

Annual Report FY 2019

Maryland Area Health Education Center West

THE MISSION OF AHEC WEST:

Improving access to and promoting quality in healthcare through education and collaboration

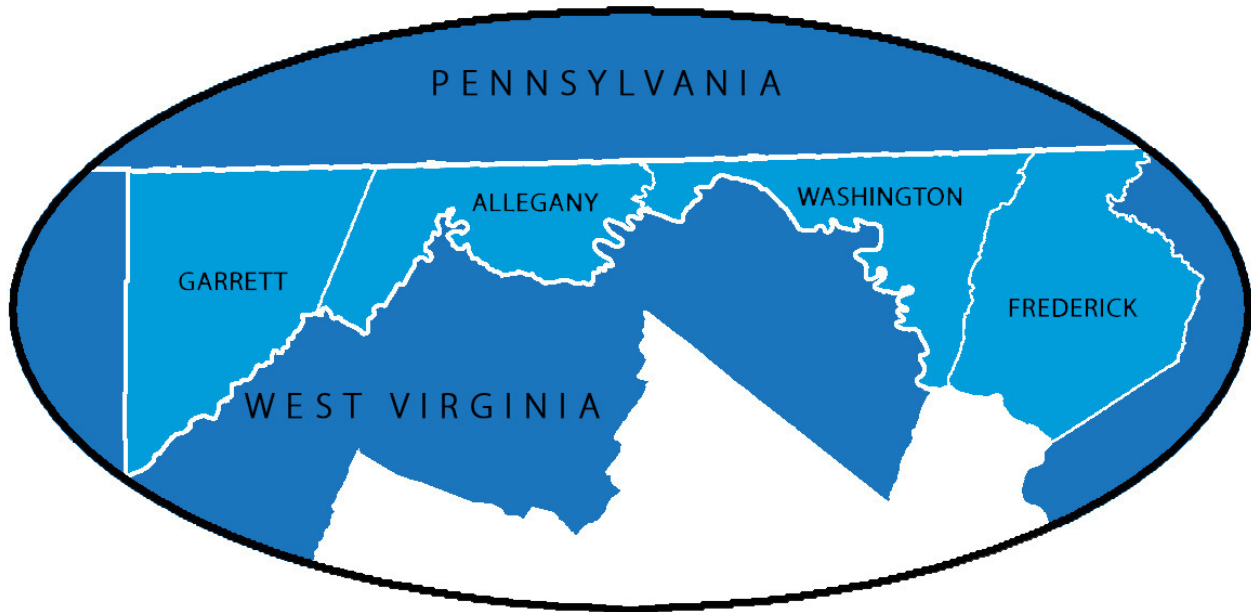


TABLE OF CONTENTS

Board Chair and Executive Director Letter	3
Exploring Careers in Health Occupations	4
Clinical Education	5
Geriatric Programs.....	6, 7
HPV Project/Continuing Education	8
Mountain Health Alliance	9
Western Md. Health Insurance Connector	10
Stretching To EmPower (STEP)	11
Health Right	12
Staff.....	13
Strategic Plan	14
Photos: AHEC West through the year	15
Board of Directors/Funding Highlights	16
Balance Sheet	17

Cover Photos (from top)

- AHEC West staff worked with the Allegany County Health Department and other partner agencies to develop the new *AlleganySpeaks* interactive community-health web site.
- Mountain Health Alliance staff helped plan and conduct the 2018 Western Maryland Mission of Mercy free dental clinic.
- “STEP High School” at Fort Hill High
- ECHO students work with syringes
- National Boss’ Day poster proclaims Susan as “Extra” generous, wonderful, collaborative, and respectful, among other valued attributes.
- Smiling staff-sunflowers at Fall Fun Day
- Jacklyn McGrath, Primary Care Track student, UMSOM, second from left, with Matthew Hahn, MD, of River Bend Family Medicine in Hancock, and River Bend office staff
- Jen collected more than 1,000 stuffed animals as part of a drive to provide them to children caught up in opioid-overdose or other emergency situations.
- A poster from the strategic plan update identifies AHEC West’s core values of Excellence, Innovation, and Collaboration.
- AHEC West staff at the Day of Caring and Sharing cleanup effort in Cumberland

LETTER FROM THE BOARD CHAIR AND EXECUTIVE DIRECTOR



JOE HOFFMAN
Chair, Board of Directors



SUSAN K. STEWART
Executive Director

FY 2019 a year of change, strategic planning

For AHEC West, Fiscal Year 2019 proved to be a year of change, strategic planning, staff turnover, and implementation of new programs and services. As AHEC West transforms into an organization featuring commitment to public engagement, we recognize the challenges of change and growth. But we also welcome the opportunities to engage our service area and fill gaps in services. So this year was the perfect time to take a deep dive into strategic planning, which we began in March. The process included surveys and interviews with board members, staff, and community partners from three counties. We conducted a preplanning staff workshop and a half-day strategic planning retreat with the board and staff. This process was quite productive and yielded rich information upon which to inform and build our new strategic plan.

