



Making Our Communities Healthier

# Coastal Community Connection

FALL 2013



**Growing a Healthy Board** was the theme for the Annual Board Retreat held, August 30, 2013 at the beautiful Kemah Community Center. A strategic planning session, programmatic presentations, and a new member agency orientation were among the activities at the Texas AHEC East (TAE) Coastal Region retreat. The Board is committed to providing governance and support of community activities that span the 8-county coverage area of the organization. The TAE Coastal Region board consists of educators, community leaders, non-profit management, and legal counsel, providing diverse expertise to achieve the mission of *"making our communities healthier"*!

Below is a listing of the board members:

- Jim Brocato**, RISE Center of Independent Living
- Shirley Carr**, Galveston County Health District, Coastal Health and Wellness Center
- Deborah Duncan**, Hitchcock Independent School District
- Velma Griffin**, MAXIMUS
- Celeste Harrison**, Matagorda Episcopal Health Outreach Program (MEHOP)
- Gayani Silva**, University of Texas Medical Branch, Department of Pediatrics
- Kaley Smith**, Chambers Health
- Dwight Scott**, Private Practice Attorney

Special recognition was given to Mrs. Shirley Carr, Board Chair, for her leadership, commitment, and contribution during her tenure to both Texas AHEC East- Coastal Region and the community by serving in numerous capacities since 1992! Mrs. Carr is a retired nurse administrator and presently the volunteer coordinator for the Galveston County Health District. Mrs. Carr has truly exemplified the spirit of teamwork and given freely of her time and resources by contributing to the annual health careers summer camp through participant sponsorship, coordinating health profession student placements within the Galveston County Health District, and supporting internship opportunities within the organization, among many of her efforts to support the mission of AHEC.

TAE Coastal Region is excited to continue its efforts in improving healthcare workforce development with the support and guidance of the Board. We look forward to working with you!



## Contents

### Inside

- Health Insurance Marketplace
- Community Health Worker Events
- Geriatric Education Webinar
- Prematurity Awareness Week
- Healthier Recipes



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## Coming October 1st: The Health Insurance Marketplace

### Three things to know about the Health Insurance Marketplace



⇒ **It's an easier way to shop for health insurance.** The Marketplace simplifies your search for health coverage by gathering the options available in your area in one place. With one application, you can compare plans, and explore any free or low-cost programs you may qualify for.

⇒ **Most people can get a break on costs.** When you use the Health Insurance Marketplace you may be able to get lower costs on your monthly premiums and out-of-pocket costs. When you fill out your Health Insurance Marketplace application, you'll find out how much you can save. Most people who apply will qualify for some kind of savings.

⇒ **Gives you control over your options with clear, apples-to-apples comparisons.** In the Marketplace, information about prices and benefits is written in simple language. You get a clear picture of what premiums you'd pay and what benefits and protections you'd get before you enroll. Compare plans based on what's important to you, and choose the combination of price and coverage that fits your needs and budget .

Source: "About the Health Insurance Marketplace", CMS Publication 11629, June 2013, <http://marketplace.cms.gov>

### Eight things you can to do get ready now

- 1. Explore current options.** You may be able to get coverage now through existing programs. Visit [www.HealthCare.gov](http://www.HealthCare.gov) to learn more about health insurance for adults up to age 26 and programs for people and children in families with limited incomes including Medicaid and CHIP.
- 2. Learn about different types of health coverage.** Through the Marketplace, you'll be able to choose a health plan that gives you the right balance of costs and coverage. You can be better prepared if you understand the types of coverage you'll choose from.
- 3. Make a list of questions you have before it's time to choose your health plan.** For example, "Can I stay with my current doctor?" or "Will this plan cover my health costs when I'm traveling?"
- 4. Make sure you understand how insurance works, including things like premiums, deductibles, out-of-pocket maximums, copayments, and coinsurance.** You'll want to consider these details while you're exploring your options. Visit [www.HealthCare.gov](http://www.HealthCare.gov) to learn more about how insurance works.
- 5. Gather basic information about your household income.** Most people using the Marketplace will qualify to save money. To find out how much you're eligible for, you'll need income information like the kind you get on your W-2, pay stubs, or tax return.
- 6. Set your budget.** There will be different types of health plans to meet a variety of needs and budgets. You'll need to figure out how much you want to spend on premiums each month.
- 7. Ask your employer if it plans to offer health insurance in 2014.** If not, you may need to get Insurance through the Marketplace or from other sources in 2014.
- 8. Find out if your state is running its own Marketplace.** Some states run their own Marketplace. In other cases the Marketplace is run by the federal government. Either way, you get the same access to all of your Marketplace coverage options.

