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UPCOMING EVENTS::

* **Nurse Educators in the Rockies Annual Conference July 11 - 13 Vail**

* **ECER Conference (Engaging Community in Education and Research) September 21-23 Breckenridge**

Spotlight Shines on Western Colorado AHEC

The small staff at Western Colorado AHEC keep a tight schedule to accommodate the multiple programs and many events they provide to their 13-county region. Staff members, Executive Director, Georgia Hoaglund; Student Service Coordinator, Nicole Heil; Administrative Assistant, Linda Applegate work together with the help of several RN subcontractors to cover WCAHEC's program offerings.

WCAHEC's programs include: providing clinical training opportunities for health professions; facilitating health education programs within our region; providing continuing education for health professionals in remote areas, on-site, or via video-conferences; sponsoring youth programming aimed at increasing interest and awareness in health professions training; offering on-line courses and video-conferences in conjunction with the University of Colorado; developing and providing certification courses that support the nursing career ladder; collaborating with a wide array of community organizations to meet our region's health needs; providing Certified Nurse Aid training, and more recently providing Qualified Medication Administration training.



Left to right, Nicole Heil, Georgia Hoaglund, Linda Applegate

WCAHEC is proud of its significant growth in grant funding over the past 3 years. Recent grants include significant funding from the Colorado WORK Act to provide Personal Care Provider training in Mesa County; the Colorado Trust to deliver the Health Equity Learning Series; the National AHEC Organization to deliver Human Papilloma Virus Vaccination Education; the Grand Junction Junior Service League and the Colorado Trust to support the Week-long Summer Babysitter's Health Education Camp for Middle Schoolers in Grand Junction; the Daniel's Fund to deliver lessons on Health Careers to High School

Students with matching funds from the University of Colorado to send the same students to an all-expense paid week-long summer camp at the Boulder and Anschutz Medical Campuses. Discover Health to oversee and offer health education programming in 3 regional rural libraries; funding to support an AmeriCorps Member to address the region's opioid epidemic; ECHO Colorado to provide awareness training to preceptor sites across Western



Spotlight continued

Colorado; the Colorado Brain Injury Trust to deliver education on Brain injury in high intellect individuals; and Walmart to help support general programing in the region.

WCAHEC is also proud of the relationships we've built with our regional partners over the course of the last year. Partnerships with Mesa County Public Library, Delta Public Library and Rifle Branch Library who will host the Discover Health Educational Series; the West Slope Brain Injury and Epilepsy Support Group, the Center for Independence, the Colorado Brain Injury Trust, Dr. Edith Johnston, the Brain Injury Profession Network of Western Colorado and the Mesa County Safety Fair to further awareness and assist in coordinating services for individuals with Brain Injuries in Western Colorado; Tri County Health Network of Montrose, Ouray and San Miguel Counties to bring advanced directives education to the region; HOPE West to address the need for continued palliative care education; St. Mary's Hospital, Montrose Memorial Hospital, Dr. Galye Frazzetta in Montrose, CO Northwestern Community College in Craig, Steamboat Springs HS, Grand Valley HS in Parachute, and Eagle Valley Library District in Avon to bring health and health career education to their communities through Mini Med Schools; Manety Heights, Eagle Ridge and Family Health West Long Term Care Facilities, the Mesa County Workforce Center, and 14 area Home Health Organizations to deliver education along the early stages of the nursing career ladder; the Donor Alliance to bring organ donation awareness education to the region and IntelliTec College to offer work study programs for students to gain experience in the healthcare field.

Steamboat Springs High School Students Complete AHEC Career Exploration Program

The AHEC Career Exploration Program will educate 20+ Steamboat Springs High School Students about careers in health care and the educational paths required to achieve them. The program is made possible through funding from the Daniel's Fund and the University of Colorado. Each month students in Kipp Rillos' advanced science/health course participate in a lesson designed to further their knowledge about health careers. Lessons include: Preparing personal statements for college applications/scholarships; Strategies for paying for college & health professions schools; 21st century skills for professionalism; Health Careers Now, Volunteering and Service Learning; and Public Health. The program culminates with a week-long all expenses paid summer camp at the CU Boulder and Anschutz Medical Campuses.



“How HPV Causes Cancer and Why it Still Matters”

**Presented by: Dr. Peter Angeletti, Associate Professor,
University of Nebraska-Lincoln, Nebraska Center for
Virology, School of Biological Sciences**

Dr. Angeletti will explain the biology of HPV and its infection; including how the virus replicates and how it hides from the immune system. He will then discuss the mechanism by which HPV causes cancer. He will then show evidence of different manifestations of HPV-related dysplasia, using examples from his research work in Tanzania and Zambia. He will then explain the rationale for adopting an effective public HPV vaccination strategy and provide evidence for efficacy of the current vaccine.



National AHEC Organization
HPV Immunization Project

3 p.m. ET, Thursday, Feb. 15

Register:

<http://nao-ntc.adobeconnect.com/hpvcausescancer/event/registration.html?campaign-id=300>

WCAHEC Receives Funding from WORK Act Legislation to Train Personal Care Providers in Mesa County

WCAHEC is excited to embark on a 17-month training program focused on increasing the number of skilled personal care providers in Mesa County. Colorado lawmakers created the Skilled Worker Outreach, Recruitment, and Key Training Act – the “WORK Act” in 2015, to increase the awareness of, and enrollment in, Colorado’s skilled worker training programs.

Through a grant provided under the WORK Act, WCAHEC will enroll 175 students in the Personal Care Provider Program between January 15, 2018 and May 30, 2019. Of the 175 enrolled, 125 will successfully complete the training program and their employment status will be monitored. WCAHEC estimates that the program’s completers will fill 150 PCP/QMAP industry employment positions within Mesa County.

Mesa County and the surrounding areas are experiencing significant shifts in demographics as the population ages. The senior population in Mesa County is growing and there is a shortage in most health professions. Increasing the number of people qualified to work in healthcare careers has been identified as essential to meeting goal 3 of the Mesa County Health Department’s Community Health Needs Assessment: Increasing Access to Healthcare. Additionally, Mesa County is classified as a HPSA (Health Professional Shortage Area) and a MUA (Medically Underserved Area) county. The Colorado Strategic Action Planning Group on aging states, “Mesa County has traditionally attracted a larger segment of older folks than the rest of the state, a trend that has been around for decades and will only continue, demographers say.” These data forecast a growing need for trained Personal Care Providers in Mesa County.

