through the Spinal Cord. AND I ALREADY KNOW ALL OF THIS!!!"*

*"Thank you so much for being absolutely excellent teachers and making sure I was ready to take on Medical School. Without your training and guidance, the transition would have been that much more difficult."*

## 15th Annual Critical Care Conference

On November 3rd, 76 registered nurses and other healthcare providers with specialties in critical care, special care and surgery attended Bassett Healthcare's 15th Annual Critical Care Conference at the Bassett Hall Conference Center in Cooperstown, NY. This is the 4th year that Catskill Hudson AHEC has sponsored this innovative continuing education event. The program provided content that encompassed various aspects of nursing and other care centered challenges in the medical-surgical treatment and management of a complex ICU patient. The program was presented as a case study in which experts from various specialties presented findings, treatment modalities and outcomes pertaining to medical-surgical management, respiratory care, wound care, nutritional support and pain management.



## Catskill Hudson AHEC Presents at the NYSHOEA Conference

Last year, Catskill Hudson AHEC was invited to be a vendor at the New York State Health Occupations Education Association (NYSHOEA) Annual Professional Development Day in Saratoga Springs, NY. This year, we were asked to be presenters at the NYSHOEA Conference in Syracuse, NY. On November 7th, Roxanna Raffa and Katherine Doyle presented *"Pathways to Success," Who*

*Done It? Solve the Medical Mystery," "Exploring the Health Professions" and "My Health Career" before a receptive group of NYSHOEA members. They were enthusiastic to learn about our career exploration programs and many made immediate purchases of our products. We have continued to receive orders as a result of the NYSHOEA Conference. We are looking forward to presenting again next year.*

## SUNY Cobleskill Health & Wellness Career Fair



*Eric Stein, president and CEO at  
Cobleskill Regional Hospital,  
Roxanna Raffa and Kathy Doyle*

On November 18, 2008, Catskill Hudson AHEC staff members participated in the Medical Health & Wellness Career Fair at SUNY Cobleskill. This well-organized fair was developed and presented by SUNY Cobleskill's Career Development Center in partnership with the Cobleskill Regional Hospital and was open to college students from SUNY Cobleskill and ten surrounding area high schools, free of charge. This event demonstrated a wide array healthcare careers, such as Athletic & Personal Trainer; Physician & Physician Assistant; Medical Imaging; Occupational, Respiratory, Physical & Radiation Therapy(s); Geriatrics; Emergency Medical Technology, Medical Laboratory Technology; Pharmacy; Nursing; Podiatry; Chiropractic; Nutritionist & Dietitian; Dentist & Dental Hygienist; Audiology; Optometry; Substance



Abuse Counselor; Massage Therapy and Health Educator. Approximately 230 students were encouraged to ask each health professional questions and learn more about their field of expertise through hands-on activities.

## Healthcare Career Highlight - Histotechnology

Histotechnology is a unique, specialized area within the medical laboratory sciences. It involves the preservation of tissue and preparation of microscopic slides for Pathologists to permit patient diagnosis and treatment. Tissues are obtained from multiple sources, including operating rooms, clinics, doctors' offices, emergency rooms and autopsies.

Histotechnicians fix, process, embed, section and stain tissue specimens for diagnosis. These procedures require training and technical skills with specialized equipment such as processors and microtomes. Histotechnicians may also prepare frozen tissue sections to enable rapid diagnosis while a patient is undergoing surgery using a cryostat to cut the sections. A Histotechnician must have at least an Associate's Degree with the required science courses and one year of full-time acceptable experience in a histopathology or complete a Histotechnician (HT) program accredited by the National Accrediting Agency for Clinical Laboratory Sciences (NAACLS).

Histotechnologists perform the same tasks as the Histotechnician and more complex ones, such as histochemistry or titrating antibodies for immunohistochemistry. They may also teach and supervise other staff. A Histotechnologist must have a Bachelor's Degree as well as the technical training and acceptable laboratory

experience to be eligible for national certification. It is possible to complete a Bachelor's Degree and then enter an Associate Degree program for one year to complete all of the requirements for certification. Alternatively one can complete a four year Histotechnology NAACLS accredited program.

There is a statewide and nationwide shortage for both Histotechnicians and Histotechnologists. This creates excellent job opportunities in this field. The AAS program with the Histotechnology option offered at SUNY Cobleskill, for example, has had 100% placement of graduates for at least the last 15 years. Additional advantages include job stability, competitive benefit packages, relocation expenses, and sign-on bonuses are also available. There are also opportunities to work as a traveling histotechnician/histotechnologist with all living and travel expenses paid, plus an excellent salary. Currently, starting salaries with a two-year degree range from 30,000-\$50,000.

For more information on Histotechnology and the programs offered at SUNY Cobleskill, please contact Pamela Colony, Ph.D., HT (ACSP), Professor of Biology & Program Director of Histotechnology at SUNY Cobleskill (518) 255-5417 or [colony@cobleskill.edu](mailto:colony@cobleskill.edu).