We also continued to seek new avenues of expanded community presence serving as a “behind the scenes” catalyst for the development of unique partnerships. These partnerships are critical to serve the interprofessional education needs of area health professionals. But, of greater importance, they serve to address regional problems facing our community including high rates of poverty, chronic disease, and drug misuse.

Susan K. Stewart, Executive Director

It is our pleasure to celebrate the fiscal year and thank our community partners, Board of Directors, and Executive Director Susan Stewart and her outstanding staff for pursuing healthcare initiatives that benefit the communities with whom we engage. We are committed to encourage and promote partnerships and programs in which we will all take pride. And we look forward to maintaining and strengthening current programs as well as developing new and innovative ones.

Joe Hoffman, PhD, Board Chair

Sincerely,

Joe Hoffman

Joe Hoffman

Susan K. Stewart

Susan K. Stewart

EXPLORING CAREERS IN HEALTH OCCUPATIONS



Melissa Clark
Associate Director/
Program Coordinator



AHEC West's signature health careers pipeline program this year celebrated 14 years of nurturing students' interest in becoming health professionals.

Students from rural Maryland, Pennsylvania and West Virginia were exposed to job opportunities in the health field through the ECHO Program throughout the year, including the Summer ECHO Program. Students from seven counties and three states participated.

The highly interactive, week-long residential summer program provides high school students with a variety of learning opportunities through presentations, tours, job shadowing and hands-on learning. The two-week summer program included ECHO 101 and ECHO 201.

ECHO 101 exposes students to nearly 100 careers in health. Partner sites include University of Maryland



The weeklong summer ECHO 101 and 102 programs feature trips to regional healthcare facilities and universities throughout the region, including Garrett Regional Medical Center in Oakland.



ECHO participants take part in hands-on activities to help them gauge their interest in various aspects of the healthcare field, including this bloodwork simulation.

School of Medicine, Western Maryland Health System, Garrett Regional Medical Center, Garrett College, Allegany College of Maryland, and Allegany and Garrett County Health Departments, among many others. Students also learn about college entrance expectations, financial aid opportunities and resume writing skills. They become Stop the Bleed certified and learn basic health care skills.

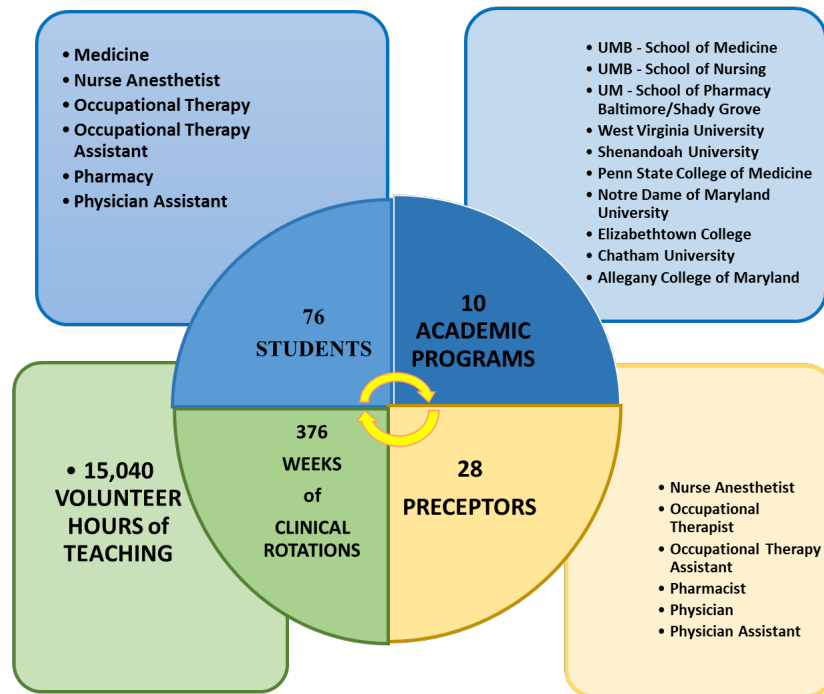
ECHO 201 builds on the ECHO 101 experience by immersing students in hands-on activities related to their chosen disciplines. This year's program included exposure to health careers at West Virginia University, visits to the National Institutes of Health and National Library of Medicine, volunteerism at Goodwill Mennonite Services, and continued reinforcement work on college entrance exams, financial aid and resume writing skills.

Nearly 90 preceptors, providers, and partners make ECHO a successful and truly unique program that continues to grow and evolve each year.



CLINICAL EDUCATION

Terri Socha
Program Coordinator



AHEC SCHOLARS



Jacquelyn McGrath, current AHEC SCHOLAR completed Primary Care Track shadowing with Matthew Hahn, MD



AHEC SCHOLAR (Spring pilot), Shelly Northcott, Nursing, FSU (upper right) shares Interprofessional team plan with WMHS CIRU Staff, and GAIT participants representing UMB Pharmacv. UMSOM. and FSU. Social Work



Greg Loeb, UMSOM student, AHEC SCHOLARS (Fall pilot) works with Tom Chappell, MD providing medical screening at Mission of Mercy Dental Clinic.