In response, WCAHEC met with the Mesa County Workforce Center and industry partners to develop a week-long training program for inexperienced Personal Care Providers that combines classroom training in First Aid, CPR, Bloodborne Pathogens, Medication Administration, and Personal Care with Job Shadowing. The training is delivered by a Registered Nurse who also oversees the job shadowing portion of the program. The curriculum provides a career pathway allowing inexperienced individuals to start a career in healthcare, and should they so choose, they may access other training through WCAHEC or our regional partners to advance their careers. The training takes place at WCAHEC’s recently renovated training facility located at 2938 North Ave., Unit B, Grand Junction, CO 81501. The job shadowing portion of the program is held at our industry partners’ facilities.

“This grant allows us to fill a much-needed gap in training Personal Care Providers in Mesa County. We are excited to partner with our local community and grateful we can now offer this program at such a nominal fee,” **explains** Georgia Hoaglund, Executive Director of WCAHEC. The out of pocket cost to students for the training will be nominal, less than the cost of most CPR refresher courses.

The target population for the Personal Care Provider training program includes men and women, 17-40 years of age who are not recently employed or underemployed, single parents on public assistance, incumbent workers like housekeepers and cooks in need of promotion, and career changers to the health professions who possess an intent of advancing up the health care career ladder. Those interested in registering for the training should call the WCAHEC office at (970) 434-5474 x2.



COLORADO

**Department of
Labor and Employment**

AmeriCorps Member Tackles Opioid Epidemic in Delta, Montrose, Ouray and San Miguel Counties

The Community Opioid Response Program is a state-wide initiative that focuses on the opioid epidemic. The program's three main priorities include provider education, youth focused education, and safe disposal. The program started in October of 2017 and since then AmeriCorps Member Arianna Sherman has made headway connecting with the communities in Delta, Montrose, Ouray, and Telluride. Her efforts have furthered connections with many different local resources including centers for mental health, hospitals, schools, and local city councils. To date Arianna has delivered presentations for 15 counselors and a train the trainer for Rise Above's Not Prescribed Lesson Plan to help sustain the program and spread awareness on opioid misuse. She has also taught more than 40 kids for Rise Above Lesson Plan in Delta and has plans to go to Telluride to do the same in their middle/high schools, as well as present at a teen summer camp in Durango. Currently, Arianna is helping to plan a provider education event at Montrose Hospital on Opioid Management and intends to replicate the event in Delta and Telluride.

WCAHEC is accepting applications for full and part time paid AmeriCorps volunteers for current and future opportunities in both Grand Junction and Steamboat Springs. Interested volunteers should email Sandra Kohl at sandra@centralcoahec.org.



Arianna Sherman



Collaboration with the Tri-County Health Network brings Advanced Care Planning Workshops to Region

WCAHEC and the Tri-County Health Network sponsor three Advanced Care Planning Workshops in Nucla and Telluride. The workshops, held in both Spanish and English will bring needed education on Advanced Directive



Planning. During the workshops attendees learn how to select a person to make healthcare decisions on their behalf and about end of life care choices. At the end of the workshops participants leave with a document they can give to their doctors, families and friends detailing their health preferences.



Southwestern Colorado Area Health Education Center Guides SW Colorado Residents Interested in Nursing Degree from University of Colorado College of Nursing

THE Durango HERALD

By [Katie Chicklinski-Cahill](#) Arts & entertainment editor

Sunday, Sept. 24, 2017

DURANGO, CO – Southwestern Colorado Area Health Education Center, a regional non-profit organization focused on strengthening community-based access to healthcare education is helping interested SW Colorado students to acquire their Bachelor's degree in Nursing (BSN) from University of Colorado College of Nursing (CU).

The University of Colorado College of Nursing (CU) and Pueblo Community College (PCC) have collaborated and are now offering two exciting opportunities for SW Colorado residents who want to obtain their Bachelor's degree in Nursing (BSN). For those seeking the two-year degree through PCC's local campuses, Southwest Colorado Community College (SCCC) (located in Durango and Mancos), a dual-enrollment option now exists: students can get their ADN in two years, and, by taking CU's online courses, a BSN can be completed in one-to-two more semesters.

"We understand that people have limited time and busy work schedules, so if anyone is interested they can call our office and we will guide them through the sign-up process and educate them on the benefits of this program," said Kathleen McInnis, Executive Director of the Southwestern Colorado Area Health Education Center. "This is a unique opportunity for people wanting to remain in the area and pursue a bachelor's degree. There are no other BSN programs in SW Colorado and we are grateful to CU College of Nursing and PCC for working together to bring this program to our region."

In addition, for licensed RNs who are already practicing, there is a **RN-to-BSN** online option.

The University of Colorado, College of Nursing RN to BSN online program allows students to get their bachelor-of-science degree while working and balancing life commitments; and for people in the workforce who already have an Associate Nursing degree (ADN), they can complete the program in four semesters, or 16 months and will receive 30 credits.

Rusty Connor, Nursing Programs Manager for SWCAHEC explains, "A BSN opens the door for opportunities from becoming a nurse practitioner to leadership positions but sometimes the application process can be a challenge. As a local liaison, I'll explain the admission process, transcript evaluation, tuition reimbursement options and answer questions about course decisions." She adds, "The good news is that several employers in the area offer tuition reimbursement that can cover much or most of the cost so students can avoid excessive debt."

Rusty Connor, DNP, RN, CNS, is the local liaison for CU in the Four Corners region, working with the Southwestern Colorado Area Health Education Center (SWCAHEC). She can be reached at (970) 317-3286 or russelyn.connor@swcahec.org.



pathways to health

About SW CO Area Health Education Center:

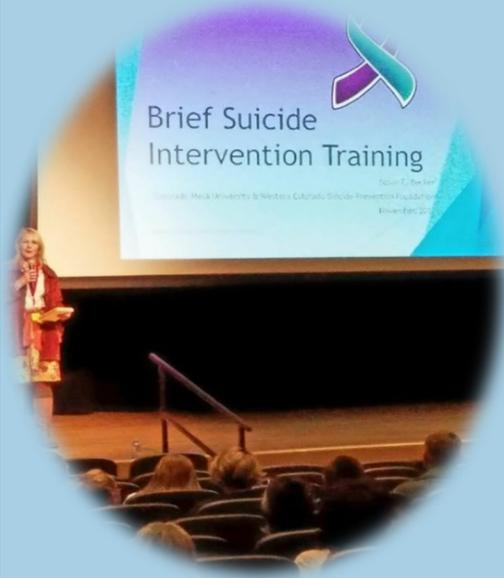
SWCAHEC is a regional non-profit organization in Southwestern Colorado that broadly focuses on improving access to quality healthcare in eight counties; Archuleta, Dolores, Hinsdale, La Plata, Montezuma, Ouray, San Juan and San Miguel. SWCAHEC provides support and coordinates programs for the community, health professionals and students interested in advancing health.

