

Health Mentors Newsletter

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*Thank you for making the
End of the Year Gala a success!!*



On April 23, 2008, all of the student groups and their mentors gathered in the Hamilton Lobby to celebrate the success of the first year in the Health Mentors program. It was really touching to see how close the students and their mentors had grown over the course of just 4 visits. One student group created a poster to honor their Health Mentor who had recently passed away. It was clear that this Mentor had a strong positive impact on her students. In fact, all of the student groups and their Health Mentors have forged a bond this past year that will continue to grow throughout the program. This event gave students a chance to not only catch up with their Health Mentors, but to meet their Health Mentors' friends as well. Also, student groups were given the opportunity to create a poster that documented what they had learned in each of the visits. Awards for the best posters were given to three groups: (put names of students here).

1. Patrick Hartendorp, Abida Hasan, Lauren Kelly and Laura Pepper
2. Emily Reardon, Todd Rubin and Jessica Perocho
3. Sarah Buckingham, Joseph Butash and Rachel Dwyer

Overall, the event and the program have been valuable learning experiences for both the students and their mentors throughout the year. We hope to build on this great foundation and can't wait to see you all again this fall!

Lauren Collins, MD
Division of Geriatric Medicine



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**Health Mentors Faculty
Advisors**

Nethra Ankam
Rehab Medicine

Reena Antony
JCIPE

Dr. Christine Arenson
JCIPE

Dr. Cecelia Borden
Nursing

Dr. Laurie Collins
Faculty Course Director

Leigh Ann Hewston
Physical Therapy

Dr. Christine Jerpbak
Medicine

Stephen Kern
Occupational Therapy

Dr. Marcia Levinson
Physical Therapy

Jillian Necky
JCIPE

Dr. Molly Rose
JCIPE

Kathryn Shaffer
Nursing

Dr. Rob Simmons
Public Health

Dr. Elena Umland
Pharmacy

Dr. Shelley Wallock
Occupational Therapy

**Some Information for Your
Upcoming Visits:**

**Module Visit #1: Due by October 27th
For New Year 1 Mentors**

During the first visit, students will ask their Health Mentors questions about their life history. This will include questions about where and when the mentor was born, major life events, and how their illness has impacted their life. This meeting should take approximately one hour.

**Module Visit #6: Due by December 15th
For Returning Year 2 Mentors**

Students will obtain a list of medications taken by their Health Mentor, including all prescriptions, vitamins, supplements, and herbal remedies. They will discuss with the Health Mentor how and why they use the medication as well as ensure that they understand the risks and benefits of each medication. They will also discuss the Health Mentor's medication regimen and identify any challenges which may interfere with adherence. Students will also supply their Health Mentor with a pocket-sized medication history form at their next visit. This visit should last approximately one hour.

Health Tip

Just because the weather is getting cooler doesn't mean we need less water...keep drinking!
Hydration is important in every season!

Note: Your student liaison will contact you to set up the next visit.

Mentor Perspectives on the Health Mentor Program

“It has been a most rewarding experience to be a part of the Jeff Mentors Program. The young people on my team have been a joy to work with. They are bright, engaged and empathetic, all the qualities that one could wish for in a health care professional. I’m looking forward to working with [them] next year.” - Health Mentor

I was very impressed with the nursing students that I was a mentor for. Not being a mentor previously it familiarized me with the experience the medical students will benefit by this program. As an older person made me realize, our knowledge to them will eventually help make them good physicians or therapists depending on their choice. Looking forward to our input, they are striving and studying to provide our future with the qualities to help cure us and assist us with our disabilities, thus providing us with great comfort knowing the life we will be placing with them. - Health Mentor

“I am delighted and proud to be a part of a program that will enhance the future of healthcare professionals.”

- Health Mentor

Health Tip

Don’t forget to get your flu shot this fall! Oct. and Nov. are the best times. Check PhillyHealthInfo.org for places offering FREE flu shots.



Keys to Healthy Aging from Centenarians

- Stay close to your family and friends
- Keep your mind active
- Laugh and have a sense of humor
- Stay in touch with your spirituality
- Continue looking forward to each new day
- Keep moving and exercising
- Maintain a sense of independence
- Eat right
- Keep up with news and current events:
- Keep making new friends

"If I could leave any message, never stop learning. Period," centenarian Maurice Eisman says in the poll report.

This study polled 100 centenarians by phone and was conducted by Evercare, a health corporation program for the elderly and people with long-term or advanced illnesses or disabilities. However, the poll only included centenarians in good health.

Source: Evercare 100@100 Survey http://www.evercarehealthplans.com/pdf/2008_Evercare_100@100_press.pdf

**Thank you to
Madhuri Saligrama, Newsletter Editor**

Health Mentors Contact Information

Jillian Necky

Phone: 215-955-3757

Email: Jillian.Necky@jefferson.edu

Lauren Collins, MD

Phone: 215-955-2764

Email: Lauren.Collins@jefferson.edu

Visit us at <http://jeffline.jefferson.edu/jcipe/> or email us at jcipe@jefferson.edu