STUDENT COMMUNITY EXPERIENCES: *Interprofessional Practice; Social Determinants of Health:*

- Dental Clinic, Allegany County Health Department: *Importance of Oral Health in patients' health*
- Children's League: Orthopedic and Maxiofacial Assessment, Physical Therapy, Speech/Language Therapy
- Interprofessional Geriatrics (GAIT) projects at rural/underserved Geriatric Care host sites
- Home visits with Early Intervention Program therapists and educators
- Home visits with AHEC West Community Health Worker
- Judy Center, School based program for elementary children and family support center.
- Meeting with Robin Summerfield, Senator Ben Cardin's representative, to share perspectives about rural health care
- Meeting with staff to learn about community services and projects at AHEC West.









Terri Socha - Program Coordinator

GAIT: Geriatric Assessment Interdisciplinary Team

- Interprofessional didactic and experiential geriatrics learning opportunity for health professions students from: **Bowie State, Coppin State, Frostburg State, Salisbury and Towson Universities, University of Maryland Baltimore and Shady Grove, University of Maryland Baltimore County, University of Maryland College Park and University of Maryland Eastern Shore.**
- Funded by a University System of Maryland Redeployment Grant to the Geriatrics and Gerontology Education and Research (GGEAR) program at University of Maryland Baltimore

Hosted by geriatric care sites in rural/underserved communities, University System of Maryland health professions students work collaboratively in interprofessional teams addressing healthcare needs of older adults.

(49) STUDENTS: Medicine, Nursing, Occupational Therapy, Pharmacy, Physical Therapy, Physician Assistant, Social Work		BEST PART....
Thursday, October 25 Maintaining Social Connections for Healthy Aging – HEARING FOR HEALTH Independent Living Homewood at Williamsport Williamsport, MD	Person-Centered Focus: Interprofessional student team interviews resident 	<ul style="list-style-type: none"> "Meeting with the residents; very insightful" "Learning more about students on interdisciplinary team"
Friday, November 30 Supporting Staying at Home: ACCURATE ASSESSMENTS critical to Effective Care in Adult Medical Day Services Diakon Adult Medical Day Services, Ravenwood Hagerstown, MD	Student teams share and discuss assessment and plan with students and staff 	<ul style="list-style-type: none"> "Interviewing the program participants and approaching the plan of care with unity" – "Group project – Very Interactive"
Wednesday, March 20 LIVING IN THE COMMUNITY WITH DIGNITY AND PURPOSE DAYBREAK Adult Day Services Frederick, MD	 Family Caregivers share ways Daybreak Adult Day Services support caring for loved ones	<ul style="list-style-type: none"> "Discussing care plans because it made me think in a new way" "Hearing different ways team members approach goals, objectives, and understanding"
Thursday, March 28 ALL-INCLUSIVE CARE FOR OLDER ADULTS - Supporting Living in the Community ELDERPLUS, Johns Hopkins Bayview Baltimore, MD	 Student team members discuss assessments and team suggestions with ElderPlus staff	<ul style="list-style-type: none"> "Working with people from different disciplines and understanding their perspective" "Interviewing program clients as an interdisciplinary team"
April 7 and 8 PREVENTING READMISSION: Geriatric Rehab to Safe Discharge Comprehensive Inpatient Rehab Unit – WMHS, Cumberland, MD	 Student teams discuss assessment and team plan with CIRU Staff	<ul style="list-style-type: none"> "Speaking with patients as an interprofessional group" "Great team effort... great diversity of talents and ideas" "Insight into deficits – improved patient assessment skills"
June 11 and 12 COMMUNITY BASED HOSPICE CARE in a Rural Community Hospice of Garrett County Oakland/Grantsville, MD	 Students discuss team plan after "home" visits with staff	<ul style="list-style-type: none"> "Working with healthcare professionals from other disciplines" "Visiting/talking with patients" "It is an eye-opening experience"
Western Maryland GAIT FY 2019 <ul style="list-style-type: none"> Interest in pursuing employment in the area of Geriatrics has increased Interest in working in a rural/underserved area has increased Enhanced clinical skills, knowledge, cultural competency in geriatrics and rural areas Would encourage others to consider Geriatrics as the result of this project Would encourage others to consider rural/underserved practice as result of this project Would recommend GAIT to other students 		STRONGLY AGREE or AGREE 90% * 75%* 98% 92% 92% 100%
(*) Comments: "disagree" indicates no change, preference for non-geriatrics specialty or other location - NOT reflection on GAIT		

PowerPoint: <https://ahecwest.org/wp-content/uploads/2019/06/GAIT-POWERPOINT-FY19-UPDATE.pdf>

If you teach or precept University System of Maryland health professions students that would benefit from GAIT, and want to be added to listserv for FY20 GAIT opportunities, **Contact** tsocha@ahecwest.org

GGEAR Partnership

www.umaryland.edu/gerontology
Terri Socha
Program Coordinator

GGEAR, Geriatrics and Gerontology Education and Research Program

University of Maryland Baltimore, 27-year partnership www.umaryland.edu/gerontology

