



# The PANHANDL-ER

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## TOY MEDICAL KITS DONATED TO AREA SCHOOLS

In an effort to promote health education and acclimate children to medical personnel and equipment, NP-AHEC purchased toy medical kits to donate to area kindergarten classrooms.

Each kit contains a toy sphygmomanometer, thermometer, syringe, bandage, otoscope, a working stethoscope and storage bag.

NP-AHEC Education Coordinator Mr. Conrad presented these kits to the kindergarten



Conrad, NP-AHEC Education Coordinator poses with students from Paxton Elementary while delivering medical kits.

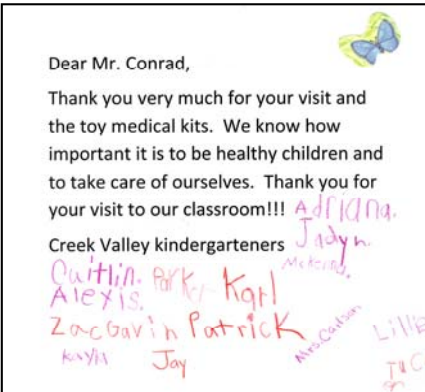
classrooms, gave a fun and informative presentation, and played songs he composed while speaking about health and education.

Mr. Conrad develops an instant rapport with children by speaking honestly with them, involving them in the discussion, and putting information on their level.

*"I'm surprised to find out how many people simply don't know that we're here, available, and willing to help."*

*Conrad*

*NP-AHEC Education Coordinator*



## NP-AHEC SUMMER CAMP FUN

Fun was the focus for the summer camps hosted by NP-AHEC and held for elementary, middle- and high- school students in Scottsbluff, Chadron, Kimball, Ogallala, and Oshkosh. The camps centered around the topic of wounds and injuries.

Students used theater make-up and prosthetics to create wounds that were then "triaged" by local paramedics, who also provided a tour of their ambulance. Some of the "injured" students even received the ambulance tour while secured to a gurney!

Law enforcement officers spoke to the students about safety, forensics, and 911. Students also learned how to suture, using bananas in place of actual wounds.

Pharmacy students provided a lesson on compounding medicine, with a hands-on activity using crushed "Smarties" and canned frosting.



**How do you teach subjects like Math and Science, when students may not respond?**

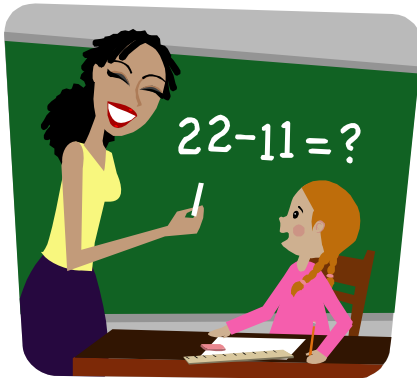
**MATH AND SCIENCE TEACHERS WORKSHOP**

This was the challenge given to Yvonne Schlaman and Lana May, presenters at a workshop held for teachers on June 17, 2008, at the Harms Advanced Technology

Center in Scottsbluff, NE. With a focus on hands-on activities and game strategies, teachers took home more than enough ideas to apply to their classrooms this fall.

Other resources provided by NP-AHEC included: a set of CDs by Thomas L. Friedman titled "The World is Flat—A Brief History of the Twenty-First Century; books "Teach Like Your Hair's On Fire" by Rafe Esquith and "Math Doesn't Suck—How to survive middle school math without losing your mind or breaking a nail " by Danica McKellar; and an Othello game for their classrooms.

Dr. John Harms spoke to the attendees about how "Education is the Future", and Dr. Kathy Shirley, Vice President of Outreach Education at Western Nebraska Community College introduced them to the Career Academy.



**NP-AHEC Sponsors School Nurse**



School Nurse Workshop attendees explore the contents of dental emergency packets given by Webb Orthodontics.

On Monday, August 11, a workshop was held to coordinate and inform school nurses of Western Nebraska.

Healthcare professionals updated the attendees, told them about their careers, and informed them about how the nurses can assist students in each of their respective schools. Dietitian Sue Maxey from Horizons West Medical Group began the day, followed by optometrist Dr. Jason Webb from Webb Eye Care, Orthodontist Tricia Chitwood from Webb Orthodontics,

Psychiatrist Dr. Donald Fischer, Sports Medicine Trainer Donna Stewart and Pharmacist Nancy Sloan from Regional West Medical Center, and Basic Nursing Aid Coordinator Deb Sargent from Western Nebraska Community College.

The nurses were given the mission to encourage students to pursue careers in healthcare, thereby alleviating the shortage in healthcare providers. Each nurse was given supporting mate-

rial that they can use with students in their schools.

A network for school nurses will be formed to assist the coordination of the work that school nurses perform in their respective schools. Plans are being developed to expand the network and schedule future meetings to share concerns and ideas. A survey was distributed to collect basic information about each nurse's school, and to identify areas of emphasis by each nurse.

**NATIONAL AHEC ORGANIZATION CONFERENCE HELD IN DENVER**



The bi-annual conference for the National AHEC Organization was held June 28—July 1 in Denver, CO. Three NP-AHEC staff and two Board of Directors members attended the conference, along with 696 attendees from 46 states, Washington, D.C., Puerto Rico and American Samoa.

The weekend was full of new ideas and sharing, from the keynote speaker to the breakout sessions, and from the exhibits to the poster sessions.

NP-AHEC director Gary Hastings and Deputy director of Nebraska AHEC Program Office Roxanna Jokela were among the presenters of breakout sessions. The AHEC staff were excited to have many new ideas to implement on a local level.

