

Health Mentors Newsletter

VOLUME 5 - ISSUE 1

DECEMBER 2011

Inside This Issue...

Healthy Eating and Healthy Moving	2
Fall Student Reflections	3
Upcoming Modules	3
Health Mentors Speak Out	4
Student Newsletter Editor Team	4



Health Mentor Mr. Drummond with a team of students

Dear Health Mentors,

There's no time like fall to get back into school mode and you certainly helped us students to do just that!

Year One students were nervous yet excited to meet their Health Mentors for the very first time. They interviewed their mentors about a broad range of their health history. This included medical, family, and social aspects, as well as

questions dealing with the Health Mentor's daily routine, interests, and values.

The Year Two students participated in their third meeting with their Health Mentor, and this time, it was pretty personal. Students visited their mentors' home or workplace (or met them on the Jefferson Campus) to ask about safety concerns. I hope you heard some great ideas from your students on preventing falls and other dangers that can be minimized with just a few quick changes.

I'd like to extend a thanks to each and every one of you for participating in the Health Mentors program. It means so much to us as students to hear your personal stories, unique health histories, and even to invite us into your homes. I also want to thank my Health Mentor, Richard, for welcoming us with not only a smile but a plate of cookies as well!

Stay warm this fall and happy holidays,

L. Brass, Nursing

Do you know someone who would make a great Health Mentor?

Connect with us! We have a variety of Health Mentors from all different backgrounds who are at least 18 years of age and are living with a chronic condition or impairments (high blood pressure, asthma, arthritis, heart disease, multiple sclerosis, blindness etc.). Please have interested individuals contact Sokha Koeuth by phone (215-955-3757) email (sokha.koeuth@jefferson.edu) or visit our website at <http://jeffline.jefferson.edu/jcipe/hmp/>.

Healthy Eating and Healthy Moving

By A. Modi, Medicine
Y. Park, Medicine

When the winter rolls in and the snow blowers roll out, many are content to trade their running shoes for a cup of hot chocolate and a cozy seat by the fireside. Yet, even though physical activity may not be particularly enjoyable indoors, continuing to include



Photo: Micha011, flickr.com

exercise into your routine is especially important during the holiday season.

According to the United States Center for Disease Control and Prevention (CDC), adults greatly benefit from at least 2.5 hours of physical activity each week; children over 6 years of age are encouraged to exercise for an hour each day. Going for your daily jog through a couple feet of snow may not be feasible, but exercises

such as shoveling snow, running on a treadmill, or swimming could still provide you with a healthy dose of moderate-intensity aerobic activity. The CDC also recommends muscle-strengthening activities for two days a week, including using weights or resistance bands. Recent studies demonstrate that exercise both protects and enhances your immunity, so you will be able to fend off colds and flu's that are particularly concerning during the long winter months.

Alongside healthy moving, healthy eating habits should be continued through the holiday season. Even the young and able-bodied are not completely free of the risks that overeating can impose on their health. Studies show that people tend to eat more when offered more (and generally do not notice the difference between their serving sizes and correct portion sizes). The CDC warns us to be

aware of portion size pitfalls and control our servings especially when eating out. With parties and feasts planned throughout the winter, overeating can happen just as easily when eating in. Strategies to maintain healthy eating behaviors and prevent overeating include chewing food slower, breaking meals into smaller segments, and avoiding eating foods straight from their packages. Consuming lots of fruits and vegetables and minimizing sugar, salt, and extra sauces in your dishes may also help lower the calorie portion of your meals. As tempting as that extra slice of pie may be, coupling physical activity with healthy eating could help maintain excellent health throughout the winter and prevent immunity- and obesity-related diseases in the long term.

Fall Student Reflections

By P. Bloch, Medicine

The student teams that participate in the Health Mentors Program come from a variety of fields: medicine, nursing, physical therapy, occupational therapy, pharmacy and couple and family therapy. I have interviewed many different students, and I have asked them what they have gotten from their Health Mentors. Here are some answers.

First, our Health Mentors provide us energy and excitement. All of Jefferson's health professional programs are stressful in their own way. We admit that we often lose sight of the reason we're studying so hard. It's all of you who remind us that our efforts will be

rewarded. We may someday work with patients who have the same or similar chronic conditions or impairments as our Health Mentors. Our Health Mentors make us excited for our future careers.

Second, our Health Mentors give us education and inspiration. While we are very lucky to have such an established and technologically advanced healthcare, there are many problems that need to be fixed by the future generation of healthcare professionals. We do not learn about such issues from our curriculums- we learn about them through our Health Mentors. And we don't just learn about such issues, we get inspiration from our Health Mentors to help fix them so that future generations can benefit from a better health system. On a separate note, every student I interviewed wanted to say thanks to the Health Mentors for taking the time to teach, energize, and inspire us. Thank you very much!



Health Mentor Ms. Moul with a team of students

Upcoming Modules

Year One Spring Module 2: Preparing a Wellness Plan

For this module, students will come prepared to ask you questions about wellness, in areas ranging from physical health to intellectual wellness to spirituality. With your input, your team will develop a personalized Wellness Plan.

Year Two Spring Module 4: Self Management Support and Health Behavior Change

For this module, students will ask you questions about your health behaviors and past experiences with behavior change. Please feel free to share any changes you have maintained or want to change relating to a healthy lifestyle. With this information, your team will complete Self Management Support Plan. This will be the last interactive module with your team but you can mentor a new team for Fall 2012.

Straight From Our Health Mentors...

Interviews by C. Wang, Occupational Therapy

Question: How do you feel about participating in the Health Mentors Program?

“You are able to express yourself in a comfortable setting of a group of students that are interested in what your experiences [are], good or bad, and they can ask questions about them. That I am able to volunteer freely and knowing I can give to the students’ experiences of myself that will be a helpful foundation for their future.”

“I enjoy the energy of my young team, and watching them figure out how to work together as a team. I have been pleased that our encounters feel like more than just another assignment – that we all have something to teach one another.”

“Being a Health Mentor is a form of consciousness-raising about my relatively rare disease, so that a few of our rising generation of healthcare providers will know more about it. Being a Health Mentor is one of the few things I can do to produce some positive value out of chronic illness. It’s also a way for me to ‘give back’ for some of the terrific care I have received.”

Question: Will you participate again?

“Absolutely!”

“I will, without a doubt.”

“Yes, for as long as I’m able.”

Student Newsletter Team

Paul Bloch, Medicine; Lisa Brass, Nursing; Crystal Edwards, Nursing; Andi Frankenburger, Medicine; Jeffrey Meeks, Pharmacy; Anita Modi, Medicine; You Na Park, Medicine; Nora Rahmani, Medicine; Tracy Smith, Nursing; Connie Wang, Occupational Therapy.