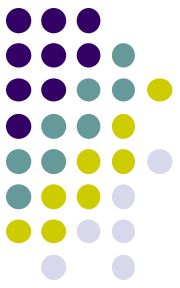


# Maryland Area Health Education Center *West* (AHEC West)



# AHEC West Facilities



- I-70 West and I-68 West
- Rural small communities to growing urban centers
- Rich in history, cultural heritage, natural environment



## Housing Sites

- Oakland (4-bedroom house owned by hospital)
- Cumberland (in building with AHEC West offices)
- Hagerstown (3-bedroom - 5 beds apartment)

# Small City Feel, Not Too Far From Major Cities!



- Cumberland, MD is about...
- 2 Hours from Baltimore, MD
- 2 Hours from Pittsburgh, PA
- 1 Hour 45 Minutes from Washington, DC





# CLINICAL EDUCATION

- Garrett Regional Medical Center [www.grmc-wvumedicine.org](http://www.grmc-wvumedicine.org)
- UPMC-Western Maryland [www.wmhs.com](http://www.wmhs.com)
- Meritus Health [www.meritushealth.com](http://www.meritushealth.com)
- Frederick Health Hospital <https://www.frederickhealth.org/>

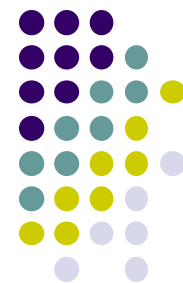


**Rotations in Allegany, Garrett, Washington, Frederick  
counties**

Students learn:

- ✓ Challenges, rewards, and opportunities of rural/small town practice
- ✓ Cultural sensitivity to rural/underserved populations
- ✓ Practice opportunities in rural communities

# Western Maryland



## **WASHINGTON COUNTY** (Hagerstown)

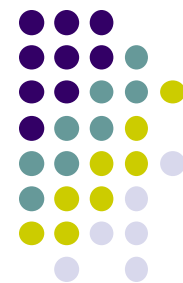
70 m. West on I-70

- Washington County Hospital System [www.meritushealth.com](http://www.meritushealth.com)
- Community Links: [www.visithagerstown.com](http://www.visithagerstown.com)
- Healthy Washington County <https://healthywashingtoncounty.com>
- Washington Co Health Department [www.washcohealth.org](http://www.washcohealth.org)
- Growing communities at intersection I-70/I-81
- Premium Outlets; Antietam Battlefield; C&O Canal National Park

## **Frederick County** (Frederick)

- Frederick Health Hospital: <https://www.frederickhealth.org/>
- Community Information: [www.visitfrederick.org](http://www.visitfrederick.org)
- Frederick Co. Health Department: <http://health.frederickcountymd.gov>

# Western Maryland



## ALLEGANY COUNTY (Cumberland)

140 m. West on I-70/I-68

- Western Maryland Health System: [www.wmhs.com](http://www.wmhs.com)
- Allegany Co. Health Department [www.alleganyhealthdept.com](http://www.alleganyhealthdept.com)
- Community Links: [www.mdmountaininside.com](http://www.mdmountaininside.com)
- Housing/AHEC offices on downtown Cumberland Mall
  - 2 multi-student Suites with mostly private bedrooms, shared baths, kitchen, common space
- Opportunity to work a few days with health department or community-based services



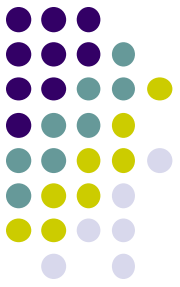
- C&O Canal; Rocky Gap State Park/Casino
- Frostburg State University
- 1 hour to Deep Creek Lake
- Community gym access for small fee



