

Health Mentors Newsletter

VOLUME 2, ISSUE 4
MAY 2009

Dear Health Mentors,

Thank you all for participating in the Health Mentor program this year. The feedback from our students has been overwhelmingly positive, and we are so grateful for your time and mentorship.

For those of you who participated in Year Two of the program, the program concluded on March 16th with our celebration in Hamilton Lobby at Jefferson. We were honored to have many of you attend this event, and our students were happy to say a final thank you to you as they move on in their studies. We hope, however, that this will not be a final goodbye. We will be enrolling a new class of students in September 2009, and we would love to have you participate in the program again this fall.

For our Year One Health Mentors, this year's program came to a close with our mentor celebration and student poster display in Hamilton Lobby on April 20th. We were thrilled by the tremendous turnout for this event (despite the rain!), and we hope that you enjoyed the chance to meet up with other mentors and to visit with your student teams again. Our students certainly loved seeing you there and look forward to meeting with you again in September or October to start Year Two of the program. Topics to be covered next year will include wellness, taking a medication history, and patient safety, and we hope they will be of interest to you.

Have a happy and healthy summer.

Sincerely,



Laurie Collins, M.D.
Faculty Director
Health Mentors Program



Inside this issue:

Welcome	1
Community Voice	2
Health Mentors End-of Year Celebration	2
Summer Time & the Livin' Is Easy...	3
Students' Thank You	4
Contact Information	4

Community Voice

I just received my “thank you letter” concerning my participation in the mentoring program. This is the end of my second year with the program and I have been able to work with two groups. I feel honored.

The thing that struck me as I read the letter was that it sounded like I gave so much. From where I sat I received way more than I gave. It was energizing to discuss such complex issues as equipment, injury, health care approach, bedside manner, etc with people that were smart, energetic, and motivated; each one of them with their own particular professional, cultural, and ethnic bend on the subject. The process was also very therapeutic for me. After 50 years of navigating the medical maze as a patient I realized that I had never taken the time to really think about what I thought worked and what needed fixing. And here I was with the opportunity to do it with some folks that one day will have a chance to do something about it!!!! Very cool.

I will admit I felt like each student from both years listened and heard me. They have that one skill I find most important to being a great health care provider. They listened without judging. They heard my story and made me feel like I was part of the process. That’s a big deal! You would be shocked at how many times that was not been my experience. The students also saw me as an individual. Not as a case or a disease. I felt like I impacted how they saw chronic disease and those that have them. I believe that they would take these skills into their professional lives. I could go on and on but I will close by saying thanks for letting me be a part of the program. Good luck to all!

Sincerely,
Kenneth B. Perry, Health Mentor

Health Mentors End-Of-Year Celebration

By Bob Sorokanich

Despite some dreary weather, the end-of-year celebration for the Year One Health Mentors on April 20th was a great way to wrap up the 2008-2009 program. Students in their first year of study in medicine, nursing, pharmacy and therapy joined their Health Mentors to enjoy good food and look back on the accomplishments of the year. It was a chance for the students and faculty to thank the Health Mentors for their enthusiastic involvement, and a welcome opportunity for students to take a short break from studying.

The event, which took place in the Hamilton Building at Thomas Jefferson University, began with remarks by Christine Arenson, M.D., of Jefferson Family and Community Medicine, and Michael Vergare, M.D., Senior Vice President for Academic Affairs. Elizabeth Mandel, a student in the Couple and Family Therapy program, spoke about how important the Health Mentor experience is to students, and the valuable professional and personal lessons learned during the yearlong program. Laurie Collins, M.D., who directs the Health Mentors faculty, gave the closing remarks about how successful this year has been. On display were posters created by each student group, commemorating their Health Mentors and thanking them for the opportunity to share their experiences. The theme of interprofessional cooperation was readily apparent, with students from all the healthcare fields and an eclectic mix of mentors joining in the celebration.

Ajay Creshkoff, a Health Mentor from Center City, says the learning experience is what attracted him to this program. “I’m 93 years old,” he said, “and as I age, I welcome new experiences that are lively and engaging, and that involve the young . . . like the young healthcare professionals in this program.” He and his wife, Marcia, were impressed with “the degree of the students’ desire to comprehend the complexities of living with chronic ailments such as ours,” as well as the students’ willingness to get involved despite their busy academic schedules.



With summer fast approaching, the first-year celebration was a great chance for students, mentors and faculty to get together for a fun event to end this year’s program. While everyone will no doubt enjoy the coming summer break, we all look forward to beginning the program again as second-year students in the fall. We thank the students, the faculty and especially the mentors for making this year’s program an exciting and enjoyable learning experience.

Summer Time & the Livin' Is Easy...