- INTERPROFESSIONAL OPPORTUNITIES FOR UNIVERSITY SYSTEM OF MARYLAND health professions students
- SHARING RESOURCES via email listserv and at Western Maryland community events and meetings
- COLLABORATING with local health professionals to implement high quality, affordable and accessible regional INTERPROFESSIONAL CONTINUING EDUCATION programs

October 19, 2018

LONELINESS and SOCIAL ISOLATION: Screening and Intervention – Critical for Older Adults

- ❖ Understanding Loneliness as a Complex Biopsychosocial Stressor that Requires Intervention
LAURIE THEEKE, PhD, FNP-C, GCNS, FNAP, Assoc. Professor, WVU School of Nursing
- ❖ Do you have little Interest or Pleasure in Doing Things or Feel Down or Hopeless?
Overcoming Depression and Social Isolation

SUE LACHENMAYR, MPH, CHES, State Program Coord. MD Living Well Center of Excellence – MAC, Inc.

Community Panel:

- Cynthia McCutcheon, AA/Applied Science, ADC, Frostburg Heights
- Edith Johnston, Hagerstown Parkinson's Support Group
- John Kenney, MSW, Washington County Depart. of Social Services/Aging
- Amy Olack, BSN, NHA, MSSL, CEO, WCCOA
- Facilitator: Helene Robbins, PhD, Neuropsychologist, WMHS



Laurie Theeke, PhD
S. Lachenmayr, MPH CHES
E. Johnston, BS, MS
J. Kenney, MSW
C. McCutcheon, ADC
Reba Cornman, MSW
Helene Robbins, PhD

June 7, 2019 ENDING VICTIMIZATION OF OLDER ADULTS:

Strategies & Tools for Prevention, Recognition, & Effective Intervention

- ❖ Complexities Of Elder Abuse Intervention
JACKE L. SCHROEDER, LCSW-C, Director of SAFE: Stop Abuse of Elders
- ❖ Guardianship & Its Alternatives Including Supported Decision Making
ELLEN CALLEGARY, ESQ. The Law Offices of Ellen A. Callegary, P.A.



Community Panel:

- Thomas Hunt, PhD, Staff Psychologist, Western Maryland Hospital Center
- Alva Baker, MD, Chief Medical Officer, Hospice of Washington County; Medical Staff, Meritus Health
- Donna M Fost, LCSW-C, Garrett & Allegany County Education Coord., Alzheimer's Association Greater MD Chapter
- Bradley Tritsch, JD, Chief Operating Officer, Washington County Commission on Aging, Inc.

(208) ATTENDEES: CE credits for: Nurses, Professional Counselors, Psychologists, and Social Workers

- ✓ 98% rated ORGANIZATION, CONTENT, & QUALITY of Program as Excellent or Good
- ✓ 99% increased knowledge
- ✓ 90% would implement at least one practice improvement

Co-Sponsors:

- Geriatrics and Gerontology Education and Research program, University of Maryland Baltimore
- Area Health Education Center West
- Nursing Education Department of Meritus Health
- Johns Hopkins Geriatric Workforce Enhancement Program and Allegany College of Maryland



Garrett County Health Fair



Aging Awareness at ECHO



FSU Student Health Fair

AHEC West HPV

AHEC West continues to lead national efforts to raise HPV immunization rates



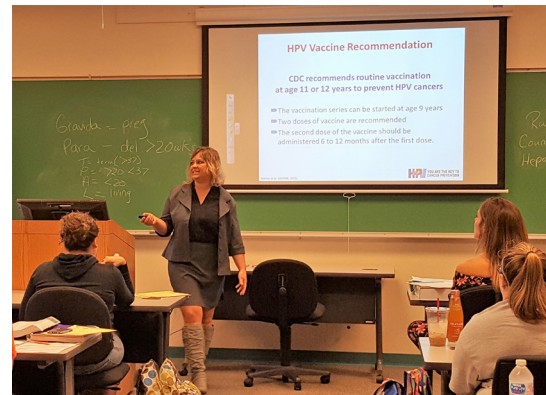
Joy Taylor
Program Coordinator

The National AHEC Organization (NAO) received funding from the Centers for Disease Control and Prevention for a project to provide education to health professionals regarding the Human Papillomavirus (HPV) vaccine. Through this cooperative agreement, NAO will strengthen HPV vaccination

recommendations and elevate awareness on HPV vaccinations and their role in cancer prevention. For Year 5 (October 1, 2018 – September 30, 2019) of this five-year project, leadership utilized four Project Specialists to focus on these core priority areas: Marketing, Partnership, Continuing Education and Integration. AHEC West Program Coordinator, Joy Taylor, was selected to be one of these four Project Specialists supporting training efforts to the thirty-six participating state entities across the country.

Program goals include:

- Provide clinician outreach and training
- Disseminate educational materials
- Increase and form strong partnerships
- Push prioritization of HPV vaccination efforts to promote cancer prevention and bolster the number of HPV vaccinations administered in the region.



