601 Washington Ave.
Suite 205
Newport, KY 41071
(859) 655-8037

141 North Main St.
Suite C
Williamstown, KY 41097
(859) 824-0080

Black & Williams Neighborhood Center
498 Georgetown St.
Lexington, KY 40508
(859) 281-6086

AHEC: Promoting the Common Health throughout the Commonwealth

North Central AHEC / HETC Staff

Newport Administrative Office

Evelyn "Karkie" Tackett
Center Director
(859) 655-8037, ext. 39
ktackett@nkfh.org

Rose Mueller
Assistant Center Director/Clinical Coordinator
(859) 655-8037, ext. 28
rmueller@nkfh.org

Sarah Hughes
Special Projects Coordinator
(859) 655-8037, ext. 23
shughes@nkfh.org

Mary Lou Sudkamp
Office Coordinator
(859) 655-8037, ext. 16
msudkamp@nkfh.org

Williamstown Office

Alice Scheffler
Health Careers/Health Education Coordinator
(859) 824-0080
ahs@nkfh.org

Lexington Office

Rosa Martin
Community Programs Director
(859) 254-6189
rmart2@uky.edu

Randi Ewing
Community Programs Assistant
(859) 281-6068
rewin2@uky.edu

Thanks to the following groups or agencies who participated in the 2003 Hispanic Health Fair in Covington:

Accord Diabetes
Alliance Primary Care
American Cancer Society
American Diabetes Association
American Red Cross
Cardinal Hill of Northern Kentucky
Centro de Amistad
Covington Lions Club
Kentucky Department for Community Based Services
Kenton County Adult Education
Erlanger Lions Club
Gateway Community and Technical College
HealthPoint Family Care
Holmes High School
Immanuel United Methodist Church
Kentucky Children's Health Insurance Program
Licking Valley Girl Scout Council
Mental Health Association of Northern Kentucky
North Key Community Care
Northern Kentucky Independent District Health Department
Northern Kentucky Women's Cancer Coalition
Nutrition Council of Greater Cincinnati
St. Elizabeth Hospital Women's Wellness Center
St. Elizabeth Hospital Family Practice Residency
Transit Authority of Northern Kentucky
University of Kentucky College of Dentistry

NORTH CENTRAL AHEC Area Health Education Center

COMPASS

Pointing the Way to Health

Fall, 2003 | Volume 2 | Issue 3

Editor:
Sarah Hughes
Formatted By:
Mary Lou Sudkamp

The North Central AHEC provides services and programs in these counties:

Anderson
Boone
Bourbon
Bracken
Campbell
Fayette
Franklin
Gallatin
Grant
Harrison
Jessamine
Kenton
Owen
Pendleton
Scott
Woodford

New Host Site for NC AHEC

On July 1, the NC AHEC became affiliated with a new host site and became an educational partner with Gateway Community and Technical College. According to Karkie Tackett, NC AHEC Center Director, non-profit community host sites are necessary for all Kentucky AHECs. Since 1998, the first year of operations for the NC AHEC, HealthPoint Family Care of Newport (formerly Northern Kentucky Family Health) has served as the host site. "We are enormously grateful for our long and satisfactory association with HealthPoint, and they will always be an important partner for us. However, it was time for the NC AHEC to explore new partnerships and the missions of Gateway and the NC AHEC meshed very naturally", said Tackett.

Tackett and Hughes review the agreement between the NC AHEC and Gateway.

According to Dr. G. Edward Hughes, CEO and President of Gateway Community and Technical College, "Partnerships are very important to Gateway, and we jumped at the opportunity to host the AHEC. It is a strategic alliance that will benefit both institutions-a real win-win for both." Gateway Community and Technical College, a branch of the Kentucky Community and Technical College System (KCTCS), offers educational opportunities to approximately 2800 students in 28 program areas and includes three campuses in Covington, Edgewood and Highland Heights. Ground has been broken at the fourth campus in Boone County, which is scheduled to open in the fall of 2004. Students can earn associate degrees, diplomas and certificates at the two-year college that is fully accredited by the Council on Occupational Education. Gateway has a number of health career programs, including practical nursing, pharmacy technician, massage therapy, medical office technology, and medical assisting. Gateway Community and Technical College has partnered with more than 120 local businesses to serve more than 3,000 students in customized short-term training in the last 12 months.