Suicide Prevention Summit

On November 15th, 2017, the suicide prevention coalition I have been working with in Montezuma County Colorado held a free Suicide Prevention Community Summit event. The event was held at the Montezuma-Cortez high school, and included a Brief Suicide Intervention Training (BSIT) led by Susan Becker, PhD.

It also included breakout sessions after the trainings where community members could focus on an area of interest to them in a more private setting. Focus groups included: a Native American group, a LGBTQ group, a youth group, a veterans group, and a faith-based group. In addition we provided a "resource fair" where area agencies were on hand to give our resources, community members learned about resources in their community they may not have known about. Southwest Health Systems and AXIS Health System in Cortez helped sponsor and participate in the event.

Durango Herald article: <https://durangoherald.com/articles/195058>



Southwestern Colorado Area Health Education Center Nominated as One of Three Finalists for Durango Rocks Non Profit of the Year

DURANGO, CO – Southwestern Colorado Area Health Education Center (SWCAHEC), a regional non-profit organization focused on increasing access to quality healthcare through strengthening the healthcare workforce and providing community-based health education was nominated as Non-profit of the Year for Durango Rocks, an annual Durango Chamber of Commerce event.



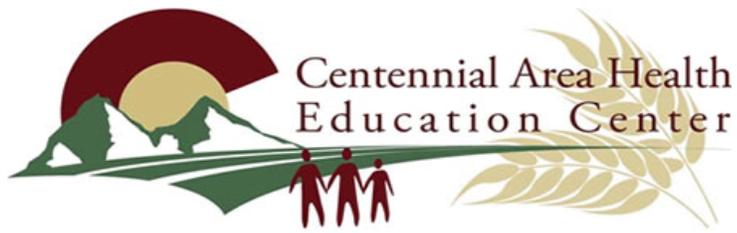
Mary Dengler-Frey, Rusty Connor, Kathleen McInnis, Karen Rider, Kerri Cardin

Durango Rocks Awards is an academy awards style event held on January 18th that showcases Durango's finest and honors those who have gone above and beyond in either their business or personal lives. SWCAHEC was nominated as Non-profit of the Year along with two other finalists: Know Your Dough and The Garden Project of SW Colorado.

“Being nominated and recognized by our community is quite an honor. As a team, we’ve worked hard to improve access to quality healthcare, and introduce needed educational programs in order to make an impact on our communities’ health,” said Kathleen McInnis, Executive Director of the Southwestern Colorado Area Health Education Center. “We are thankful for the community support and look forward to making our organization the number one healthcare resource for Durango and the Southwestern community.”



A BIG WARM thank you to Karen Rider from all of us at COAHEC. Your contribution was immeasurable. We wish you the best in your new endeavors. You will be missed.



NEC In the Rockies Annual Conference 2018 July 11- 13 | Vail Colorado

Visioning in Vail: Innovation and Inspiration

Join us from July 9 – 13 in the beautiful Rocky Mountains of Colorado! The Nurse Educator's Conference in the Rockies will be held in Vail, Colorado this summer at the Vail Mountain Marriott Resort. With an amazing preconference series and a full range of educational opportunities all week, the focus of the conference is on Innovation and Inspiration. Dr. Susan Luparell will lead us off with a conversation about Incivility in Nursing, with a keynote from Aden Hogan on Inspirational Leadership and a closing keynote from Amanda Mahoney on how to Keep Burnout At Bay With Mindfulness, Compassion, and Purpose. Registration is now open at www.necintherockies.com.



WE WANT YOU!

You still have time to

submit an **Abstract** for the Nurse Educator's Conference!

Due by February 9th, so fill out the [form!](#)

(Plus, registration is now open!)

And while you're planning ahead for 2018, **Save the Date**. The [2018 Nurse Educator's Conference](#) will be in beautiful Vail, Colorado from July 11- 13, with some amazing pre-conference sessions on the 9th and 10th. See you there!



Central AHEC Embraces New Mission, Vision, and Goals in 2018

The Central Colorado Area Health Education Center (CCAHEC) Board of Directors and Staff Team met in October of 2017 for their Annual Strategic Planning session. Though the words “strategic planning” may cause some to shudder at the idea, CCAHEC takes an approach to planning that truly engages the Staff Team and Board Directors, with the result being a roadmap to future success.

The Staff Team is critical in the strategic planning process because they are the ones leading the organization daily.

Team members are actively encouraged to reflect on CCAHEC’s programs while dreaming big. Everyone’s voice is included as we brainstorm together, over a period of several months, where we might head in the year to come.

The Board of Directors recognizes and honors the Staff Team’s passion and intimate knowledge of our communities and programs. They regularly encourage Team members to develop draft goals to be refined with the Directors. Monthly staff meetings held over the summer of 2017 also included time to revisit the organization’s mission and vision statements. It had been some time since this had been considered and the Board Directors had already identified it as an area to examine. The Staff Team was given the freedom to draft these items as well.

When everyone had the opportunity to come together at the annual meeting, ideas were exchanged and new statements were born. The results now provide us with clear direction for years to come. Having a foundation that was created by both the Staff Team and Board Directors creates a true sense of teamwork, understanding, and responsibility, hallmarks of a successful organization.

By Lin Browning

Vision

Health-conscious and educated communities served by a diverse and competent healthcare workforce.

Mission

Within an innovative framework, CCAHEC partners to create and implement educational programs, addressing the dynamic needs of students, providers, and community members.

Position

Every goal we establish within the CCAHEC organization will directly or indirectly support our values.

We Value

Data that Informs and Influences Decisions
A Sufficient and Competent Healthcare Workforce
Maximizing the Utilization of Resources
Robust Academic-Community Partnerships
Health-Consciousness

Our Goals Allow us to

- Improve the distribution of the healthcare workforce
- Create educational opportunities to address the healthcare needs of our communities
- Increase the diversity in all health disciplines
- Connect students to careers, professionals to communities, and communities to better health



Photo by Michael Davidson

CCAHEC Expands Micaela Lamari's Role in 2018

As the Special Projects Assistant at CCAHEC I have been working on a multitude of projects to better our organization and our community. In June, CCAHEC started a Fellow and Mentors program with North Middle School. These fellows and mentors help and guide students who are planning on participating in the Denver Metro Regional Science and Engineering Fair on February 16, 2018. I was in charge of recruitment of the mentors; undergraduate/graduate students and professionals to volunteer once a month at North Middle School in an after school program devoted to students working on their projects. There was an immense amount of excitement about this program, however, retention of the mentors was low. The Fellows were a great resource to the students however and I am happy the students received the support they needed for the fair.