Joy works with area hospitals and colleges to coordinate HPV-related training. Here, Audra Houser, FNP, is shown presenting “You Are the Key to HPV Cancer Prevention” to Allegany College of Maryland nursing students.

Outcomes for the first 10 months (October 1, 2018 – July 31, 2019) of Year 5 include 250 HPV training events conducted where 11,429 health professionals received training. Sixty percent of those presentations provided CE or CME credits. The breakdown results are 1,596 physicians and other primary care providers, 1,832 nurses, 957 oral health professionals, 322 pharmacists and 2,152 other health professions. Additionally, 670 health professionals participated in the Vaccine Safety Self-Study course and 2,081 health professionals participated in the National AHEC Organization HPV webinars and 1,819 health professions students received training, all representing a variety of disciplines. Seventy-four percent of all the attendees practice in a rural, frontier or underserved setting.

Continuing Education

AHEC West FY19 Continuing Education planning continues to focus on providing Interprofessional Education (IPE) experiences to our local health professional community, utilizing our IHEC (Interprofessional Health Education Committee) to identify training topics, speakers and venues.

IHEC will always consider requested training opportunities and continue to coordinate with our collaborative partners at the local hospitals,

health care organizations and educational institutions. During FY19, AHEC West conducted 15 IPE Continuing Education courses, providing credits to 942 health professionals.

By providing quality, diverse and affordable educational opportunities, AHEC West has assisted with the retention of health professionals in the region, as well as assisted them to improve the health care provided to the citizens of Western Maryland.

Mountain Health Alliance



Catie Wampole
Network Director



Community Health Workers



Dorian
Birkholz



Mindy
Bradshaw



Katie
Marvin



Jade
Kenney

Mountain Health Alliance (MHA) is a regional network dedicated to increasing access to affordable, comprehensive, quality healthcare for all. Members include health departments, hospitals, Federally Qualified Health Centers, non-profit organizations, and healthcare providers in the Tri-State region.

Featured prominently in the program are Community Health Workers (CHWs). Our CHWs help low-income adults improve their access to care by connecting them to a primary-care or dental home. CHWs also work to help link clients to community resources they need to maintain independence and improve outcomes.

While much of our work focused on oral health, MHA also addresses chronic disease, behavioral health and recovery. Through workshops and community education sessions, we are able to provide information on chronic disease self-management, building a recovery community and dental care.

MHA took a lead role in planning the October 2018 Western Maryland Mission of Mercy free dental clinic. CHWs also worked with patients at the event.



MHA staff, with an assist from Terri Socha, attended the spring Garrett County Health Fair.

In addition to these CHW services, AHEC West was one of the lead agencies planning the 2018 Western Maryland Mission of Mercy. Catie Wampole, Network Director, co-chaired the planning committee and the CHWs helped to connect individuals at the clinic with additional resources and follow-up care.

FY 2019 MHA Activity

Non-Clinical Extenders trained: 22

Oral Health:

Provided Oral Health Education: 146

190 Referrals:

Allegany: 93

Garrett: 7

Washington: 83

Mineral: 12

Unknown: 3

Dentures, partials, or treatment: 52

Total Value of Services Provided: \$106,811.40

Total Billed: \$32,189.19

Total Donated: \$74,622.21

Behavioral Health:

New referrals: 21

Chronic Disease Education: 55

Lay Leaders trained: 9

Self-Management Workshops: 23

Recovery:

Total number of referrals- 48

Garrett- 4

Allegany- 17

Washington- 27

Total enrolled- 15

Outreach/Education: 102

Western Maryland Health Insurance Connector



David Stewart
Program Director

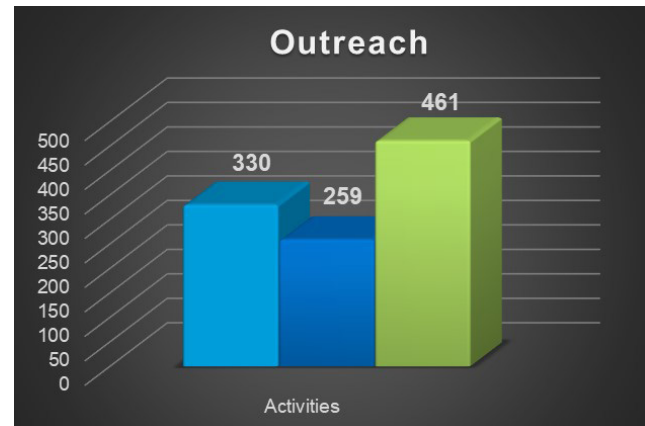


In its third year, the Connector program continued to grow its reach into the community. Enrollments increased 21% in the region over the previous year. AHEC continued to rely on robust grassroots outreach efforts across the region and a significant investment in radio, print and digital advertising.

AHEC successfully competed for the Connector grant and will continue the program through FY 2022.

2019 marked a year with more and deeper interactions with our partners. The Connector Program attended multiple events with one of or more of its partners. We shared events with the Allegany County Health Department, Western Maryland Health System, The BEACON House, and Healthy Washington County.