Hughes is no stranger to AHEC activities, having served on the Advisory Board of the Southeast Kentucky AHEC in Hazard for 17 years. As a current NC AHEC Advisory Board member, he has helped to guide the NC AHEC activities. Hughes and Tackett both envision AHEC staff members working closely with Gateway's allied health and nursing programs, especially in the area of recruiting more students into those areas.

Current plans call for the AHEC office to move into the newly acquired Park Hills Center, formerly the Park Hills High School, which is adjacent to Gateway's campus on Amsterdam Road in Covington. The move should take place sometime this fall.

AHEC MISSION

The mission of the North Central AHEC is to promote healthy communities through innovative partnerships. This is accomplished by providing:

- **Educational support services to health professions students and health care providers;**
- **Community health education, and**
- **Programs that encourage health professions as a career choice.**

New AHEC Office in Lexington

The North Central AHEC office in Lexington has relocated to the Black and Williams Community Center at 498 Georgetown Street. The Center, operated by the Lexington Fayette Urban County Government, is also home to Bluegrass Family Services, the West End Empowerment Center, Central Kentucky Legal Services, the Eldercraftsmen Program, and a variety of other social services. The office is provided free of charge to the North Central AHEC because it is a non-profit organization that benefits the community.

NC AHEC Community Programs Coordinator Rosa Martin says she and Randi Ewing, the Community Programs Assistant, are very pleased by the move because it is "very close to the community we serve." The spacious office not only contains room for them, but also for the many Spanish language health publications and training materials used by the *promotores*, Hispanic lay health workers trained by the NC AHEC staff. NC AHEC Center Director Karkie Tackett expressed appreciation to the Lexington Fayette Urban County Government for providing the office space and supporting the AHEC's efforts.

AHECs Partner with 4-H to Promote Health Careers

What do you get when you combine hot summer weather, a rustic camp setting, a box of bones, play dough, and 22 eager elementary students? The result was a two-day health career workshop, designed to interest young students in health occupations. The two-day August workshop, held at the 4-H Camp Grounds in Nicholas county, outside of Carlisle, was the first of several planned between the Kentucky AHEC program and the Cooperative Extension Service's 4-H Youth Development program. Staff members from the North Central AHEC and the Northeast AHEC in Morehead worked closely with 4-H agents to plan and implement the workshop. The 22 fourth and fifth graders were from Garrard and Rowan counties. Activities included learning about human anatomy by assembling plastic skeletons and creating play-doh models of the GI tract; learning CPR and the Heimlich maneuver; donning surgical attire to try out laparoscopic surgery tools; and various teamwork and communication exercises. The students were introduced to a variety of health occupations and the concept of the health care team. Pre-and post-tests confirmed that students acquired much new information, as well as favorable attitudes about health occupations. More such collaborations between AHEC and 4-H are planned for the future.

Preceptor Profile — Dr. Stephen Besson

Health professions students and their off-site clinical rotations are the core of the Kentucky AHEC program. The North Central AHEC is very fortunate to have an abundance of excellent teaching sites, as shown by the 537 student clinical rotations last year. Dr. Stephen Besson and his partner Dr. William Frank McKemie, teach medical and physician assistant students almost continuously in their clinic, Licking Valley Internal Medicine and Pediatrics in Cynthiana. Both physicians have become very popular with UK students, who give both excellent reviews for their teaching skills.

Dr. Besson reviews a patient's chart with PA student Michelle Whitt

Dr. Beeson says he finds teaching students very enjoyable and challenging, and likes the fact that "students keep me up to date." According to Besson, his patients like having students in the office, and they feel pampered by the extra attention. It is not unusual to find two students at a time in this office. In June, UK medical student Ari Padmanashan and UK PA student Michelle Whitt were both on rotation together. They both agreed that it was a good teaching situation that allowed them to learn from each other. Dr. Beeson also likes having both medical and PA students together. As a result of teaching PA students and becoming familiar with their capabilities, a PA will be joining the practice later this fall.