6 bedrooms divided into 2 Suites  
on Downtown Cumberland Mall

# Western Maryland

## ALLEGANY COUNTY



Downtown Mall Cumberland, MD

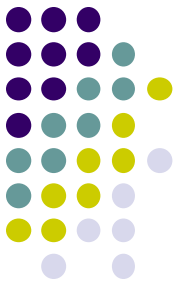




# Western Maryland

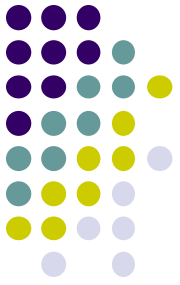
## ALLEGANY COUNTY

C & O Canal - Cumberland, MD





# Western Maryland



## ALLEGANY COUNTY

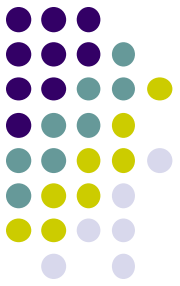
Rocky Gap Casino and Resort – Flintstone, MD

Offers: Golf, Hiking, Leisure



# Western Maryland

## ALLEGANY COUNTY



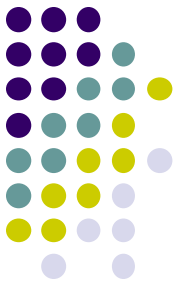
Downtown Frostburg, MD





# Western Maryland

## ALLEGANY COUNTY



Dan's Rock – Outside of Frostburg, MD





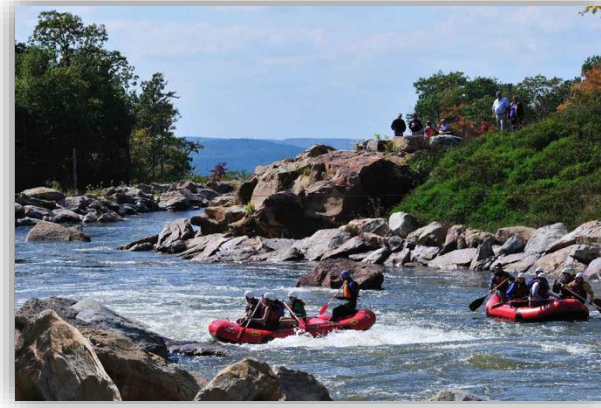
# Western Maryland



## **GARRETT COUNTY**

(Oakland)

190 m. West on I-70/I-68/219S



- Garrett Regional Medical Center: [www.grmc-wvumedicine.org](http://www.grmc-wvumedicine.org)
- Community links: [www.garrettchamber.com](http://www.garrettchamber.com)
- Garrett Co. Health Department [www.garrettthealth.org](http://www.garrettthealth.org)
- Housing in a 4-bedroom home in Oakland
- CARC aquatics & gym [www.gccarc.com](http://www.gccarc.com) monthly/daily passes
- Mostly rural county; Deep Creek Lake and Wisp Ski Resort
- Amish/Mennonite communities; variety of outdoor activities

