



Oregon

AHEC

Program Announcements

Greetings AHEC Scholars!

As we close in on winter break, we have one request, a program reminder, and a question. Here we go:

1. The request: Have you completed a clinical rotation this year? [Please complete this quick survey.](#)
2. The reminder - *please* be sure to track and report your hours. It's critical for our federal funding for the AHEC Scholars program to document those activities and collect data via surveys, and we need your help! Reporting forms can be found in Sakai, or [email me](#) directly.
3. The question: How are you doing with the winter holidays season? This can be a tough time of year; don't ever hesitate to reach out if you need support; all of us at AHEC are here as another resource for you.

This Week/Time Sensitive Opportunities

Health Center Preparedness & Response Forum: Patients with Access and Functional Needs

Dec 18, 11:00 am PT

[Register here](#)

Next topics in this Webinar Series:
February 19, 2025 - Extreme Heat
April 16, 2025 - Workforce Supports

Caring for Black Youth at Risk for Suicide: Strategies & Micro-Interventions in Primary Care to Save Lives & Mitigate Racial Inequities

December 18, 12:00 pm PT

[Register here](#)

NAO Accepting Poster Submissions

The NAO is accepting abstracts for poster presentations at the 2025 Biennial Conference in Lexington, Kentucky.

Deadline is December 19, 8:59 PM PT

[Get guidelines here.](#)

Upcoming Events/Save the Date

The PCLF application is now open

As an AHEC Scholar you are eligible to apply for the optional Primary Care Loan Forgiveness (PCLF) program. [Review requirements here.](#)

Got questions? Review the Oregon Office of Rural Health's [recorded Q&A session](#). Password is ZuQZJMa5

*Note that applying now is for funding that is paid to your school next year.
Application deadline: January 3, 2025

Climate Action and Sustainability in Academic Health Systems: What Can We Learn from Crisis Response?

January 9, 12:00 pm PT

[Register here](#)

Join a team with your AHEC Scholars peers nationwide!

Missouri AHEC is hosting an Interprofessional Education Collaborative Case Competition Register by January 18, competition begins January 22. Winners announced February 26 - with a monetary prize. We've heard that these are fun and you learn a lot as well!

[Review the flyer and register here.](#)

Geriatric Care Learning Series returns in January

We're delighted to share that Dr. Laura Byerly is hosting her Geriatric Care Learning series for AHEC Scholars starting in January. Join us for these *highly recommended* monthly sessions from 12:00 - 1:00 pm PT on Tuesdays.

- 1/7 Depression and Suicide Risk in Older Adults,
- 2/4 Pain Management and Opioids in Older Adults,
- 3/11 Social Determinants of Health and Social Isolation, and

- 4/8 Exercise, Mobility, and Fall Reduction in Older Adults

[Register here to get session links](#)

The Oregon ECHO Network is leading a 12-session ECHO on Deprescribing for Older Adult

Purpose: Increase the capacity of primary care clinicians and community care teams to optimize medication use, appropriately prescribe, and apply strategies for deprescribing medications for older adults.

Dates: January 9th – March 27th, 2025

Thursdays, 7:30a-8:30a PST

[Register here](#)

Quarterly check-ins

Join our next quarterly meeting for all AHEC Scholars. These are an opportunity to meet your peers, get the latest AHEC info, and check in on hours. These are informal drop-in Q&A meetings, held in March, June, September, and December. Register here for sessions: [AHEC Scholars Quarterly Check Ins](#)

Connect with Oregon AHEC's Regional Centers

Regional center staff have local expertise and welcome your questions, whether you are on rotation or considering employment in their areas. Here are quick links for each center's contact information (see map below for coverage areas):

[Oregon Pacific AHEC](#)

[Oregon Healthcare Workforce Institute](#)

[Northeast Oregon AHEC](#)

[Cascades East AHEC](#)

[AHEC of Southwest Oregon](#)

Resources: Podcasts, Articles, Videos

Note that these count towards didactic hours; reading times are estimates only

[The Night Shift](#): With extreme heat making it perilous to work during the day, farmers and fisherfolk worldwide are adopting overnight hours. That comes with new dangers. - 30 minutes

[Leveraging telehealth to provide equitable pediatric mental health care](#) - 15 minutes

[Behavioral Teletherapy for Students in Rural Maine Brings 'Hope to the Hallways'](#) - 15 minutes

[A Rural Calling: Peggy Schaffer](#) - 15 minutes

[Native American Patients Are Sent to Collections for Debts the Government Owes](#) - 15 minutes

[Why jails and prisons can't recruit their way out of the understaffing crisis](#) - 15 minutes

Brief reads:

[Prescription delivery in Missouri faces delays under USPS rural service plan](#)

[Florida's influx of travel-related dengue soars beyond 2024 estimates](#)