Four Navigators -- Allyson Wallace, Carol Morgan and Clark Lanthier from AHEC along with Doreen Mellott of Tri-State Community Health Center -- successfully



completed the Community Health Worker training.

Looking over the past 3 years shows the number of appointments has risen each year and our annual incoming call volume is over 9,000.

Outreach is also increasing. When tracking all outreach activities, 2019 saw Connector staff performing 461 activities which consist of events, meetings and presentations.

Lastly, AHEC retired the name, "Western Maryland Health Insurance Connector." The program is now known as the AHEC West Health Insurance Program. All business cards, marketing and outreach materials now reflect this change.



STEP: Stretching To EmPower



Jen Thomas
Program Coordinator

The program:

Stretching To EmPower (STEP) is a cutting-edge program of AHEC West in Allegany County, MD to educate, motivate and strengthen women, arming them intellectually, psychologically and physically against the risks and ravages of opioid misuse. The program begins with informative and useful wellness education provided by a certified health and wellness coach to strengthen the mind. Sixty minutes of calming and restorative yoga follows, instructed by a trauma-informed yoga teacher. Mind-Body skills are interwoven to improve and strengthen overall physical, mental, and emotional wellness.

In 2019, STEP witnessed extraordinary growth and expansion, moving beyond the public housing sector into all of our small communities to have an even greater impact in our hard hit county. Additionally, with funding received from AETNA Better Health of Maryland, we were able to expand the program to Fort Hill High School to serve grades 9-12.

During this fiscal year we had 165 participants enroll in the STEP program and a total of 638 encounters. The number of lives touched becomes even more significant when you look at those reached indirectly through educational presentations, health fairs, and other stand-alone events, with the number totaling 1,176.

Jen took STEP to the Country Club Mall in LaVale for a community yoga event



STEP at Fort Hill High School

FY2019 Highlights:

- Stretching for Strength was a brand-new opportunity for STEP participants to stay engaged, healthy and connected in between yoga sessions.
- STEP launched a beautiful dedicated website with a wellness blog.
- STEP was present at each and every event associated with the Resilience Project with the Allegany Arts Council, which was comprised of an art exhibit that focused on ending the stigma surrounding mental health and substance use disorders.
- STEP was featured in the fall 2018 Hopkins Bloomberg Public Health magazine's cover story "Our Town – The Opioid Epidemic Hits Home in Rural America" and was also featured in Allegany Magazine, March 2019 edition, and in Health Quality Innovators quarterly e-publication.
- Mindfulness to reduce stress and anxiety was a popular topic of presentation this year! Jen presented at Cresaptown Elementary School, the downtown YMCA, FSU Burg Peer Networks Leaders, Bishop Walsh and Allegany High School health classes, the Jefferson School, BACHS Healthcare clients, Maryland Nurses Association District 1 annual dinner, middle school afterschool program participants, and John Humbird's wellness fair.

FY2019 Trainings:

Chronic Disease Self-Management Program; Diabetes Self-Management Program, The Center for Mind Body Medicine Advanced training, and Understanding Cultural Competency & Its Importance in Appalachia.

Program Partners:

Allegany College of Maryland, Cumberland Housing Authority, Frostburg Housing Authority, Tri-State Community Health Center, Allegany County Sheriff's Department, Cumberland & Frostburg City Police Departments, and Health Quality Innovators

Funding Source:

Office on Women's Health grant# ASTWH 170067-01-00

Health Right



Jan Chippendale
Program Coordinator/Case Manager

Health Right
A program of AHEC West



The Health Right Dental Access Program completed its first full year as a program of AHEC West in FY 19. The program enables low income adults experiencing dental pain or infection to receive treatment. In FY19, 410 people were enrolled and referred for dental treatment.

The practitioners who work with the program discount the fees for patients referred by Health Right, and the remaining charges are paid with grant funding at no cost to the patient. AHEC West and those we serve are fortunate to have the support of the Allegany and Garrett County Health Department Dental Clinics, Hyndman Area Health Center, and a number of private dental practices in addressing the oral health needs of those unable to otherwise access needed treatment.

The Health Right Program and AHEC West's Mountain Health Alliance, which administers the Denture Program, work in partnership to address dental needs and conduct outreach in the community for oral health education. Our oral health staff participate in multiple health fairs and other outreach events throughout the year.

In May 2019 Health Right was awarded a grant from the Maryland Community Health Resources Commission to address the oral health needs of those in recovery from an addiction in the three westernmost Maryland counties. This grant brings together elements of dental case management through Health Right, coordination with MHA for accessing denture services, and Community Health Worker support for grant participants. We will be working with agencies and treatment centers across Western Maryland that are providing addictions recovery services and are referring clients to AHEC West for dental treatment.

Services in FY19 were funded by grants from the following: County United Way, Delta Dental, The Harry and Jeanette Weinberg Foundation, City of Cumberland Community Development Block Grant, the Ted A. Wolfe Trust of the WMHS Foundation, the Allegany/Garrett Dental Society, and the Maryland Community Health Resources Commission.