# Housing in Garrett County

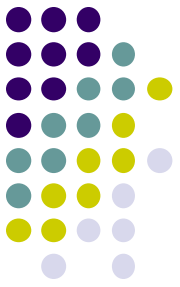


Walking Distance to  
Garrett Regional Medical Center  
Oakland, MD



# Western Maryland

## GARRETT COUNTY



Deep Creek Lake – McHenry, MD

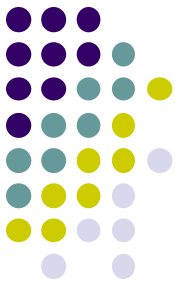
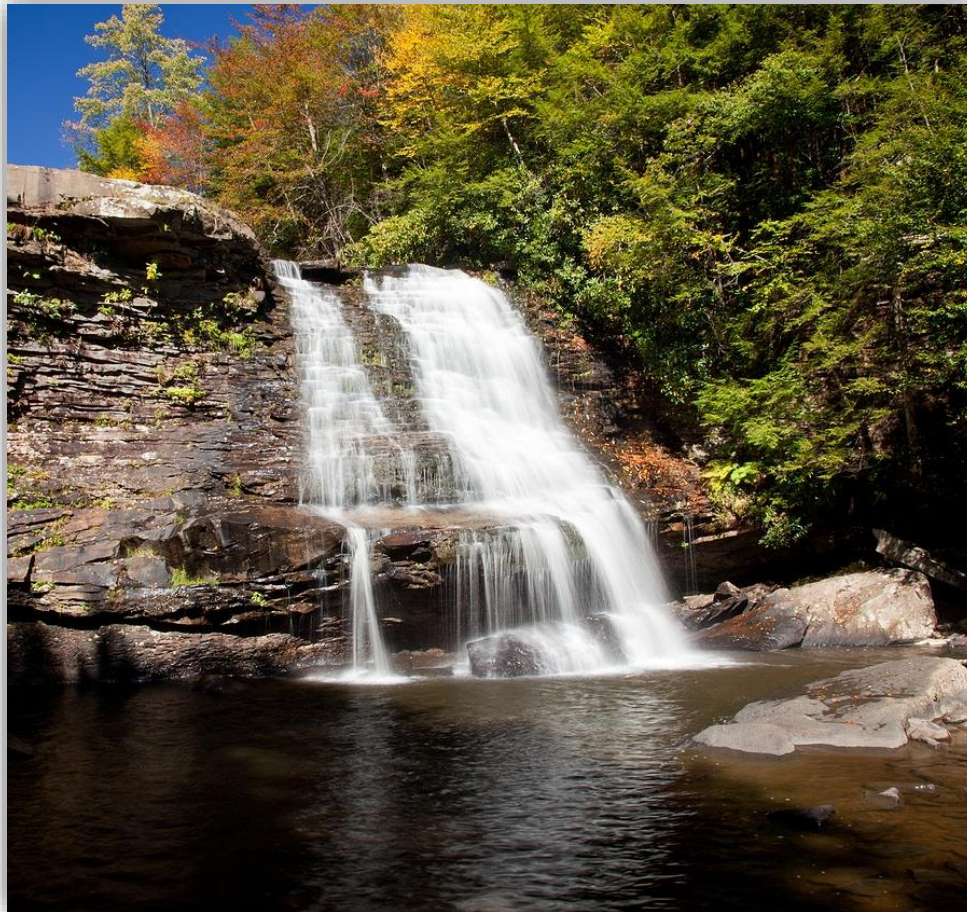




# Western Maryland

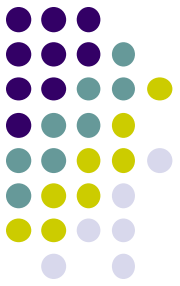
## GARRETT COUNTY

Swallow Falls– Oakland, MD



# Western Maryland

## GARRETT COUNTY



Wisp Resort (Deep Creek Lake) – McHenry, MD





# Western Maryland



## Washington COUNTY

(Hagerstown)

75 Miles West - 1 Hr. 20 Mins. From Baltimore, MD

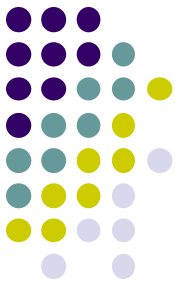




# Western Maryland

## Washington COUNTY

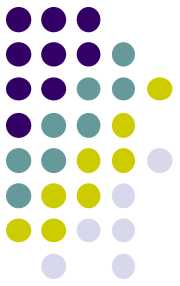
Hagerstown Shopping Mall Outlets, MD



# Western Maryland

## Washington COUNTY

Maryland Theatre -Downtown Hagerstown, MD



# Interdisciplinary Opportunities



## GAIT – Geriatric Assessment Interdisciplinary Team





- 1 day experiential project at a geriatric host site with students in pharmacy, nursing, medicine, social work, occupational therapy, physician assistant, physical therapy, gerontology, recreation therapy, or dentistry.
- Open to all University System of Maryland health professions students (meet students/disciplines you would otherwise not encounter) at no charge.
- Our virtual GAIT experience! Four opportunities this fall with all three AHECs in the state. Designed with ~4 hours of independent pre-work on Blackboard with an additional 4 hour “live” Zoom event. Work with your interprofessional team using a case study, develop and then present your patient healthcare plan. See flyer!



# Fall 2022 GAIT Project



## . Please share:



### Fall 2022 Geriatric Interdisciplinary Assessment Team (GAIT) Project

**GAIT Project Overview:** The Geriatric Assessment Interdisciplinary Team (GAIT) project is funded by the University System of Maryland (USM) Redeployment Grant System. The project is designed by the [Maryland Area Health Education Centers \(MAHECs\)](#) in partnership with the [Geriatrics & Gerontology Education and Research \(GGER\) Program](#) at the University of Maryland, Baltimore Graduate School.