**Educational Tools** are available for teachers and others to check out.

The "Fizzics of Soda" Model shows the approximate amount of soda a person who gulps down two 12-oz. cans a day would drink in 1 month. Inside the large can are a bag of sugar that reveals the amount of sugar consumed and a bottle of simulated fat that represents the amount of weight a person could gain.



The puppets are a fun way to present health related issues, from visiting the doctor to making a trip to the hospital.

# MEET THE BOARD OF DIRECTORS

## DR. MILTON (PETE) JOHNSON, M.D.

Dr. Johnson has been a member of the Nebraska Panhandle Area Health Education Center's Board of Directors since September 2005 and is currently serving his third and final term.

A lifelong resident of Nebraska, Dr. Johnson earned his Bachelor of Science degree from the University of Nebraska, Lincoln and his Medical Degree from the University of Nebraska Medical Center. He is board certified from the American Academy of Family Physicians.

Dr. Johnson has been practicing with Horizons West Medical Group since 1976. He is also the Medical Director at Panhandle

Community Services, where he oversees the entire organization to maintain quality care. He is the Assistant Program Director for the Department Family Medical Rural Training Track. He is a part-time employee for the University of Nebraska Medical Center as a faculty member, and an Associate Professor in Family Medicine.

"Dr. Pete" enjoys the personal aspect of his job. He likes the interaction with people. He feels it is his privilege to get to participate in other peoples lives.



He believes that the health-care shortage crisis can be alleviated if more people develop interests in health careers, especially primary care positions in rural areas. There are primary care shortages across the country, but the problem is worse in rural areas.

*"With the shortages in primary care and in all fields especially in rural areas, I think we have to approach the shortage with as many efforts as we can. AHEC does that, any of the programs that give exposure are all very valuable."*  
 - Dr. Johnson

- 2008 Board of Directors**  
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## DEBRA SARGENT, RN



Debra J Sargent has been a member of the Nebraska Panhandle Area Health Education Center's Board of Directors since November of 2007.

Born and raised in Northeastern Colorado, Debra came to Nebraska in 1974 to enter West Nebraska General Hospital School of Nursing. She graduated from there in 1977 and then became a staff nurse at West Nebraska General Hospital (WNGH) which is now Regional West Medical Center (RWMC).

In 1980, Debra trained to become a Hospice Nurse, and was a member of the first Hospice in the region. Following that, Debra spent six years in an Internal Medicine Office. She then became an Oncology Nurse (ONC) and worked at The Cancer Treatment Center at RWMC. In 1994, Debra opened Advantaged Home Health Care with partners. In 2001, Debra worked part-time for the clinic and part-time for Western Nebraska Community College (WNCC).

Debra became the director for Allied Health at WNCC in 2004 and maintains that position today. As director for Allied Health, she oversees all of the BNA/ Medi-

cation Aide training regionally. This includes all of the testing for those students, Continuing Education for EMS, nursing, nurse aides, social workers, mental health professionals, and the RWMC Academy and the PPHS/RNHN Academy.

Debra feels that nursing, or any profession in health care, offers many positives. She believes that young people have not been introduced to the vast variety of health care opportunities at an age when they can start making decisions about their future. Debra says that AHEC introduces them to those opportunities at all ages and gives them a glimpse into health care.

*"Information is such an important tool, and I think the one that has the best chance to re-energize our professions. AHEC's have that information, and have a great network of people and material to disseminate it."*  
 - Debra Sargent

## Nebraska Panhandle Area Health Education Center



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*Connecting  
Students to Careers*

*Health Professionals  
To Communities*

*Communities  
to Better Health*

Catch us on the web at  
[www.np-ahec.org](http://www.np-ahec.org)

### HELP US GROW

NP-AHEC, established in September 2005, is a (501) (C) (3) non-profit organization. Funded in part by the University of Nebraska Medical Center, Nebraska AHEC Program Office through the Health Resources Services Administration, Bureau of Health Professions Federal Grant #U76HP00592.

To make a **tax-deductible** contribution to our endowment fund, contact

\*Gary Hastings (308) 635-6713.

\*On our web site, click the "donate directly" button.

\*Nebraska Community Foundation at [www.nebcommfound.org](http://www.nebcommfound.org) or call (308) 588-6299.

## CALENDAR OF EVENTS

### HEALTH PROFESSION CLUBS

Scottsbluff/Gering HPC meets at 6:30 A.M. the First Wednesday each month.

Alliance/Hemingford HPC meets at 6:45 A.M. the Third Wednesday each month.

Chadron HPC meets at 11:00 A.M. the Second and Fourth Tuesday during the school year.

Aug. 27 Chadron State College Health Professions Club Welcome picnic

Sep. 11–12 Rural Health Conference, Kearney

Sep. 18 NP-AHEC ANNUAL Board of Directors Meeting followed by NP-AHEC Regular Board of directors Meeting

Sep. 20 Safe Kids Day. Gering Civic Center, Gering.

Sep. 23 Kid's Fitness and Nutrition Day, Alliance.

Sep. 25 Kid's Fitness and Nutrition Day, Sidney.

Sep. 25–26 PHAN 2008 Conference, Kearney

Oct. 1 Chadron Career Day/Minority Health Fair

Nov. 8 Invisible Scars Event, Harms Advanced Technology Center 1-3:30 P.M.

Nov. 20 National AHEC Organization conference, Washington D.C.

Nov. 22 Health Professions Club Summit, Scottsbluff, Harms Advanced Technology Center.