Jan attends health fairs and other community events to promote good oral health practices and provide information on Health Right's adult dental access program



Health Right features multiple grant-based funding sources. Here, Dr. Diane D. Romaine and Dr. Frank Breitfeller of the Allegany/Garrett Dental Society present a check to Jan in support of Health Right.

STAFF

AHEC West's mission is accomplished by a group of **highly professional, dedicated** individuals who work to meet the goals and objectives of each program.



Susan Stewart
Executive Director



Melissa Clark
Associate Director



Tina Roberson
Finance Director



Emma Bauer
ECHO Program Assistant



Dorian Birkholz
Community Health Worker



Jackie Booth
Administrative Specialist



Mindy Bradshaw
Community Health Worker



Jan Chippendale
Program Coordinator



Mary Clites
Custodian



Nancy Folk
Volunteer



Nefertiti Guillaume
Program Coordinator



Cindy Hartman
HR/Finance Assistant



Amanda Heavener
Administrative Specialist



Jade Kenney
Community Health Worker



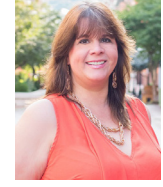
Richard Kerns
Program Coordinator



Clark Lanthier
Navigator



Henry Lee
Navigator



Christina Mackereth
Navigator



Katie Marvin
Community Health Worker



Carol Morgan
Navigator



Malissa Savage
Community Health Worker



Terri Socha
Program Coordinator



David Stewart
Program Director



Joy Taylor
Program Coordinator



Jen Thomas
Program Coordinator



Allyson Wallace
Navigator

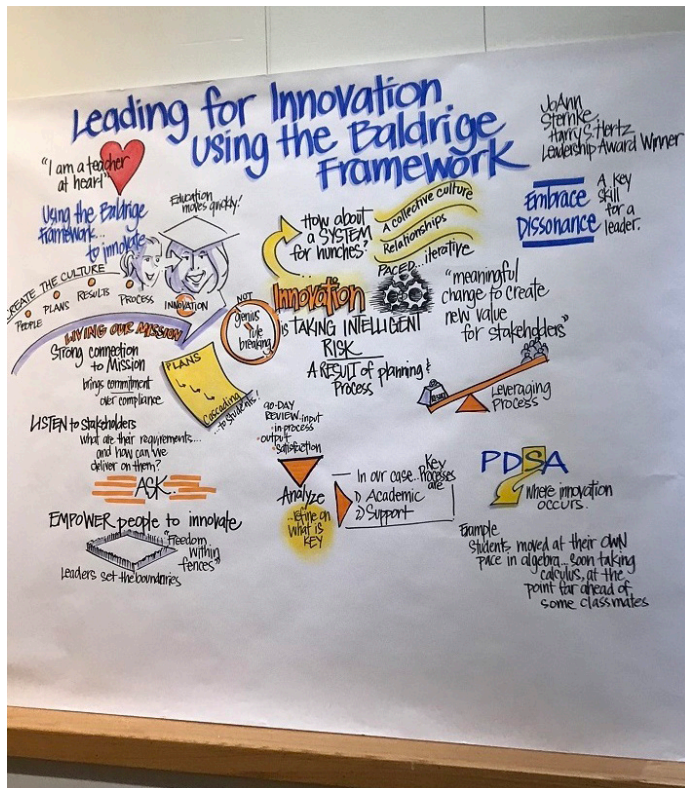


Catie Wampole
Program Coordinator

STRATEGIC PLAN

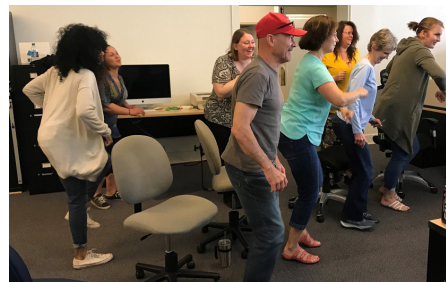
AHEC West charts course forward

After three months of pre Strategic Planning activities, staff members joined the AHEC West Board of Directors for a morning-long planning session at Allegany College of Maryland on May 10, 2019. The plan, to guide AHEC West through 2022, reinforces our mission to improve access to and promote quality in healthcare through education and collaboration. Initial work on the Strategic Plan confirmed the vision of AHEC West, that “Individuals in the communities we serve are educated, strengthened, and empowered to achieve wellness.” We have identified core values of Excellence, Innovation, and Collaboration. Staff in FY 2020 continue to develop and refine the Strategic Plan, which will be a regular subject of review for the Board as well.



AHEC West through the year...

Clockwise from right: AHEC West provides time for staff to visit the Cumberland farmers market to buy fresh fruits and vegetables; Mindy and Jan work with a family at the NAACP Health Fair; Jen leads an exercise routine at the WMHS Be Well health fair; MHA's partner agencies joined AHEC West staff for strategic planning; a GGEAR conference at Meritus Health in Hagerstown; staff gathered at Giuseppe's Restaurant in Frostburg for a Christmas dinner; Melissa joined Rep. David Trone and Garrett County health officials at the Rx Drug Abuse & Heroin Summit in Atlanta; AHEC West sponsored a session at the NAO Conference in Washington. Center: Staff get goofy at the Spring Fun Day; Jan, Susan, Catie and Dorian at a Maryland Rural Health Association event in Annapolis.



