

SCHOLARS INSIGHTS!

Updates &
Opportunities for
Illinois AHEC
Scholars!

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***Fall is here and with it the
start of a new and exciting
semester of learning!***

With the start of a new semester, our AHEC team is excited to announce a new monthly lunch and learn series. Check out our News and Events section for more information.

We are also looking for more students, like you, that are passionate about learning how to best serve their patients and communities, by becoming an AHEC Scholar! If you know of any students that will be graduating from their health career program in the next 2 years, have them check out our website and start their journey.

Year two scholars, please reach out to your Director if you are ready to start your Community Service Learning Project this semester.



Observations & Opportunities



October is Breast Cancer Awareness month! Our goal throughout the month is to increase awareness of the disease and stress the importance of mammograms as the best tool to screen for breast cancer, the second most common type of cancer among women.

Join the National Breast Cancer Foundation, Inc. to raise more than awareness as they take action, support one another and help women now Breast Cancer Awareness Month - National Breast Cancer Foundation

UPCOMING EVENTS



Living with a Disability: A Patient's Perspective

Monday, October 9th from 12:00-1:00 pm.



Presenter: Lee Krizka

Lee's presentation will help current health majors understand the challenges an individual with a disability experiences. By sharing her story about her spinal cord injury, students can learn first-hand the impacts a disability has in a patient's life. In addition, her experiences in public and in healthcare settings will help highlight the best practices that students should follow while interacting with patients with disabilities as they prepare to become healthcare professionals.

2023

Lunch & Learn Series

12:00 - 1:00pm

Social Determinants of Health
October 17th

Social Determinants of Health



Social Determinants of Health

Healthy People 2030



Nov 16th 7:00 pm

In conjunction with National Rural Health Day, IRHA and the Rural IL Area Health Education Centers (AHEC) put together a Rural Health Careers Forum Zoom Panel Discussion. The purpose of this Forum is to give students the opportunity to learn about various professions in the rural health arena that don't involve direct patient care.



Cultural Competency/Humility
November 21st



Interprofessional Teams
December 19th





Live From the Heart...

We are very excited to announce an opportunity for our AHEC Scholars...a chance to go live into an operating room and watch via video conference as a surgical team performs open-heart surgery. This is made possible through the Museum of Science and Industry and Advocate Christ Medical Center in Chicago.

Email

tstrum@ksbhospital.com
for more information or to reserve your seat at least 2 weeks prior to the program.

Available dates are November 1, 2023 and March 13, 2024

Your Illinois AHEC Network, working for you!

Our Rural AHEC Team presented in August at the Illinois Rural Health Association Conference to rural and critical access hospitals in Illinois on "How the AHEC Scholars Program can Benefit your Recruitment and Retention Efforts."



Left to right: Gloria Przygoda - South Central, Elizabeth Squires - Assist Director of External & Pipeline Projects, Rachel Benn - Central, Giselle Navarro - Northeast, Teresa Strum - Northwest, and Katherine Mullins - East Central

MEET IL AHEC SCHOLAR GERARDO GONZALEZ!



Gerardo Gonzalez is an IL AHEC Scholar with Central IL AHEC!

My experience in the AHEC Scholar's program was an eventful one, to say the least. I am glad to have been a part of and supported by such amazing, hardworking people. I was admitted into the program as a sophomore attending Illinois State University. Now, I will graduate this December 2023 from the University of Illinois and will hopefully attend graduate school by this time next year. My goal is to pursue a career in physical therapy, a growing healthcare profession, and I used my time spent in the Scholar's program to acquire experiences that would benefit me in my future field of practice.

"The most meaningful part of my time with AHEC has been the exposure to other organizations and professionals through volunteer experiences. I was able to put what I had learned in the modules to use and gain real-world experience in various settings. Through the seminars that were hosted by AHEC, I was able to build the confidence to pursue my other goals outside of healthcare."

Learning about subjects like interprofessional education, behavioral health, social determinants of health, and cultural competency seemed impossible at first. I was grateful for the use of modules so that I could go through each topic as thoroughly as I needed to. To benefit even more from these, I suggest using quizzes at the end of each module with written segments to reinforce the understanding of topics AHEC Scholars need to know.

**Our next featured
Scholar Cindy is with
Northeast AHEC**



My name is Cindy Carbajal. I am a 20-year-old, first-generation college student. I recently transferred to Northern Illinois University from my community college. I am pursuing a degree in health and human sciences, specifically public health with a minor in biology. As an individual who grew up in a rural area, I am interested in learning more about what can be done to better serve communities such as my own. I hope to make a difference in the lives of others and make myself and my family proud through work that is meaningful to me.

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<https://ilahec.uic.edu/>