



# FORWARD NM

PATHWAYS TO HEALTH CAREERS

Southwest Center for Health Innovation

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# FORWARD NM Quarterly Newsletter

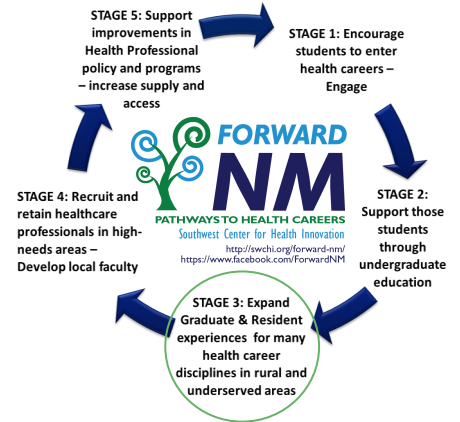
October-November-December 2015

## HMS Fall Rotating Learners

As part of a workforce pipeline (Stage 3 in image to the right) FORWARD NM rotates approximately 60 learners per year from various disciplines including Family Medicine Residency, medical students, dental students, nurse practitioner students, and physician's assistant students.

Program staff work closely with the students to introduce them to the clinic and appealing aspects of the community.

Following the rotation many of our student learners offer insightful and motivating feedback. Below are comments from students who recently completed their rural rotations at HMS.



### Special points of interest:

- HMS Fall Rotating Learners
- Welcome 2015-2016 Dream Makers
- Notice our NEW colors and logos!



*"I am proud of the growth this opportunity provided me and would recommend this particular rotation to anyone looking for a solid clinical rotation working with excellent associates and doctors."—Chris Evans*



*"My experience in Silver City, New Mexico left me thinking, "what a wonderful place to grow!"—Heather Kehres*

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## Welcome 2015-2016 Dream Makers!

Dream Makers Health Careers Club is currently underway in La Plata, Dugan Tarango, and Red Mountain Middle Schools.

Dream Makers is an after-school club put together by CHI FORWARD NM and UNM Office for Diversity Programs. The club meets approximately twice a month during the 2015-2016 academic year.

During these sessions, students get to interact with and hear from a variety of medical professionals who will



Dugan Tarango students practicing their suturing

share their knowledge and guide students through various hands-on activities related to healthcare.

Students will soon embark on an overnight field trip to the Albuquerque Natural History Museum and to the

UNM Health Sciences Center Campus as one of the many in depth and enriching components of the program.

All participants and families are invited to attend a congratulatory ceremony in April 2016.

For more info contact:

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 575-534-0101 ex 2114

Or

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## FORWARD NM Now Accepting Volunteer Applications

The Southwest CHI—FORWARD NM Program is seeking AmeriCorps Volunteers for the following positions:

### Program Specialist Assistant:

The program specialist assistant will have the opportunity to design and assist with media, program and summit development, research, and high school and middle school outreach events!

### Summer Academy Assistant:

The summer academy assistant will make a difference in the community through participation in the FORWARD NM workforce development team at CHI, assisting with media and promotional materials, clubs and camps, and internship and mentoring programs to encourage health careers!

Each position includes 300 volunteer hours over a 3-7 month commitment (depending on position), a **\$1,200 Educational Award**, the ability to learn new skills, and the opportunity to work with a Great Team!

For more information, please contact **Edith Lee**, FORWARD NM Program Director (elee@hmsnm.org; 575-534-0101 ext. 2107).



## Congratulations Miriam for Becoming a NHSC Ambassador!

The **National Health Service Corps (NHSC)** is part of the United States Department of **Health** and Human **Services**, division of **Health Resources and Services Administration**, Bureau of Clinician Recruitment and **Service**. Members are **health** professionals providing primary **health care services** in underserved communities since 1972. A large portion of NHSC is

dedicated to providing tax-free Loan Repayment Assistance to health professionals (including the NHSC Loan Repayment Program, Students to Service Loan Repayment Program, and the State Loan Repayment Program).

**NHSC Ambassadors** are dedicated volunteers who help educate and inform prospective National Health Service Corps members.

**NHSC Ambassadors** give their time and talents to spread the word about the opportunities available through the NHSC and serve as a local resource for current NHSC members.

**Miriam Kellerman**, a member of the FORWARD NM team became an ambassador in September of 2015 and is here to help our medical professionals connect with these amazing loan repayment options.

For more information, please contact Miriam Kellerman at [mkellerman@hmsnm.org](mailto:mkellerman@hmsnm.org) or at 575-534-0101 ext. 2114.



## November is Diabetes Awareness Month

November is Diabetes Awareness Month! This year's National Institute of Health campaign promotes the idea that everyone has a role to play in diabetes prevention (whether that be education, helping family or friends, or helping one's self). NIH also strongly encourages individuals to increase their diabetes education level far past what they learn at the initial diagnosis. Diabetes is often a life-long condition that requires consistent maintenance of lifestyle changes and modifications. Staying on top of one's education is essential for optimal health.



**29.1 million** adults have diabetes and at least **one out of four** do not know they have it. Even worse, **one out of every**

**three** people are estimated to develop diabetes in their lifetime. **Type 2 diabetes is preventable**. There are indicators and lifestyle factors that can be altered to lower one's chance at developing the condition. Here are a few recommendations to decrease your chance of developing type 2 diabetes, and increase your health in the long run!

1- **Exercise**- American Heart Association recommends approx. 30 minutes of moderate physical activity per day (walking, running, yoga, etc.).

2- **Eat more Fiber & Whole Grains**- Each helps your body digest sugar. Fruits, vegetables, beans, whole grains, nuts, and seeds are high sources of fiber.

3- **Maintain a Healthy Weight**- Studies show that individuals who are overweight and lose a modest 7% of their body weight reduce the chance of developing diabetes by almost 60%.

For more information on Diabetes Prevention please visit <http://ndep.nih.gov/partners-community-organization/national-diabetes-month/2015.aspx>

or scan the QR code here. →

