

Summer's Coming

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Health Mentors Newsletter

Dear Health Mentors,

As this school year draws to a close, we want to thank you once again for your generosity of mind, body, and spirit. The time that we spend with you teaches us not only how to work as a team with our peers but also how to work in partnership with our future patients and clients. By taking time out of your busy lives to be a part of this program, you are truly helping to shape the future of healthcare.

This spring, first-year students worked with their Health Mentors to evaluate different dimensions of wellness and to create a plan that would promote healthy living. By taking a holistic look at wellness, students helped their Mentors identify personal barriers and facilitators to achieving their goals. Second year students met with their Health Mentors to complete their final module. They worked together to identify behaviors that Mentors could change to improve their health and developed goals to implement that change. Students and Mentors alike completed the two-year program with a mutual appreciation and respect for the skills and insights that each individual contributes to the healthcare team.

We hope that you have a wonderful, active, and healthy summer! We look forward to meeting with you again in the fall.

Best Wishes,

Chelsea Gorman, Nursing Student

And the rest of the Newsletter Team: Kathleen Tzan, Medicine; Kristina Tousaint, Occupational Therapy; Adira Riben, OT; Rachel Lehman, Nursing; Wendy Varner, Nursing; Leah Mohler, OT; Becka Livesay, Nursing; David Halpern, Medicine; Michelle Gorman, OT; Amanda Chronister, Nursing; Sarah Capponi, Medicine.

Inside this issue:

Fun in the Sun 2

Words from Our Mentors 2

Words from Our Students 2

Health Mentors Recruitment 3

Upcoming Modules 4

79.8% of employers look for the **ability to work in a team** on a candidate's resume

*According to the National Association of Colleges & Employers Job Outlook 2012 Survey

Fun in the Sun!!

Amanda Chronister

The winter that wouldn't die has finally ended! The sun is shining, the air is warm, and the world is coming alive again right before our eyes. Why not step out into it and get some exercise at the same time? Here are some free or low-cost options around the city to get you started.

Did you know that many Medicare plans offer free fitness services through Silver-Sneakers or Silver&Fit? These programs offer you membership at participating gyms. Visit www.silversneakers.com or www.silverandfit.com for more information, or contact your Medicare provider to find out if you are eligible.

Sankhya Yoga offers low-cost classes at \$7 each, as well as nutrition workshops. You can find more information at www.sankhyayoga.com or by calling (646) 671-5375. They are currently located at 700 North 3rd Street, but they will be moving this summer, so be sure to check their website or call them about upcoming classes and location.



The Carousel House is a great resource for those with disabilities. There is a pool, sports and other activities available, as well as a computer lab, dances, bingo and more. Just \$15 and physician approval will get you a year's access to the exercise room, and many more events are provided for a nominal fee. Their summer wheelchair basketball league starts in May, so hurry if you want to take part. More information can be found at www.carouselhousepa.com or by calling (215) 685-0160.

If you just want to get out and enjoy the fresh air, many parks around our city offer wheelchair accessibility. The Race Street Pier (Columbus Blvd. & Race Street) has paved trails for walking, rolling or riding, plus a beautiful view of the Delaware River Waterfront. Franklin Square (6th and Race Streets) boasts mini-golf, a carousel, food by Square Burger, and a storytelling bench in the summer. Don't miss the fountain lights at night! Don't miss the chance to hear some free music this summer at Cedar Park (50th and Baltimore) for Friday Night Jazz from 6-8pm. And who can forget to mention the Fairmount Park system (1 Boathouse Row)? Comprised of about 9,000 acres, and including the Philadelphia Zoo and Boathouse Row, there's always something to do, year round.

Did you know that Philadelphia is one of the 10 best cities in the US for parks? Come find out why! Get out there, work up a sweat, and enjoy our beautiful city. Don't forget your SPF 35 if you're in the sun, and remember to stay hydrated in the heat and while exercising. Stay safe, have fun this summer, and we hope to see you in the fall.

My Health Mentor told me...

David Halpern

"Everybody has a story. You remember that when dealing with patients, and you will remember me. Everybody has a story."—Anonymous Mentor

"We shared nice conversations regarding my health, home, and safety issues as well as my eating habits. They come to hear and understand why I come in to the program and the hospital, and I give the information about me and my past history and my new improvement. I like talking to them, and that is why I enjoy coming the most. I just saw a different team and am looking forward to when I can meet them or another group." —Mr. Clyde Bradley

"I have seen with other cohorts and groups the growth as a team where at the beginning each person says this is my territory, and then slowly people start to do cross-questioning. I think that for real life this lets someone understand that this [Medicine] is not just a one-man operation. The physicians all prescribe and depend on the patient to integrate everything, when really the other way around is needed." —Mrs. A.M. Iglesias

And After Graduation, I got a job!!

My ability to care for patients as a Registered Nurse at New York-Presbyterian Hospital is directly related to how cohesively our team of care providers works together. NYP is a healthcare system that places teamwork and collaboration among its core values, and its interview process strongly emphasized the ability of applicants to be valuable and effective team members. Having participated in Jefferson's Interprofessional Education as part of the FACT nursing program curriculum, I brought a lot of practical experience to the table. IPE activities provide students with the opportunity to discover their role within the multidisciplinary healthcare team and to practice new communication techniques with other health professionals in a variety of safe, simulated patient care situations. By interacting with students of other disciplines in IPE experiences, I gained an understanding of the roles and responsibilities of other healthcare professionals and felt a sense of camaraderie having successfully tackled a clinical issue together. These experiences were vital preparation for the challenges that I face as a RN on NYP's telemetry unit, where understanding how the healthcare team functions is critical to providing the best possible care to every patient. —Katrina Mannsman, RN, Class of 2013

How to Join the Health Mentors... Program....

Tell your Friends!!

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 Sarah Dallas: 215-955-8601; sarah.dallas@jefferson.edu; or visit http://www.jefferson.edu/university/interprofessional_education/programs/health_mentors_program.html

**To be continued in the next
episode....**

Upcoming Modules for the Fall

Year One Module #1: "Obtaining a Comprehensive Life and Health History"

For this module, students will come prepared to ask you questions about your life and health history. This will include past medical, family and social history about your daily routine, hobbies and values. This meeting will take place on Jefferson's campus and will be scheduled for October by the Health Mentors program staff members.

Year Two Module #3: "Assessing Patient Safety"

For this module, students will focus on safety in the home. Students will have a safety checklist and will ask you questions about general safety in your home, including your kitchen, bedrooms, stairways, etc. This meeting can take place at your home, in a community space, on Jefferson's campus or wherever is most comfortable for you. This meeting will be scheduled by your student team liaison in the month of October.