The GAIT project is a **free program** for health and social science undergraduate, graduate, and professional students enrolled in a University System of Maryland (USM) institution. GAIT introduces students to the comprehensive geriatric assessment and the fundamentals of interprofessional (interdisciplinary) collaboration through both didactic and clinical sessions.

The unexpected circumstances of the COVID-19 pandemic have resulted in our having to be creative in the delivery of these valuable learning experiences that typically take place at geriatric sites such as medical & rehabilitative hospitals, independent living & long-term care communities, and hospice & palliative care settings.

For the safety of the vulnerable populations with whom our GAIT participants interact, the GAIT projects **remain virtual for the Fall 2022 semester** using the Blackboard platform and Zoom conferencing services. *This online training site is designed with the same mix of activities that normally take place on-site and will take you approximately eight (8-9) hours to complete. There is no charge for USM students to participate in the GAIT program. Anyone who completes the program will get a certificate of completion.*

The GAIT project provides an opportunity for students to:

- ♦ Interact with students and professionals from a variety of disciplines;
- ♦ Participate in team-building exercises that focus on the value of an interdisciplinary approach to improve quality of care for older adults;
- ♦ Understand services provided to older adults; and
- ♦ Learn about the needs of underserved older adult communities within our state

As an interprofessional learning experience, GAIT is designed to help students:

- ♦ Understand the uniqueness of interprofessional teams and its value in providing person-centered care;
- ♦ Recognize barriers to effective communication in health care teams and identify ways to reduce conflict and disagreement;
- ♦ Explain aging processes and the diversity of the older adult population;
- ♦ Evaluate best practices in honoring the autonomy of older persons; and
- ♦ Employ effective intergenerational communication skills (verbal, non-verbal, written) to recruit prospects and engage with members.

# Geriatric Assessment Interdisciplinary Team



*GAIT student team reviews records and interviews host site resident*



GAIT student teams present and discuss interprofessional assessment with host site staff



*GAIT students experience Activities of Daily Living with simulated visual and fine motor impairments*



# AHEC Scholars Program



- This innovative and interprofessional program is designed as a **national initiative** for preparing future healthcare providers to **become leaders** in addressing the challenges of our nation's population health needs for diversity, distribution and transformation of practice in primary care

# AHEC Scholars Program



- The program exposes you to interdisciplinary didactic and community-based clinical/experiential training in **rural and/or underserved areas in Maryland.**
- This program is completed during the two years prior to degree completion.



# AHEC Scholars Program



- Enrich Your Education and Distinguish your Portfolio:
  - Earn recognition as a student leader
  - Work to improve and understand health status and outcomes
  - Lead in a diverse and culturally competent health workforce
  - Gain practical skills and hands-on experience in underserved and rural settings in Maryland
  - Be involved in civic engagement opportunities

# AHEC Scholars Program



## Benefits:

- **RECOGNITION:** Receive a Maryland AHEC Scholar Certificate of Completion, signifying an advanced accomplishment that enhances knowledge and skills.
- **LEADERSHIP DEVELOPMENT:** Become an IPE thought leader in your field and create an invaluable network of mentors and colleagues.
- **BUILDING RELATIONSHIPS:** Work together with other health disciplines, learning their roles and responsibilities.
- **BUILDING SKILLS:** Bolster your knowledge about rural and underserved healthcare throughout Maryland.
- **BUILDING YOUR CV:** Opportunities will arise to speak or participate at national conferences/events, e.g. National AHEC Biannual Conference



# AHEC Scholars Program



- Please share



**AHEC  
SCHOLARS**

AHEC Scholars is an innovative and interprofessional program geared towards health profession students. The program exposes you to interdisciplinary didactic and community-based clinical training in rural and/or underserved areas. Didactic online modules are in six core topic areas:



## Maryland AHEC Scholars

*Let's Transform the Maryland Health Professions Workforce*

### BENEFITS

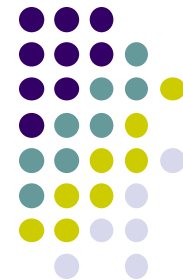
- Receive a Maryland AHEC Scholar Certificate of Completion, signifying an advanced accomplishment that enhances knowledge and skills.
- Become a thought leader in your field and create an invaluable network of mentors and colleagues.
- Work together with other disciplines, learning their roles and responsibilities.
- Bolster your clinical knowledge about rural and underserved healthcare throughout Maryland.

