Welcome to the July 2023 issue of the *Illinois AHEC Scholars Insights* newsletter!

**Summer is a time for R&R: Rest and Relaxation.**
For some of you, summer may still involve classes, clinicals, job shadowing, working, interning, volunteering, studying, and all the work it takes to pursue your education and career journeys. But make sure to carve out time to rest and relax, too. Whether that's going on a vacation, spending time with friends or loved ones, curling up with a new TV show or a good book, carving out some quiet time for yourself, or taking up a new hobby, rest is good. Rest helps prevent burnout. **Rest is productive.**

Cultivating time to rest and recharge now is good practice for your professional future. Stress and pressure are unavoidable parts of life, but developing the ability to disconnect is important to maintaining a long and healthy career. **Happy Summer!**

Rachel Benn, MPH, CHES
Central Illinois AHEC Director
Expand your interdisciplinary healthcare skills during two days of virtual trainings and workshops covering:

- Opioid Overdose Trends and Naloxone Training
- Community Health Work
- Cultural Humility
- Behavioral Health

Each day will also feature giveaway drawings for participants!

Counts as six (6) hours toward AHEC Scholars experiential learning requirement.

LIVING WITH A DISABILITY: A PATIENT’S PERSPECTIVE

MONDAY, OCTOBER 9 | 12 - 1 PM
ZOOM

Learn about the challenges an individual with a disability experiences, as well as the best practices to follow while interacting with patients with disabilities.

CLICK HERE TO REGISTER!
Looking to expand your expertise around rural health issues?

Want to learn more about the ways health professionals are addressing the biggest health challenges facing rural Illinois communities?

Registration is now open for the IRHA conference on August 9 - 10 at the iHotel in Champaign, IL.

Student fee: $50 (includes conference registration and 12 month student membership)

Gather with public health professionals to explore public health innovation, emerging topics, social determinants of health, workforce development, and much more!

Registration is now open for the September 6-7 IPHA Conference at the Starved Rock Lodge.

Student fee: $100
Recent AHEC Scholars graduate, Tessie Morton, was celebrated by Western Illinois University for being the 16th person in her family to graduate from WIU. Tessie was joined by her mother on stage for the ceremony, as her mother was unable to walk in her own ceremony when she graduated in 1989.

As Tessie finished up her time at WIU and with the AHEC Scholars Program, she was named the Public Health Departmental Scholar at her commencement ceremony. Tessie will continue her studies at WIU this fall, pursuing her master's in public health.

Congrats to Tessie and all our the AHEC Scholars who graduated this Spring!
IN THE NEWS

Illinois

Illinois to receive $518 million through finalized opioid agreements
IDPH providing air purifies to improve air quality in Illinois Head Start classrooms
How Lurie Children's improved compassion satisfaction in the PICU
Doulas, educators and more try to fill in the gaps of rural health care in Illinois
HHS approves Illinois proposal to expand access to care for kids in school

National & International

Insurers poised to crack down on off-label Ozempic Rx
Brazil's 7-year goal: reduce maternal morality
How can we make medical training less 'toxic'?
WHO advises against nonsugar sweeteners for weight control
Burnout threatens primary care workforce and doctors' mental health
Ending the silence around rural mental health
With few MDs practicing in rural areas, a different type of doctor is filling in the gap
Mobile integrated health closes health care gap in Monticello
Barriers to rural health care from the provider prospective
Each Illinois AHEC has a social media platform to promote local opportunities and events. We post items such as scholarship opportunities, volunteer events, summer camps, learning opportunities, and much more! Please like/follow your center’s page to stay in the loop!

Connect to our website!

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