With the science fair in full motion, I have been helping with student registration and organizing the many documents that accompany student projects. Our Scientific Review Committee (SRC) will review all the students' projects and make sure they qualify for our science fair. As of right now, we have more Senior Projects (high school) than Junior projects (middle school), which is what we were hoping to achieve. The projects keep trickling in as the days progress closer and closer to the deadline of January 17th. Once registration closes, I will make sure all the projects have been organized correctly and be in contact with SRC members, along with other staff members, if any questions arise. I am

also a part of the SRC, so I will be assigned a school and will be reviewing student projects for the fair. Also, I am helping other staff members with administrative tasks related to the Science Fair.

A new project which I am assisting with is interviewing deactivated members of National AHEC Organization (NAO). CCAHEC is a member of NAO and our Executive Director serves as the Membership Committee Chair. CCAHEC values our partnership with NAO for the connections they help us make to other programs and funding opportunities, in addition to the advocacy the organization provides on behalf of all AHECs particularly when it comes to federal funding of the HRSA-AHEC program. Outcomes I expect to achieve with this project include identifying reasons why members choose not to renew and benefits and services they find of value. This information will result in recommendations to improve NAO membership services.



By Micaela Lamari



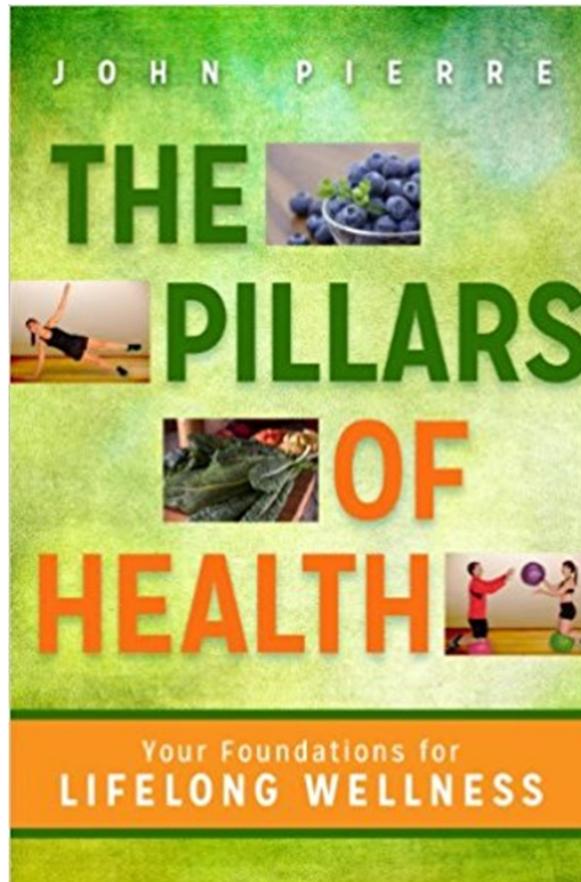
Worksite Wellness at CCAHEC



CCAHEC has been productively engaged with worksite wellness since its kickoff this past spring. Challenges pitting staff lightheartedly against each other individually and as a group have resulted in staff reporting an increased awareness surrounding their own health while also being helped to remember that we can do small things to stay healthy mentally and physically.

Based on the book *The Pillars of Health: Your foundation for lifelong wellness* by John Pierre, The Living Healthy Challenge introduced staff to the concept that “active play,” “care for self and others,” “sleep,” and “nutrition” all contribute significantly to mental and physical wellbeing. To that end, from a sample list staff were asked to choose one activity from one pillar of health to do each day for three weeks. For example, “active play” could look like walking the dog, playing a musical instrument, throwing a frisbee, playing with grandchildren; with each person choosing whatever got them enjoyably moving. Each subsequent day, staff chose a new activity under a different pillar of health to strive towards. Whether listening to a favorite song (“care for

self and others”), reading a book (“sleep”), or eating one more serving of fruits and vegetables (“nutrition”), staff rose to the challenge with nearly 100% participation every day of the challenge.



CCAHEC staff has also rallied together in order to collectively meet a challenging strength training goal. Gained from various means of weight bearing and resistance activities, the group self-reported numbers of repetitions achieved every few days for three weeks. Surprising even themselves, CCAHEC staff far exceeded the lofty goal initially set. In addition to building muscle, staff also recognized strength training’s role in weight control and bone health. It will also boost energy and mood, improves balance and coordination, and burns more calories than cardio, even after training ends.

For more information or resources, contact sandra@centralcoahec.org.

By Sandra Kohl



Two New Practical Programs at SOUTHEASTERN COLORADO AHEC (SECAHEC)

So many are thinking about our national health status.....the staff at SECAHEC are no different. The Diabetes Self-Management Program (DSMP) led us to be even more aware of how many families need more resources to keep their families healthy. Consequently, several staff members were trained in the "COOKING MATTERS" program that promotes the 'SHARE OUR STRENGTH'S NO KID HUNGRY' campaign.



The six classes, two-hours per week, active education program provides underserved populations (adults and families) with topics related to food safety and provides education on actual cooking skills. Discussions take place around the specific class topic focus with a communal partaking in the meal that is prepared as a group. In addition, a recipe and food items are identified, prepared, and consumed by participants. Each participant receives the groceries for the learned meal and prepares it at home.

The program helps families grocery shop strategically, choose healthier foods, prepare balanced meals, and helps our elder population who struggle with preparing meals for one person. This is often a challenge. The Southeastern Colorado AHEC has recently been sought out to

provide this program to our elder community. Poor nutrition is a leading cause of poor health in the United States.....so the Southeastern Colorado AHEC is working to do its part in making a difference.

Cooking Matters for the elderly, the prevalence of fear of falling increases with age and the fear is greater in women. Southeastern Colorado AHEC provides Cooking Matters to our elderly population. The curricula follows the same set of gold-standard implementation guidelines across the country. It is hands-on, skills-based, participatory, and provides participants with the materials and groceries they need to practice their skills at home.

The second program that our staff has been trained in is the 'MATTER OF BALANCE'. It is an evidenced-based program and has been proven to work. There is a focus on empowering older adults to enhance or restoring the quality of life. In addition, the program provides education on taking steps to reduce the risks of falls along with exercises to enhance activity level. The program is an 8-class, 2 hours each, program.

