

# Health Mentor Newsletter



## Dear Health Mentors,

### INSIDE THIS ISSUE:

YOGA FOR EVERYBODY	2
WHAT OUR STUDENTS SAY	3
HEALTH MENTORS RECRUITMENT	4
WHAT OUR MENTORS SAY	3
UPCOMING MODULES	4

*"Always the  
breath. Deep  
long slow inhales  
and exhales  
through the  
nose. For every  
BODY!"  
Hudson Leick*

Thanks to you, this academic year is off to an incredible start! Working with you and learning about your experiences is helping us develop an understanding of person-centered, collaborative care that will serve as the foundation of our future careers. We truly cannot thank you enough for donating your time and energy to this program!

This fall, first-year students met with their Health Mentors for the first time. For Module 1, they worked together to complete a comprehensive life and health history. Students not only learned about their Health Mentors' lives and conditions but also about the unique perspective students from each discipline could contribute to the task. For Module 3, second-year students had the exciting opportunity to visit their Health Mentors' homes and perform a safety evaluation. The students were able to give safety advice to their Health Mentor and formulate an individualized safety plan. This was a valuable learning experience for students and Health Mentors alike. We are very grateful for your hospitality!

Thank you again for your enthusiastic participation and generosity. We are looking forward to meeting with you again in spring 2014. Until then, we hope you have a safe, healthy, and happy holiday season!

Best Wishes,

Chelsea Gorman, Nursing Student

And the rest of the Newsletter Editor Team: Kathleen Tzan, Medicine; Kristina Toussaint, Occupational Therapy; Adira Riben, Occupational Therapy; Rachel Lehman, Nursing; Leah Mohler, Occupational Therapy; Becka Livesay, Nursing; Gabrielle Littrean, Nursing; David Halpern, Medicine; Michelle Gorman, Occupational Therapy; Amanda Cronister, Nursing; Sarah Capponi, Medicine.

## YOGA FOR EVERY BODY

By: Amanda Cronister

Yoga is a wonderful way to increase strength, flexibility and stamina. It is variable enough to be both gentle and challenging. Everyone at every level of fitness and activity can benefit in mind and body from a simple yoga routine. Below, you can find a basic spine-focused yoga routine adapted for both those with full range of motion, and those who may be chair-bound.

Hold each position for a count of ten or as long as you can tolerate it, then slowly return to your center position. If you stretch to the right, you must do the same stretch to the left (if you can). Never stretch far enough to cause pain or discomfort. If you have trouble with these postures, you can adapt them further to your own level of movement. Even if all you can do is move one arm, you can practice yoga. Don't forget to breathe deeply and fully throughout your poses!

Namaste.

### Standing (Center)

- Stand feet hip width apart, toes curled into floor, hands together in front of the heart.
- Bring the hands out to the sides, then up and over the head. Reach your hands back, stretching your spine.
- Place one hand on your hip, then bring the other up and over your head, stretching over to the side.
- Bring your arms out to the sides. Bend forward at the waist placing your hands on or behind your knees.



### Chair (Center)

- Sit with your back straight, hands together in front of the heart
- Arms up over your head, slowly lean back.
- Put one hand either on your hip, the arm of your chair, or in your lap.
- Reach the other as far over your head as you can reach to the side.
- Reach your arms out in front of you, and bring your head down as close to your knees as you can.
- Place both hands on one arm of your chair, gently twisting to that side.



## A STUDENT'S PERSPECTIVE



By: Kristina Toussaint

Amidst our other responsibilities, students in the occupational therapy, physical therapy, medicine, nursing, pharmacy, and couples and family therapy programs also participate in the Health Mentors Program. Judging from the discussions I have had with my peers following our first meetings with our health mentors this fall, this experience has proven to be one of the most rewarding experiences we have engaged in yet! Personally, my group was filled with a mix of anxiety, excitement, and curiosity about our own meeting with our health mentor. Would we be able explain our roles clearly? Would we ask all the questions we needed to ask our mentor? Would our Health Mentor like us? But as soon as we spotted the name tag of our assigned Health Mentor and glanced at the kind face to which it belonged, all of our anxieties melted away.

The meeting was a growing experience for all of us. It put a face and a story to all of the conditions, treatments, and medications each discipline had been studying feverishly. Rather than reading a case study about someone intangible and distant, we were given the opportunity to interact with and learn from a real person. We heard about healthcare from their perspective, and learned how they are living with their circumstances day by day. Our interactions brought countless things that we discuss in class to life right before our eyes. Plus, we now have the added bonus of interacting with people who are not just patients with conditions we can observe; instead, our mentors want to help us learn and aid us on our path towards clinical success. They all chose to support us, and we cannot thank them enough for the inspiration they have given us all on our long road.

We all will carry the health mentors experience with us throughout our schooling, clinical work, and future careers. Through discussions with my peers across Jefferson, it is clear that the experience of meeting our Health Mentor has left an unchangeable mark on all of us. We all are eagerly looking forward to our next encounters with our incredible mentors.



## SPREAD THE WORD AND STAY CONNECTED!

If you know anyone who enjoys sharing their personal health experiences, please ask him/her to 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 chronic conditions or impairments (high blood pressure, asthma, arthritis, heart disease, multiple sclerosis, blindness etc.). If you know someone who is interested in learning more about the Health Mentors Program, please have him/her contact Sokha Koeuth by phone at 215-955-3757 or by email a sokha.koeuth@jefferson.edu or visit <http://jeffline.jefferson.edu/jcipe/hmp/>.

## WHAT OUR HEALTH MENTORS LOVE ABOUT JEFFERSON

By David Halpern, Medical Student

"I think it's a fantastic program because [...] this is teaching you to listen to the patient, as well as giving you an understanding of the interrelationship between all the different groups in medicine. It gives you an understanding of the whole compliment of the medical field that goes in to helping the patient."

-Mrs. Iglesias

"I would just like to express my thanks to you and the Health Mentors Program for the well-organized program that you have presented. Hats off to Jefferson for doing this! As a retired health care worker (RN) I know how important it is for all health care providers to work together to establish a goal and care plan for a patient. I have enjoyed working with the team. They were all so professional and mature, and most of all they had great listening skills. They were wonderful and are such an asset to Jefferson Health Care.

- Ms. Mallon

"I have enjoyed working with the student (teams) for over five years and have learned to help them and myself with the interactions of what this program is all about."

-Mr. Jackson

## UPCOMING MODULES FOR THE SPRING

### **Year One 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 a Self Management Support Plan.