By Kanani Titchen

Sunshine, fruits & vegetables, and the welcome of a warm outdoors beckon each of us in the next few months. Here are some tips to stay safe and enjoy a healthy summer:

HYDRATE, HYDRATE, HYDRATE!

BENEFITS OF WATER

- Maintains a normal body temperature
- Cushions our body's organs
- Lubricates our joints

WHY WE NEED TO DRINK MORE WATER

- Exercise and sweating deplete our body
- By the time we feel “thirsty”, we’re already dehydrated!

IN-SEASON IS IN-BUDGET

In-season produce is cheaper! Keep this handy guide, and eat a variety of in-season fruits & veggies this summer to keep trim & energized – and to keep your grocery bill slim!

<u>Nutrient</u>	<u>Why you need it</u>	<u>Where to find it</u>
Vitamin D	Healthy bones and teeth prevent/control osteoporosis	Milk, yogurt, beef, 10 minutes of sunlight/day (w/o sunscreen if you have no history of skin cancer.)
Vitamin K	Essential for normal blood clotting	Green leafy vegetables, cereal, blackberries
Vitamins B1, B2, B3, & B12	Appetite & digestion, prevents fatigue, skin health, prevents pernicious anemia	Chicken, fish, meat, eggs, whole-grain cereals, potatoes, shellfish, sardines, salmon
Vitamin C	Bone, gums/teeth & blood vessel health	Citrus fruits, green vegetables, tomatoes, berries
Fiber	Regular elimination, cholesterol-reducing	Figs, apples, cabbage, whole grains, apricots
Calcium	Bone Strength and nerve function	Milk products, dark green vegetables, shellfish
Iron	Prevents anemia; Sufficient energy & Oxygen	Dark leafy greens (spinach, Romaine lettuce), lean red meat, shrimp, oysters, beans

SUNSHINE & SKIN/EYE HEALTH

Some sunlight is beneficial in providing our bodies with Vitamin D, but too much UV radiation in sunlight can lead to sunburn, wrinkles, and even skin cancers. If you've had your 10 minutes in the sun each day, you'll want to slather on some sunscreen to protect your skin. The suggested SPF (Sun Protection Factor) guidelines are:

- **Sunburns minimally:** SPFs of 2 to less than 12 (minimal protection)
- **Sunburns easily:** SPFs of 12 to less than 30 (moderate protection)
- **highly sensitive to sunburn:** SPFs of 30 or greater (high protection).

Be sure to wear **UV-protective sunglasses**, too, to protect your eyes from cataracts and other UV-related eye damage.

Students' Thank You

By Madhuri Saligrama

Dear Health Mentors,

Thank you. You may not know the impact you've had on our young minds, but it is great. For all of us, you were our first "patients." You allowed us to practice asking awkward questions without feeling silly. You allowed us into your lives to share personal, and sometimes painful, stories. Most importantly, though, you allowed us to "play" health care professional so that we could learn what works and what doesn't in the real world. We got a chance to delve into your lives – those living with a chronic illness or physical disability – and by doing so, I believe we gained insight that will forever impact how we treat our future patients. After participating in this program for 2 years, I will truly miss the visits with my mentor (hi, Mr. Novielli!), but will forever remember our talks and the lessons learned from those visits. We were very happy to celebrate all of our mentors at the End of Year 1 and 2 Celebrations. Student speaker Abida Hasan couldn't have put it better when she said, "In the end, it turns out that you [our mentors], who represent our future patients, are our best teachers." From all of us students, we hope you do realize that you've impacted our lives and opened our eyes to a new view of medicine – one that respects and views the patient as a whole, and one that works in synchrony among all types of healthcare professionals. We hope that you will continue with the program and share your insight with future students at Jefferson so that they may have the same advantage.

Sincerely,

Your Students



Health Mentors Faculty Advisors

Dr. Nethra Ankam

Rehab Medicine

Reena Antony

JCIPE

Dr. Christine Arenson

JCIPE

Dr. Cecelia Borden

Nursing

Dr. Laurie Collins

Faculty Course Director

Dr. Kenneth Covellmann

Couple & Family Therapy

Leigh Ann Hewston

Physical Therapy

Dr. Christine Jerpak

Medicine

Dr. Stephen Kern

Occupational Therapy

Dr. Marcia Levinson

Physical Therapy

Dr. Carol Reife

Medicine

Dr. Molly Rose

JCIPE

Kathryn Shaffer

Nursing

Dr. Rob Simmons

Public Health

Dr. Elena Umland

Pharmacy

Dr. Shelley Wallock

Occupational Therapy

Dr. Julia Ward

Nursing

**Thank you to
Madhuri Saligrama, Kanani Titchen & Bob Sorokanich, Newsletter Editors**

Health Mentors Contact Information

Reena Antony, MPH Phone: 215-955-8601

Email: Reena.Antony@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