While not a native of Kentucky, Dr. Stephen Besson has put deep roots down in the Cynthiana community. He grew up in Zambia, the son of Church of Christ missionaries. He attended David Lipscomb University in Nashville and graduated from the Loyola University of Chicago School of Medicine. He completed an IM/pediatrics residency at UK and joined Dr. McKemie in the Cynthiana practice. Both he and his wife are very active in civic and church affairs, in addition to raising 3 girls. He laughingly says they decided on Cynthiana as a home because "it is halfway between the two sets of grandparents!" When asked if it was difficult to adjust to a smaller community after living and studying in Nashville, Chicago, and Lexington, Dr. Beeson says that he and his family enjoy living in a small town. With a grin, he says "We have electricity here, and we often didn't have that in Africa when I was growing up." Dr. Beeson continues the family tradition of ministering to others by participating in a medical mission to Central America every other year.

Health Fair Provides Services to Latino Residents

Community spirit and a desire to improve health brought over 75 local volunteers and 25 agencies together at the 4th Annual Feria de Salud or Hispanic Health Fair sponsored by the NC AHEC on Sunday, September 7 at Holmes High School in Covington. Over 100 local Hispanic residents and others came to take advantage of the free health testing and the large volume of health information available. All services and information were available in Spanish as well as English, with many volunteer interpreters on hand to assist those who spoke no English. A total of 315 screening tests were performed (see box at left). Over 25 local health professionals (physicians, nurses, dentists, dietitians, audiologists, psychologists and others) volunteered to provide the testing, counseling and explanation of results. UK dental students were on hand to assist with the dental exams.

Screening Tests Available at Hispanic Health Fair:
Blood pressure
Body Mass Index
Cholesterol
Dental
Depression screening
Glucose (blood sugar)
Hearing
Height and weight
HIV/AIDS
Mammograms
Vision screening

A number of participants were referred to local health centers, dentists or physicians for additional follow-up. All participants were given the Spanish language booklet, *Guia Para Servicios Medicos En El Norte De Kentucky (A Guide to Medical Services in Northern Kentucky,* containing information about local resources and health providers.

Community agencies, such as the Northern Kentucky Independent District Health Department, the American Red Cross, the American Diabetes Association, North Key Community Care and others (see list on page 4) provided information about their services as well as general health information. Girl Scouts from the Licking Valley Girl Scout Council provided children's activities so that parents could take part in the health services with more freedom.

A group of Northern Kentucky *promotores,* Hispanic community volunteers who are in a NC AHEC program training to be lay health workers, were on hand to provide information about healthy eating and give out samples of healthy snacks.

Drs. Brad Patterson and Mark Boyd from the St. Elizabeth Family Practice Residency offer advice to a mother as her child is being weighed.

Advisory Board Members

Board Chair Dr. Ken Rich
Dentist

The Honorable Royce Adams
State Representative

Dr. Margaret Anderson
Chair, Department of Nursing
Northern Kentucky University

Alice Baesler
Community Volunteer

David Bolt
Health Administrator

Don Buecker
Medical Recruiter

Chris Carle
Administrator,
St. Elizabeth Medical Center-Grant County

Dr. Marco Costa
Physician

The Honorable Jesse Crenshaw
State Representative

Donna Durham
Catholic Social Services

Susan Fister
Director, BFHC
Eastern Kentucky University

Chris Goddard
Executive Director
HealthPoint Family Care

Dr. Ed Hughes
CEO, Gateway Community and Technical College

Mark Johnson
Lexington—Fayette Co. Health Department

Marge Keller
Community Volunteer

Dr. Sam Matheny
UK Dept of Family Practice

Saul Moreno
Community Volunteer

Dr. James C. Norton
Administrator
UK AHEC Office

Dr. John Poundstone
Retired Physician

Mae Marie Quan
Associate Administrator
UK AHEC Office

Andria Tapia
Cancer Information Services

Andrew Twehues
UK Medical Student

Jason Wallace
Pharmacist