Southeastern Colorado continually strives to bring evidence-based programs to our communities, especially those who are high risk in our rural and underserved populations.

Updates from the San Luis Valley AHEC



The San Luis Valley Area Health Education Center (SLV AHEC), which serves six counties in south-central Colorado (Alamosa, Conejos, Costilla, Rio Grande, Saguache, and Mineral counties), has been working on several important health education issues that are most impacting the local communities.

Recognizing that one of the most impactful issues currently facing the region is the opioid epidemic, the SLV AHEC has been central to creating several new programs and projects to try to lessen the negative impacts of this epidemic.

Consortium Building.

With assistance from the Colorado Department of Public Health and Environment, the SLV AHEC is establishing MOSAIC (the Multidisciplinary Overdose & Substance Abuse Interorganizational Consortium of the San Luis Valley).

Naloxone Education and

Distribution. The SLV AHEC has trained every law enforcement professional (including at every police and Sheriff's department, and the State Patrol) in the region on the use of nasal naloxone, and has distributed two units of naloxone to every law enforcement officer.

SLV Harm Reduction Programming

The SLV AHEC is thrilled to announce that the region will see its first harm reduction program to address some of the horrific public health outcomes associated with the opioid epidemic.

The SLV AHEC's Nurse Coordinator, Charlotte Ledonne, RN, BSN, MA, LPC, has been working on related issues for two decades with the AHEC, and has spearheaded these harm reduction efforts. The project will be known as SHARRP, which stands for the SLV Health Access Risk Reduction Project. A local collaboration between the

SLV AHEC, the Alamosa Department of Health, the Alamosa Board of Health, the SLV Behavioral Health Group, Valley Wide Health Systems, and the Rocky Mountain Counseling Group, the project has many important partners throughout the state including the Southern Colorado AIDS Project and the Attorney General's office.

Opening its doors February 21, 2018, SHARRP will offer services for those who use injection drugs free of charge. Services include HIV and Hepatitis C testing and linkage/education about care options, Naloxone kits (overdose reversal drug) and related education, sterile needles and syringes, safe needle disposal, evaluation for medical insurance eligibility, and referral for mental health and substance use treatment, including medication assisted treatment.



The Grand Opening for Discover Health/Descubre la Salud will be held on February 3rd at the Southern Peaks Public Library in Alamosa. The exhibition engages students, families, and adults using a combination of interactive exhibits and activities in both English and Spanish presented at public libraries, community health fairs, and career events. Presenters at the grand opening will include the SLV AHEC, City of Alamosa, Valley Food Co-op, and the General Federation of Women's Club.

The SLV AHEC is organizing a community-wide Health and Wellness Fair in Alamosa on February 17th at 714 4th St., which will include activities for children; free cholesterol, glucose, blood pressure, and BMI screenings; and health-related booths from numerous community partner organizations.

Urban Underserved Pilgrimage to Central America.

The Urban Underserved Track had the wonderful opportunity to collaborate with the Center for Service Learning at Regis University. In search of providing more opportunities for Urban Underserved track students to engage meaningfully with community members Dr. Jamal Moloo, Track Director and Tania Soto Valenzuela, Track Coordinator met with Regis staff to explore their Romero House Program. Romero House is an intentional community where students strive to live in solidarity with the poor, doing service learning with local non-profits and exploring issues of faith and social justice

Every year participants of Romero House travel to El Salvador and Guatemala to better understand the history of these two countries, the life and mission of Archbishop Oscar Romero, the martyred Jesuits of the UCA and the present day struggles of the Salvadorian and Guatemalan people. Through this immersion trip, the students and accompanying staff become much more aware of our interconnected history and become inspired to be in solidarity with those living on the margins. This year, UUT coordinator was invited to participate in the trip.



Ms. Soto Valenzuela supported the Romero House Program Director, Pablo Burson in choosing and implementing the events and activities on the itinerary, as well as providing simultaneous Spanish/English translation to students, and to community members along the journey. She had the opportunity to share her story of migration and threat of deportation where she intermingled the realities Guatemaltecos and Salvadoreños shared about the many reasons they also had to leave their countries.

Participants on the trip stayed in homes, they visit ruins and other sacred places, and engage in talks with community activists. Ms. Soto Valenzuela shares, “I picked papaya, coconut and marañon from the backyard of my host families. While I ate with them, they told their personal stories, and shared the dreams they have for their children. I also listened in anguish to Rogelio, Mercedes and Rosita, all survivors of the atrocities of El Salvador’s Civil War. At times I felt powerless upon reflecting on the inequalities faced by some. Eventually, the anguish turned into a profound duty to bring awareness about how policies passed in the U.S. reverberate elsewhere with intended and unintended consequences. As I settle

back into my comfortable living, I vow to further my commitment to decolonization work.” She concludes, “I braided the hair of people I met along this journey, and as custom we also weaved our stories together including our commitment to social justice. Upon my return, we seek to provide similar opportunities for our students to reflect on their sense of duty in continuing to work dismantling barriers to health access.”

The Urban Underserved Track hopes to establish a comparable intentional living and learning community for health professional students in Aurora. This trip was instrumental in understanding the experience of students committed to social justice and social action.





Free Flu shots and Safe disposal Drug take back this year at the National Western Stock Show

Since 2008, the Colorado Area Health Education Center (AHEC) program office has partnered with the NWSS to sponsor a health-screening booth and was open twelve hours each day for the full 16 days of the Stock Show.



The booth provides a unique opportunity for health professions students, faculty, and staff to work together at the largest interprofessional event held each year. Volunteers came from multiple schools and organizations across the CU Anschutz campus including Anatomy, Dental, Graduate School, Medicine, Nursing, Pharmacy, Physician Assistant, Physical Therapy, Public Health and UPI. In addition, this year we had veterinary medicine student volunteers from the Colorado State University School of Veterinary Medicine and Nursing students from Regis University and Platt College. The booth provided an excellent opportunity for students to improve their communication and clinical skills in an interdisciplinary environment.



The target population of the event is hard working individuals from rural and underserved communities; however, all were welcome to participate. Men and women from rural communities are a population that is often difficult to reach because of both the nature of their professions (e.g., ranchers and farmers) and their self-employment status often leading to scarce insurance coverage. Additionally, rural communities



tend to have limited access to healthcare simply due to the lack of providers in their area. The screens included; calculating body mass index (BMI), blood pressure, blood glucose levels, vision, oral health, and balance deficits.

