

Health Mentors Newsletter

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Introduction and Thank You

Welcome to the first Health Mentors Newsletter! And, thank you to all of our Health Mentors for helping to get our first year of this program off to a terrific start. As some of you may know, you are one of over 130 mentors with a chronic condition who has volunteered to help train medical, physical therapy, occupational therapy, and nursing students at Jefferson. We are truly grateful for your time and commitment to this program, and we cannot thank you enough for helping to make the first year a tremendous success.

This year, each mentor team has completed a life history, health history, and discussion about access to care and systems barriers. Your student teams have written reflection papers, presentations, and research projects based on their meetings with you. And, the feedback from the students and faculty who are a part of this program has been extremely positive so far. Thank you!!!

We have decided to start a quarterly newsletter for distribution to all of our mentor volunteers to help keep you better informed about this program. If you have any announcements or stories that you would like to include in future newsletters, please contact Reena Antony at 215-955-8601 or by email at reena.antony@jefferson.edu.

Thank you again for your participation in this program.
Sincerely,

Lauren Collins, MD
Division of Geriatric Medicine
Thomas Jefferson University



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Student Perspectives on the Jeff Health Mentor Program

"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has."

---Margaret Meade

JEFF Health Mentors Faculty Advisors

[From Left to Right]

Stephen Kern

Occupational Therapy

Dr. Christine Arenson
JCIPE

Leigh Ann Hewston
Physical Therapy

Dr. Cecelia Borden
Nursing

Dr. Laurie Collins
Faculty Course Director

[Not in the Picture]

Dr. Susan Rattner
Medicine

Dr. Molly Rose
JCIPE

Dr. Rob Simmons
Public Health

Dr. Elena Umland
Pharmacy

Reena Antony
JCIPE

"[Our mentor] certainly did not strike me as the picture of "a patient with a chronic illness." The only outward sign of her condition, aside from her walker, was that her movements were excessively measured, and even that read as grace. And far from letting her illness define her or her experiences, she very clearly defined herself—as an educator." – Medical Student

"Our mentor was more open and excited to talk than I had ever imagined. Our dynamics were ideal. No one dominated the conversation, we all worked together to make sure we got all our information, as well as joking around and have a good time." – OT Student

"[Our mentor] gave me some very useful information regarding his experience with health care and also how important life truly is, but he also gave me the experience to work in an interdisciplinary health setting with a patient." – Nursing Student

"While talking to [our mentor] he told each one of us how important our future profession was in his healthcare treatment. He explained to us that the doctors were a crucial part of his decision making process, that his nurses were like angels to him that truly helped him in his recovery and that OT helped him regain a "semi" normal lifestyle. It is important that we all realize how important each member of the interdisciplinary team is when offering optimum healthcare to our patients." – Nursing Student

Mentor Perspectives on the JEFF Health Mentor Program

Submit a story or announcement to the JEFF Health Mentors Newsletter. Submission Date for August Issue is July 1, 2008. Please email your article to reena.antony@jefferson.edu.

Module Visit #4

As a part of this newsletter, we plan to keep you up to speed with the upcoming Module Visits with your student teams. As you may know, the next visit with your student teams is to address professionalism in healthcare. Your students will need to schedule their visit with you **before March 21st**. For this visit, student teams will be conducting an informal interview with you to discuss your opinion about what makes a good health care professional. Personal insights or stories will be very helpful. Please contact us if you have any questions about this upcoming visit.

Recruit a JEFF Health Mentor!

If you have a friend, family member, or co-worker who would like to learn more about volunteering to serve as a JEFF Health Mentor, please contact us at 215-955-8601.

JCIPE News

Jefferson Interprofessional Education Center (JCIPE) is a center that provides ongoing interprofessional opportunities for students, faculty and health practitioners at Thomas Jefferson University. Our mission is *to promote excellence in healthcare through interprofessional education and scholarship*. The Center embraces collaborative partnerships through an integrated approach to improve patient- and family-centered care outcomes. The JEFF Health Mentors Program is one of many JCIPE's initiatives cultivating our future health practitioners in interprofessional care. To learn more about JCIPE, please visit us at <http://jeffline.jefferson.edu/jcipe/>.

Did you know?
Seven out
of
every ten
individuals
has a
chronic
condition



Invitation

We would like to invite all JEFF Health Mentors and a friend or family member to join us for an End-of-Year Celebration

on

Wednesday, April 23, 2008 from 3pm – 4pm.

This year's celebration will be held in the lobby of Jefferson's new **Hamilton Building** located on

Locust Street between 10th and 11th Street.

We have asked the students to display posters depicting their experience with the program and we will be serving coffee, tea, and light desserts.

We hope you can join us and mingle with your students and other Jefferson Health Mentor Volunteers.

To **RSVP**, please contact Reena Antony at 215-955-8601 by Friday, April 11, 2008.

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