BOARD OF DIRECTORS

Chairperson: Joe Hoffman - Vice Chairperson: Carol Bass
Secretary: Cheryl Lynn Kane - Treasurer: Griffin Detrick

Carol Bass, IBCLC, RLC
Stephen Bortz
Cindy Bridges, RN, MS, MBA
Thomas Chappell, MD
Richard Colgan, MD
Kathy Condor, BA
Griffin Detrick, CPA
Jennifer Glotfelty, LGSW
Y. Michelle Harman, M.Ed., NBCT
Joe Hoffman, PhD
Cheryl Lynn Kane, RN, MS
Rod MacRae, MA, MPH
Michael Motter, PsyD
Diane Romaine, DMD
Beth Smolko, MMS, PA-C

Garrett County Health Department
Garrett Regional Medical Center
Western Maryland Health System
Physician, Retired
University of Maryland School of Medicine, Department of Community and Family Medicine
Allegany College of Maryland
Archway Station, Inc.
Thomas B. Finan Center
Garrett County Board of Education
Frostburg State University
Allegany County Health Department
Washington County Health Department
VA HBPC
Dentist
Frostburg State University

FY19 Board of Directors Volunteer Hours: 54

Maryland AHEC Program University of Maryland School of Medicine

Jay Perman, MD

President, University of Maryland, Baltimore

Richard Colgan, MD

Maryland AHEC Program Director
Professor and Vice Chair of Medical Student Education and
Clinical Operations, University of Maryland School of Medicine
Department of Family and Community Medicine
Director, Maryland Area Health Education Center

E. Albert Reece, MD, PhD, MBA

Dean and Vice President for Medical Affairs,
University of Maryland School of Medicine

Leah Millstein, MD

AHEC Course Director,
Associate Residency Program Director
Director of Ambulatory Education
Director, Preliminary Program Dept. Internal Medicine

%	- FUNDING HIGHLIGHTS -	\$ Amount
33%	Maryland Health Benefit Exchange Connector Entity	595,568.00
18%	Maryland Statewide Medical Education & Training System (MSMETS)	324,000.00
17%	Mountain Health Alliance 3	300,000.00
6%	Maryland Department of Health and Mental Hygiene	101,595.00
6%	Point Of Service AHEC Funding/Supplemental.	101,239.67
5%	Stretching To EmPower (STEP)	100,000.00
3%	NAO National Training Center HPV	44,663.09
3%	Geriatric Assessment Interdisciplinary Team (GAIT) Project	42,500.00
2%	Weinberg Foundation	33,032.72
2%	Local Administrative and Program Development Fund.	31,710.00
2%	Geriatrics and Gerontology Education and Research (GGEAR)	30,000.00
1%	Community Health Resources Commission (CHRC)	26,005.06
1%	County United Way Impact	20,363.00
1%	Stand Together	19,774.98
>1%	(Additional 10 individual funding sources)	78,048.51
		1,848,500.03

BALANCE SHEET JUNE 2019

ASSETS

Current Assets

GENERAL CHECKING	116,298.76
PETTY CASH	55.00
NYL FIXED INTEREST ACCOUNT	65,829.78
MORGAN STANLEY SECURITIES	177,436.61
RBC WEALTH MANAGMENT	99,852.42
DUE FROM GRANTS	313,746.94
PREPAID RENT	5,729.88

TOTAL Current Assets 778,949.39

Fixed Assets

LEASEHOLD IMPROVEMENTS	163,479.01
FURNITURE & EQUIPMENT	152,015.48
ACCUMULATED DEPRECIATION	(129,125.08)

TOTAL Fixed Assets 186,369.41

Other Assets

DEPOSITS	525.00
----------	--------

TOTAL Other Assets 525.00

TOTAL ASSETS 965,843.80

LIABILITIES

Current Liabilities

TRADE PAYABLES	18,000.00
ACCRUED FICA	2,628.67
STATE UNEMPLOYMENT PAYABLE	21.35
ACCRUED PAYROLL	36,290.80
ACCRUED PENSION PLAN	2,903.26
AFLAC INSURANCE PAYABLE	249.80
COLONIAL LIFE INSURANCE PAYABLE	1.26
ACCRUED VACATION	16,061.38
FICA ON ACCRUED VACATION	1,228.70
REFUNDABLE ADVANCE	32,341.76
DEFERRED RENT LIABILITY	12,404.00
DEFERRED REVENUE	220.00

TOTAL Current Liabilities 122,350.98

TOTAL LIABILITIES 122,350.98

CAPITAL

GENERAL FUND - RESTRICTED	14,246.00
GENERAL FUND - UNRESTRICTED	821,084.96
Year-to-Date Earnings	8,161.86

TOTAL CAPITAL 843,492.82

TOTAL LIABILITIES & CAPITAL 965,843.80