Free Flu Shots continued

Individuals were also screened to ensure they had their annual primary care exams by their regular healthcare provider, including oral health, as well as to determine if they are current on their vaccinations or need any additional screening tests such as cholesterol, colonoscopies, mammograms, and breast exams.



Children between the ages of 2 and 18 years old were also screened for medical and oral health. This provided an opportunity to educate children and their parents about making good diet choices and healthy lifestyle changes before bad habits become a problem.

Also, Free Flu shots were offered this year. Over 150 Flu shots were donated by King Soopers and Skaggs School of Pharmacy and Pharmaceutical Sciences. The Skaggs Pharmacy students administered the shots during two, 1-day clinics.



Skaggs School of Pharmacy
and Pharmaceutical Sciences

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

New this year, in conjunction with, safe-disposal.org and the AMC police department we offered a drug take back event. Providing a safe place for visitors to dispose of outdated and unwanted prescription and over the counter drugs.

A big thank you goes to all the volunteers this year! Without you this event would not be possible. The Colorado AHEC Program Office hopes to see everyone again next year at the 2019 Stock Show.



University Police

UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS



Takemedback.org

Please join us at the 2018 Colorado AgrAbility Workshops

Topics: What is AgrAbility, How to Work Well with Ag Lenders and Bankers, & Saving Time and Money with Assistive Technology

About: As workers age, they are faced with increasing rates of arthritis, back pain, decreased strength/endurance, hearing impairments and other medical conditions. These conditions increase the likelihood of slips and falls, being pushed by fast-moving livestock, accidents with machinery, and other dangers. Assistive technology can help mitigate the impact of aging conditions and help older farmers work with more safety. The cost of assistive technology and safety is significantly less than the expense of injury on the farm. Join fellow Colorado farmers, ranchers, veterans, their families, and service providers at these upcoming workshops across the state. These free educational events are for individuals who are dealing with barriers created by illnesses, conditions, or limitations.

When and Where:

- * **Aurora:** Friday **Feb 2, 2018** from 10:00 a.m. to 2:00 p.m. at the Arapahoe County Fair grounds and Event Center, Room 1, 25690 East Quincy Ave., Aurora, CO 80016.
- * **Craig:** Tuesday February 6th, 2018, 539 Barclay St, Craig, CO. 81625 with Jackie Goodnow , 970-824-9180
- * **Delta:** Wednesday February 7th, 2018, County Courthouse 501 Palmer St. Delta, 814416 Rm 234, with Doug Dean, 970-244-1834
- * **Mancos/Cortez:** Thursday, February 8th, 2018, Southwest Colorado Community College, ITC Building, 33057 Highway 160, Mancos 81328-9196 with Tom Hooten (970-565-3123).
- * **Greeley:** Monday, February 12th, 2018, SW Weld County Service Center, large conference room, 4209 County Road 24-1/2, with Keith Maxey (970-304-6535 X 2075).
- * **Fort Morgan:** Tuesday February 13th, 2018, 914 E. Railroad Ave, Fort Morgan, 80701, with Jennifer Cooney, 970-542-3544
- * **Pueblo:** Wednesday, February 14th , 2018, County Extension office, 701 Court St. Pueblo, CO. 81003, with Tom Laca, 719-583-6566
- * **Limon:** Friday , February 23rd, 2018, Location: Limon Community Building , 477 D Avenue, south room, Limon, Colorado, with Travis Taylor, 719-82-0644

To register call: AgrAbility: Candy Leathers, 720-539-4435 or Extension Agent Jonathan Vrabc, 303-730-1920 or 719-661-2286



The presenters:

Norman L. "Norm" Dalsted, Ph.D. is

an Extension Economist in

Farm and Ranch Management and Professor with Colorado State University Extension. He was born and raised on farms in North Dakota, and has continued to work in custom harvesting work through his lifetime. He will present on how ranch and farm families can use when approaching bankers and other lending agents.

Candiss Leathers, VRT, M.A., is the Rural Rehabilitation Specialist and Manager for Colorado AgrAbility at Goodwill Industries Denver. Her upbringing, education, and experience provide her with the essential tools to assist men and women actively engaged in the agricultural field with assessments and technical guidance.

James Craig, MA, JD, Ed.D., is a Rural Rehabilitation Specialist, Veteran outreach coordinator, with the Colorado AgrAbility Project at Goodwill Industries Denver. He grew up in NE Montana on a winter wheat farm/ Cow-calf operation. As a service disabled veteran combined with his agricultural background and academic degrees in Law, counseling, and psychology, Mr. Craig serves the broad spectrum of agricultural clients as well as the disabled veteran population.

Colorado Area Health Education Center turns 40!



Richard L Call DMD, MS, Executive Director 1989 – 1993
Mark Deutchman, MD, Current AHEC Executive Director
Richard D Krugman, MD, Executive Director form 1978 – 1980

Mark Deutchman, MD, current AHEC Executive Director, Richard L Call DMD, MS, Executive Director 1989 – 1993 and Richard D Krugman, MD, Executive Director from 1978 – 1980 joined more than 150 past and present employees, partners, and guests to celebrate Colorado Area Health Education Center’s 40th Anniversary.

The winter themed celebration trimmed with greenery, music and amazing food was a wonderful opportunity to connect with all who make the AHEC program a success.

An additional heartfelt thank you to the following people who donated an item for the Silent Auction: I lean Ride Co. from Canon City, Willa Buswell, Joseph Martinez, Toni Thomas, Sam Hanson, Program office employees, Mark Deutchman, MD, San Luis Valley AHEC, Southeastern AHEC and

Centennial AHEC. The proceeds from the auction went to help fund the much-needed pipeline projects that provide resources for the program office, and it’s six regional offices who work in conjunction, to improve the quality and accessibility of education for health care professionals in Colorado with a focuses on rural communities and urban underserved groups.