['It's a crisis': How the shortage of mental health counselors is affecting the rural Northwest](#)

[Indicators show US flu and COVID activity rising](#)

[National Center for Disaster Preparedness](#) - free trainings, time varies

[FEMA course catalog](#) - 1-2 hours per course

[Chronic Punishment: The unmet health needs of people in state prisons](#) - 15 minutes

[Prison Policy Initiative - Oregon Profile](#) - 15 minutes

[Language-Access Laws Aren't Keeping Up With Rural America's Diversification](#) - 15 minutes

[Mental Health Association Launches Hub to Help Rural Residents](#) - 15 minutes

[Starting rural parents on their breastfeeding journey](#) - 15 minutes

[The role of medical education in addressing rural physician shortages](#) - 20 minutes

[Creating a clearer path to rural heart health](#) - 15 minutes

[A Coalition of Pennsylvania's Black Mayors Wants to Build Stronger Civic Discourse](#) - 15 minutes

How well do you know our CAH's? [Learn about Critical Access Hospitals at the RHIhub](#) - quick read with resources

[AI in Rural Health](#) - 9 pages

[RecoverMe Toolkit](#): Empowering Young Adults Facing Substance Use and Mental Health Challenges
RecoverMe provides tools, resources, and a supportive recovery community to help young adults on their personal recovery journey. - 15 minutes

For our future leaders: [Rural Health Leadership and Management](#) - time varies

Census of Agriculture Data - including federal and state level info, it's a big read but worth a scan of the Oregon info.

[The Census of Agriculture](#), taken only once every five years, looks at land use and ownership, operational characteristics, production practices, income and expenditures. For America's farmers and ranchers, the Census of Agriculture is their voice, their future, and their opportunity.

Building our understanding:

For content in each Core Topic Area, the AHEC Scholars Core Curriculum has been launched, [access it](#)

[here](#).

We want to help clarify the two below topic areas, as the titles as written from HRSA have caused some confusion. Included below are definitions and links from our core curriculum to build our foundation of understanding.

Connecting Communities and Supporting Health Professionals is intended to increase training and development of Community Health Workers and paraprofessionals.

- [Community Health Workers in Rural Settings](#) (1 hour)
- [OSU Research in Action: Dr. Kenny Maes on Community Health Workers](#) (30 min)
- [Oregon AHEC Lunch & Learn- ORCHWA](#) (1 hour) The password is: 8TqnUE6W

Virtual Learning and Telehealth seeks to improve clinician and patient understanding of and comfort with virtual learning and telehealth, including the barriers to use.

- [The Outcomes of Telehealth PT Provided Using Real-Time, Videoconferencing for Patients With Chronic Low Back Pain: A Longitudinal Observational Study](#) (11 pages)
- [Health Leaders Podcast: Using Telehealth to Improve Healthcare Access in Rural America](#) (25 min)
- [Developing Digital Empathy and the Virtual Physical Exam](#) (1 hour)

Ongoing resources:

- Quick links to report your activities via Qualtrics: [didactic hours reporting](#) and [experiential hours reporting](#)
- Link to definitions for our eight [Core Topic Areas](#).
- [Oregon AHEC Scholars Handbook](#), now posted on our website and in Sakai.

More curated didactic learning is available on-demand in Sakai

Community Corner

Note that these generally do not count as didactic hours

[Best and Worst States to Work in the US 2024 - Oregon is in the top three!](#)

[Ancient 'land bridge' that connected Siberia to US wasn't what it seems, scientists find](#)

Whale Watching on the Oregon Coast, December 27-31

Trained Oregon State Park volunteers will be stationed at 15 sites along the Oregon Coast from 10 a.m. to 1 p.m. to help visitors spot gray whales on their southward migration to the calving lagoons in Mexico. The sites are some of the best places to watch for whales on the Oregon Coast. A map of volunteer-staffed sites is available online at the [official event webpage](#).

Oregon Parks Parking

The day-use parking fee will increase from \$5 to \$10 per day at the 25 [Oregon State Parks](#) that currently charge for parking starting Jan. 2, 2025. The 12-month and 24-month permits will remain the same price in 2025.

The permits cost \$30 for 12 months and \$50 for 24 months. Visitors can get a \$5 discount on the 12-month permit for the month of December as part of Oregon State Parks' annual sale. Only 25 of the more than 250 Oregon State Parks currently require a day-use parking permit. The fee helps pay for operations and maintenance.

Have a wonderful rest of your week!

Kate Hubbard (she/her)
Education Coordinator
Oregon Area Health Education Center

The Oregon AHEC mission is to improve the health of individuals in rural and underserved areas through education and workforce development.

Stay current with Oregon AHEC happenings - sign up for our quarterly newsletter [here](#).