### COMMITMENT & ELIGIBILITY

- Currently enrolled in a health profession or public health degree program and be two years from degree completion
- Two-year commitment required, with one-year follow-up
- 40 hours, each year, of community-based clinical or experiential training in rural and/or underserved areas; fulfilled by requirements of your discipline
- 40 hours, each year, of didactic education through online modules, utilizing Blackboard, and live webinars completed on student's own time

APPLY ONLINE, [AHEC Scholar Application](#) or for testimonials from past Scholars, watch the promotional video, [AHEC Scholar Video](#)

# AHEC *West* Rotations



- Variety of clinical sites in a supportive healthcare community
- Living with students from other disciplines/programs
- Bring clothes, towels, linens, blankets, pillows, alarm clock, toiletries  
- can bring your own bike, skis etc.
- No charge to University System of Maryland students for housing/internet.
- Due to the pandemic overnight guests are not permitted, no pets
- Transportation resources are limited - you will need a car
- Orientation Manual to housing and community on arrival

# AHEC West Rotations



## Information Resources:

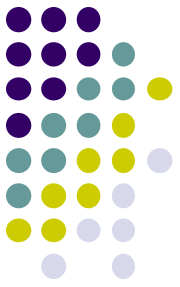
- Cumberland: High speed wireless internet  
24/7 access PC with printer/copier/scanner; copier
- Oakland: WiFi at house; PC with printer/copier/scanner
- Hagerstown: wireless internet access for personal electronic devices

***Flight 93 Memorial, and  
Frank Lloyd Wright's Fallingwater  
1 hour away***

***Convenient biking/hiking/skiing  
C&O Canal National Park,  
state parks; wineries, artists,  
4Star Resorts; historic B&Bs***







# UM Pharmacy student visits

## Frank Lloyd Wright's FALLINGWATER



Websites: \*Each county has ONE hospital serving county and nearby PA and WV



## Washington County (Hagerstown)

Meritus Health [www.meritushealth.com](http://www.meritushealth.com)

Community Information [www.visithagerstown.com](http://www.visithagerstown.com)

Washington Co Health Department <https://healthywashingtoncounty.com>

## Allegany County (Cumberland)

Western Maryland Health System [www.wmhs.com](http://www.wmhs.com)

Community Information [www.mdmountaininside.com](http://www.mdmountaininside.com)

Allegany Co. Health Department [www.alleganyhealthdept.com](http://www.alleganyhealthdept.com)

## Garrett County (Oakland/Deep Creek Lake)

Garrett Regional Medical Center [www.grmc-wvumedicine.org](http://www.grmc-wvumedicine.org)

Community Information <https://www.visitdeepcreek.com/>

Garrett Co. Health Department [www.garretthealth.org](http://www.garretthealth.org)

## Frederick County (Frederick)

Frederick Health Hospital <https://www.frederickhealth.org/>

Community Information [www.visitfrederick.org](http://www.visitfrederick.org)

Frederick Co Health Department <http://health.frederickcountymd.gov/>

## Martinsburg, WV, VA Medical Center

<https://www.martinsburg.va.gov/>

MD County Health Rankings: <http://www.countyhealthrankings.org/>

# AHEC West Rotations



*Let me know of interests while you are on rotation*

**Brady Watson**, Clinical Education Coordinator

Questions/Concerns: [bwatson@ahecwest.org](mailto:bwatson@ahecwest.org)

AHEC West, 39 Baltimore St., Cumberland, MD 21502

301-777-9150, Ext. 205 [www.ahecwest.org](http://www.ahecwest.org)

## **AHEC West Staff**

- We work to make you welcome and comfortable
- Can direct you to community services and recreational activities