Photos by Brenna Deutchman



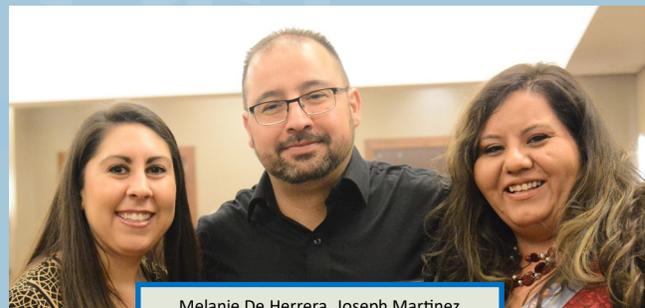
Monica Mika, Olivia Ives, and Nancy Schumacher
Centennial AHEC



Lin Browning, Mitch Fittro, Pat Fenton
Gloria Nussbaum, Sandra Kohl and Micaela Lamari
Central Colorado AHEC



Nicole Heil, and Georgia Hoaglund
Western Colorado AHEC



Melanie De Herrera, Joseph Martinez
and Lisa Lucero



Olivia Ives, AmeriCorps Member



Doreen Gonzales and Debra Ball
Southeastern Colorado AHEC



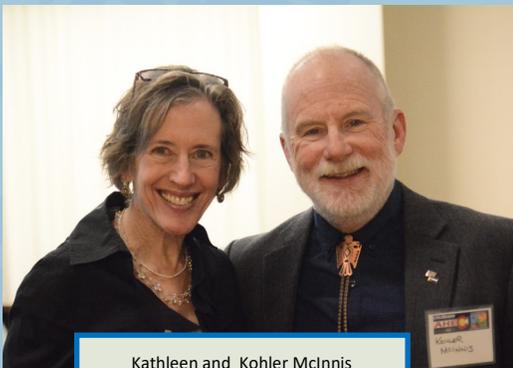
Matt Hess and Gina Olberding



Christy Dodd and Toni Thomas



Ella Mae Quintana, Eric Stevens,
And Lisa Lucero
San Luis Valley AHEC



Kathleen and Kohler McInnis



COAHEC Program office Staff
Matt Hess, Cindy Armstrong, Mark Deutchman, Joseph Martinez
Gabriela Rodriguez, Willa Buswell, Toni Thomas, Patti Jo Wagner and Tania Soto Valenzuela

Make a difference by helping at the
Denver Metro Regional
Science & Engineering Fair
February 16-18, 2018



University of Colorado
Denver

200+ volunteers and judges make the DMRSEF a success for 500+ local kids every year.

Morning, afternoon or full-day shifts are available.

Opportunities range from Check-in to Awards Ceremony, and are open to all ages and ability levels.

Lunch and t-shirts provided.

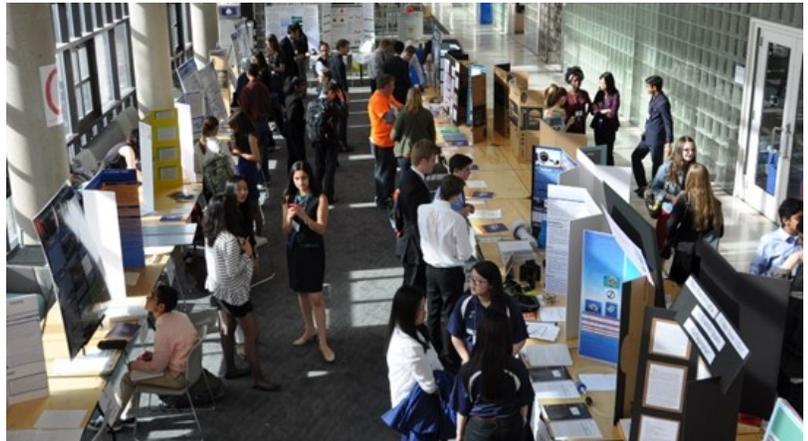
[SIGN UP TO BE A JUDGE](#)

[SIGN UP TO VOLUNTEER](#)



"Judging at the Science Fair energizes me for my own research. The kids' excitement about science and their projects is contagious and makes me optimistic about our future."

- Lori Nield



DENVER METRO REGIONAL SCIENCE AND ENGINEERING FAIR

"I find working with the students a very rewarding experience. The enthusiasm and energy they put into their projects is very refreshing. I always leave the Fair feeling the future of Science and Technology is in good hands."

-Bob Jolly



January 3, 2018 to April 2, 2018
Alamosa Public Library
300 Hunt Avenue, Alamosa, CO 81101
Phone: 719-589-6592
Website:
<http://www.alamosalibrary.org/>

October 2, 2018 to January 2, 2019
Delta Public Library
211 W 6th Street, Delta, CO 81416
Phone: 970-874-9630
Website: <http://www.deltalibraries.org/>

April 3, 2018 to July 2, 2018
Cortez Public Library
202 N Park Street, Cortez, CO 81321
Phone: 970-565-8117
Website:
<http://www.cityofcortez.com/index.aspx?NID=141>

January 3, 2019 to April 2, 2019
Rifle Branch Library
207 East Avenue, Rifle, CO 81650
Phone: 970-625-3471
Website: <http://www.gcpld.org/>

July 3, 2018 to October 1, 2018
Mesa County Libraries Central Library
443 N 6th Street, Grand Junction, CO 81501
Phone: 970-243-4442
Website: <http://mesacountylibraries.org/>

April 3, 2019 to July 2, 2019
Pikes Peak Library District (Library 21C)
1175 Chapel Hills Drive, Colorado Springs, CO 80920
Phone: 719-884-9800
Website: <http://ppld.org/library-21c>

July 3, 2018 to October 1, 2018
Mesa County Libraries Central Library
443 N 6th Street, Grand Junction, CO 81501
Phone: 970-243-4442
Website:
<http://mesacountylibraries.org/>

SEPA SCIENCE EDUCATION
PARTNERSHIP AWARD
Supported by the National Institutes of Health

STARnet **CLACE**
Science-Technology Activities & Resources For Libraries
CENTRO LATINOAMERICANO PARA LAS ARTES, CIENCIA Y EDUCACION
LATIN AMERICAN CENTER FOR ARTS, SCIENCE AND EDUCATION

WCAHEC: Western

COAHEC Mission: **CAHEC**: Centennial

Diversity: Increase the potential for secondary, college, and health profession students from underrepresented populations, educationally disadvantaged, and rural backgrounds to successfully pursue a health profession career with an emphasis in public health;

Distribution: Increase the potential for health profession students in medicine, dentistry, nursing, pharmacy, public health and allied health to practice in a rural or urban underserved community by immersing them in underserved community experiences through Community-Based Education Training Programs, Field Placements, and Interprofessional Education and Training; provide access to evidenced-based health information, accredited high quality continuing education programs and support for health practitioners serving in rural and medically underserved areas in Colorado; and,

Practice Transformation: Facilitate and support practice transformation of Colorado's healthcare system by promoting a patient-centered approach, addressing social determinants of health through a team-based, data-centered method with a focus on improving quality and community health outcomes in rural and medically underserved areas.

SWCAHEC: Southwestern

SLVAHEC: San Luis Valley

SECAHEC: Southeastern



Rural and Frontier Health Care Preceptor Tax Credit

What you need to know

Here is everything you need to know about how to take advantage of this exciting new incentive aimed at increasing the rural primary healthcare workforce!

