

# WR AHEC Newsletter

AHEC Center Hosted By:

WESTERN MICHIGAN UNIVERSITY

## THE WESTERN REGIONAL AHEC

The WR-AHEC office began in 2013, and was the 3rd of 5 regional offices in Michigan. The AHEC program focuses on strengthening the diversity of the primary care workforce through recruitment and retention initiatives, clinical rotations, and overall improvement of health services for rural and underserved populations.

### This region includes the following 19 counties:

Allegan – Barry – Berrien – Branch – Calhoun – Cass – Hillsdale – Jackson – Kalamazoo – Kent – Lake – Lenawee – Mason – Muskegon – Newaygo – Oceana – Ottawa – St. Joseph – Van Buren



WESTERN REGIONAL CENTER  
MICHIGAN AREA HEALTH EDUCATION CENTER

616-771-9497

## HEALTH CAREERS ROCK!

### AHEC SCHOLARSHIP WINNER SAMANTHA JOHNS!

Some people know early on what career they'd like to pursue.

Samantha Johns is one of these people. As a recent graduate of Reese-Puffer High School in Muskegon, Samantha submitted an application and essay for the first annual WR-AHEC Health Career Scholarship and won!

Her essay shared the frustrations she felt when a family member and

*then* a close family friend were diagnosed with cancer. She immediately knew what she wanted to do with her life. She wanted to become an Oncologist.

Samantha will be attending Aquinas College this fall seeking a major in Biology and minors in Psychology and Chemistry.

We wish Samantha success in reaching her academic and career goals, and hope she stays to serve the residents of West Michigan!



SAMANTHA JOHNS

### In this issue:

- AHEC SCHOLARSHIP WINNER SAMANTHA JOHNS!
- WHAT PERSONAL QUALITIES ARE NEEDED TO BE A SUCCESSFUL HEALTH PROFESSIONAL?
- HEALTH CAREER COLLEGE PREP CHECKLIST
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- AHEC'S COLLEGE INTERN – DEREK HUMKE!
- SCHOLARSHIP & FINANCIAL AID RESOURCES!



# WHAT PERSONAL QUALITIES ARE NEEDED TO BE A SUCCESSFUL HEALTH PROFESSIONAL?

## PERSONAL SKILLS:

Cooperative, mature, friendly, and communicative

**TEAM PLAYER:** Help others, and don't hesitate to ask for help; respect the opinions of others and share your opinions professionally

**RESPONSIBLE:** Do what needs to be done; thoroughly complete all tasks and get them done on time

**GOAL CENTERED:** Always remember the patient's well-being is the ultimate goal

**NEVER STOP LEARNING:** Learning doesn't end after graduation; attend conferences, seminars and workshops to keep your skills current; consider obtaining advanced degrees in areas of interest

**GIVE BACK TO YOUR COMMUNITY:** Help those that are less fortunate; volunteer at agencies that serve the homeless, migrants, or under-insured



## HEALTH CAREER COLLEGE PREP CHECKLIST

### MIDDLE SCHOOL STUDENTS

- ✓ Begin taking more challenging courses in math and science
- ✓ Begin exploring health careers
- ✓ Talk to people who work in the health professions
- ✓ Develop GOOD study skills
- ✓ Start saving for college

### FRESHMAN

- ✓ Enroll in college prep courses
- ✓ Talk to your school guidance counselor about your career interests
- ✓ Look for health-related summer camp opportunities in your area
- ✓ Keep saving for college

### SOPHOMORES

- ✓ Continue taking college prep courses and talking to your guidance counselor
- ✓ Job shadow health professionals
- ✓ Volunteer at local hospitals, nursing homes, health clinics, etc.
- ✓ Talk to college representatives as they visit your school
- ✓ Keep saving for college

### JUNIORS

- ✓ Continue with college prep courses and working with your counselor
- ✓ Research colleges that provide the health or medical degree you are seeking, and get their admissions requirements
- ✓ Begin visiting college campuses
- ✓ Research financial aid and scholarship opportunities
- ✓ Determine individuals that might write you a recommendation, such as teachers, counselors or employers
- ✓ Keep saving!