WHO can take advantage? and WHAT do I get?

WHO? Rural CO preceptors for these disciplines:



WHAT?

\$ 1,000

tax credit against taxes owed per income year for an eligible preceptorship provided during the tax year in which the credit is claimed.

WHEN?

Eligible preceptorships taking place in a tax income years 2017-2019.

WHERE do I have to be precepting?

Eligible preceptorships must take place in Colorado rural and frontier counties. In order to find out if you are in a rural or frontier county, please visit the following website:

www.ruralhealthinfo.org/am-i-rural

HOW do I get started?

In order to claim this credit, the preceptor must:

1. Complete the Department of Revenue certification form, located at <http://coruralhealth.org/precept> stating that the preceptor satisfied all requirements to receive the credit from the institution for which the preceptor teaches or from the regional AHEC office with jurisdiction over the area in which the preceptorship took place.
2. Send an electronic copy of this completed certification by email to dor_preceptor@state.co.us
3. If the preceptor receives notification from the Department that the credit has been issued to him or her, file a Colorado income tax return and claim the credit on his or her return. However, providing this form by mail is only necessary if the preceptor is filing a paper return.
4. Please complete our survey to ensure the Rural & Frontier Health Care Preceptor Credit will be reauthorized in the future: <http://coruralhealth.org/preceptor-survey>

Up to 200 credits will be issued each tax year in chronological order based on the timestamp of the email the Department receives from the preceptor, which must include an electronic copy of the completed certification.

Additional Details

- The aggregate amount of the tax credit awarded cannot exceed \$1,000 per income tax year, regardless of the number of preceptorships provided.
- The preceptorship must last a total of not less than four weeks during the income year.
- No more than 200 eligible preceptors per year are entitled to claim the credit
- If the amount of the credit exceeds the amount of income tax owed, the amount of the credit not used will not be refunded to the tax payer, but may be carried forward an applied against the income tax due in the next 5 succeeding income tax years.
- The regional AHEC may charge a fee for certification of the tax credit
- A preceptor may precept multiple eligible students to satisfy the preceptorship duration requirements.





2017 in Review

We welcomed the first-year students, half of whom joined us for Interdisciplinary Rural Immersion Week in Rio Grande County. Along with pharmacy and advanced practice nursing students from the Anschutz campus, undergraduate students from CU Denver, and a veterinary medicine student from Colorado State University, we had a fantastic turnout.



Students who participated in the 2017 Interdisciplinary Rural Immersion Week in Rio Grande County at the Eagle Air Med base in Del Norte, CO.

In the spring, we said goodbye to the Class of 2017 medical and physician assistant graduates. This was our largest cohort (27 MD and 10 PA students matriculated in 2013).

We could not have accommodated all of these students without the dedicated volunteer preceptors who host our students for rural clinical rotations in the summer between the first and second year and during third year.

In addition to arranging clinical experiences, the Rural Track provides mentorship, additional knowledge, broadened skills, and rural life experiences. We also recognize our students take on significant debt to pursue an advanced degree and are working hard to reduce this burden. We are partnering with local hospitals, clinics, and communities to create “grow-your-own” scholarships that address the long-term workforce and healthcare needs. These scholarships are typically \$10,000/year in return for a practice commitment.



Queenie Kisang (front) with preceptors, Renee Weakley, FNP and Rick Ray, MD during a rotation in Lamar, CO. She was recently awarded the Prowers Medical Center Scholarship. She plans to practice there after completing a combined residency training in family medicine and psychiatry.

We hope to create more scholarships for our students, but must also ensure the financial sustainability of the Rural Track. Many of our scholarship partners have agreed to make a \$5,000/year contribution to the operations of the Rural Track for every year they have a student under scholarship. This allows us to provide the workshops, social gatherings, and clinical experiences that our students enjoy and help us achieve our goal of increasing the number of CUSOM graduates who enter and remain in practice in rural Colorado.

In the past year, we established a Rural Track endowment and so far have raised over \$100,000 toward our goal of \$6 million. The CUSOM Department of Family Medicine has also generously offered to match endowment gifts of \$10,000 or more, up to \$250,000! We are so thankful for the contributions—past and future, large and small, monetary and in-kind—that keep this program going. Whatever you can do to help us reach our goals and ensure this program continues, **we appreciate your support!**





Second-year MD students, Drake Sisneros, Eihan Maulsby, Mandi Ellgen, and Darin Sisneros, volunteer at the health screening booth hosted by Colorado AHEC during the National Western Stock Show.



Rural Track graduates, Thomas Clagett ('17), Allison Kimball ('13), and Dan Renner ('12), join Dr. Mark Deutchman for CU Advocacy Day at the Colorado State Capitol.

HOW YOU CAN HELP

- Connect us with potential donors to fully establish the Rural Track [endowment](#).
- Contribute to the [operations](#) fund as we work toward long-term financial sustainability.
 - Create your own scholarship or support the Rural Track [scholarship](#) fund.
 - Help facilitate a workshop or share your expertise as a guest lecturer.
 - Precept students during their summer preceptorship or third-year clerkships.
- Spread the word to your family, friends, colleagues, and neighbors about the Rural Track!

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Program Manager, Rural Track
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Phone: 303.724.0340

medschool.ucdenver.edu/ruraltrack

giving.cu.edu/ruraltrackfunds



Contact Us



Centennial Colorado AHEC

www.cahec.org
 4650 West 20th St Suite A
 Greeley CO 80634
 (970) 330-3608
 (970) 330-3698 Fax



Southeastern Colorado AHEC

www.secahec.org
 503 N. Main, Suite 221
 Pueblo, CO 81003-6107
 (719) 544-7833
 (719) 544-7955 Fax



Central Colorado AHEC

www.centralcoahec.org
 10200 E. Girard Avenue, Suite B131
 Denver, CO 80231
 (303) 481-8686
 (303) 481-8554 Fax



pathways to health

Southwestern Colorado AHEC

www.swcahec.org
 701 Camino del Rio, Suite 316
 Durango CO 81301-5596
 (970) 375-3250
 (970) 375-3247 Fax



San Luis Valley Area Health Education Center

San Luis Valley AHEC

www.slvahhec.org
 300 Ross Avenue, P.O. Box 1657
 Alamosa, CO 81101
 (719) 589-4977
 (719) 589-4978 Fax



Western Colorado AHEC

www.wcahec.org
 2938 North Avenue, Unit B
 Grand Junction, CO 81504-5797
 (970) 434-5474
 (970) 434-9212 Fax

Colorado AHEC Program Office

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