### SENIORS

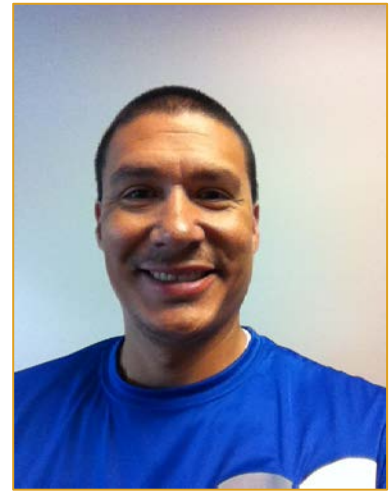
- ✓ Keep your grades up!
- ✓ With help from your guidance counselor and parents, prepare information needed for the college admissions applications, financial aid forms, and scholarship requests
- ✓ Sign up and take any required entrance exams such as the SAT or ACT
- ✓ Keep all college correspondence, test reports, and school transcripts in a safe place
- ✓ Reply to college acceptance letters promptly and attend orientation.

## HEALTHCARE JOBS THAT NEED TO BE FILLED IN MICHIGAN!

- Home Health Aides
- Certified Nursing Assistants
- Dentists
- Dental Assistants & Hygienists
- Pharmacists
- Pharmacy Aides & Technicians
- Licensed Practical Nurses
- Registered Nurses
- Nurse Practitioners
- Physician Assistants
- Physicians
- Surgeons
- Dieticians & Nutritionists
- Occupational Therapists
- Physical Therapists
- Respiratory Therapists
- Laboratory Technicians
- EMTs and Paramedics
- Medical Records Technicians

And many more jobs!

This list reflects both current and forecasted workforce shortages over the next 10 to 20 years. For more information go to [www.michigan.gov/healthcareers/](http://www.michigan.gov/healthcareers/)



## AHEC'S COLLEGE INTERN – DEREK HUMKE!

### What educational program are you currently in, and what degree are you seeking?

I'm enrolled in health services program, and I'll be procuring my degree in Interdisciplinary Health Services with a minor in Addiction Studies.

### Why were you interested in this program?

What drew me to this degree and program is the idea of utilizing my years of customer service and management skills to help in the medical field. The health field is growing by leaps and bounds and I wanted to be involved in a career in this continually growing field.

### What type of job or career are you interested in?

Ideally I would like to be in an entry level managerial position in one of the hospitals on the Grand Rapids, Michigan area. At this point, I think in the financial or payment area, potentially in the human resources area as well.

### What advice would you like to share with high school students about pursuing a health care career?

Patience (no pun intended) with your personal growth and be open to trying new areas that you may not even consider. Health care is ever changing and can be quite challenging.... Do not give up!!

## AHEC IN ACTION!



In collaboration with the Kent County Health Department and Michigan Community Dental Clinics, Inc., AHEC created and facilitated the first Oral Health Enrichment Program at the South Kent Clinic in Kentwood. Seventeen high school students from Sparta and Kent City participated in the program which hosted Dr. Jacob Lueder, DDS, Elaine Fleming, DA, Emily Pelts, RD, Erasmo Salinas, WMU, as presenters, and Pearlina Bailey, MCDC, for clinic tours. The program will be offered again the fall of 2015 and spring of 2016 in Kent County, with efforts to replicate the program in other counties.

## SCHOLARSHIP & FINANCIAL AID RESOURCES!

[www.scholarships.com](http://www.scholarships.com)

[www.college-financial-aid-advice.com](http://www.college-financial-aid-advice.com)

[www.college.scholarships.org](http://www.college.scholarships.org)

[www.fastweb.com](http://www.fastweb.com)

[www.gmsp.org](http://www.gmsp.org)

[www.aafp.org](http://www.aafp.org)

[www.fafsa.ed.gov](http://www.fafsa.ed.gov)

[www.studentaid.ed.gov](http://www.studentaid.ed.gov)

[www.finaid.org](http://www.finaid.org)

[www.ibrinfo.org](http://www.ibrinfo.org)

## The Michigan Area

## Health Education Center ...

... was established in 2010 to improve access to primary care for all Michigan residents, many of whom live in areas that have too few health professionals. Through recruitment and retention initiatives, as well as special clinical education programs, MI-AHEC seeks to expose disadvantaged students to health care careers, expand the number of under-represented minorities in the health professions, and encourage students and health professionals to work in areas that need greater access to primary care providers.

The National AHEC program was created by the U.S. Congress in 1971, and is present in 46 states.

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