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## Community Health Worker Events

### TGCCPA General Assembly Wednesday, September 18, 2013



The Texas Gulf Coast CHW/Promotores Association held its quarterly assembly on September 18<sup>th</sup>. Texas AHEC East Coastal Region taught a 4-hour CEU class for both CHWs and Instructors on Insurance and the new Marketplace. Over 100 people registered and received CEU credit for this day-long event. TGCCPA holds these assemblies every quarter. The coalition is also currently recruiting for volunteers, as well as potential board members. For more information on becoming involved with the TGCCPA, please visit <https://www.facebook.com/TexasCHWs>. You can also contact Isaac Mancillas at the Texas AHEC East Coastal Region office at [isaac.mancillas@txaheceast.org](mailto:isaac.mancillas@txaheceast.org) or via phone at (409) 933-0021.

### Depression & Spirituality Mini-retreat

Presented by Texas AHEC East Coastal Region, the Center for Faith and Health Initiatives  
& The Institute for Spirituality & Health

**Saturday, November 9, 2013, 9:00AM - 3:00PM.**

Location: Institute for Spirituality & Health, 8100 Greenbriar (near OST), Suite 220, Houston, 77054  
Registration: \$25; includes CHW CEU certificate; additional \$10 fee for CEUs for nurses, therapists, & social workers. Limited to 50 people. To register, contact Jerri Doctor at: (713) 797-0600.

**\* \* \* SAVE THE DATE !! \* \* \***

### The Heartbeat—Your Heart & Spirituality February 1, 2014 (Saturday)

Location: St. Paul's United Methodist Church, 5501 Main St., Houston, TX, 77004  
Learn the latest on heart care. Motivate yourself and others to live heart healthy. Power your life and community with spiritual tools for "hearty" living! CHW CEUs will be available. For more information, contact Karen Hahn at (832) 567-8316.



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## Geriatric Education Webinar Series

### UTMB East Texas Geriatric Education Center-Consortium (ETGEC-C) ETGEC Alzheimer's Disease Education Program (ADEP)

UTMB East Texas Geriatric Education Center-Consortium (ETGEC-C)  
In partnership with the Texas AHEC East

#### *Differential Diagnosis of Early Onset Dementia – Katya Rascovsky, MD*

**When:** November 12<sup>th</sup>, 2013 12pm – 1pm

**Location :** Lamar University, Beaumont - McFaddin Ward Health Science Room 103

**Educational Objectives:** 1) Increase awareness among healthcare providers on the importance of Alzheimer's Disease and other dementias 2) Provide tools to help healthcare provider's identify Alzheimer's Disease and other dementias and be able to guide patients and families in the diagnostic and management process 3) Clarify common myths related to Alzheimer's Disease and other dementias and provide scientific data that can help change the practice among healthcare providers 4) Provide an interdisciplinary overview of dementias that will guarantee the best standards of care for older adults with this condition.

**!!!LUNCH WILL BE PROVIDED!!!**

**WEBINAR ACCESS: How to Access the Live Meeting and Conference Call from your PC:**

**To join the meeting, click this link:** <https://emedia.utmb.edu/adep2/>

For audio call 888-204-5987. Code 6159421 or use your computer speakers

*For more information, please contact Matt McDonald at [matt.mcdonald@txaheceast.org](mailto:matt.mcdonald@txaheceast.org) or (409) 933-0021.*

*<http://etgec.utmb.edu/>*

### Volunteer Preceptors Needed

Texas AHEC East Coastal Region is looking for dedicated and enthusiastic healthcare providers interested in teaching medical, nurse practitioner, physician assistant or other health profession students in their community-based practice. Community preceptors share their knowledge and experience with students, introducing them to the challenges and rewards of patient care in an ambulatory clinical setting. Although Texas AHEC East Coastal Region primarily coordinates rotations for UTMB, we receive requests from across the state and nation. It is Texas AHEC East Coastal Region's hope that by linking students to quality community rotations, students may choose to practice in that community or a similar setting in the future. If you or someone you know might be interested in participating in the preceptorship of students, please contact Matt McDonald at [matt.mcdonald@txaheceast.org](mailto:matt.mcdonald@txaheceast.org) or at [409-933-0021](tel:409-933-0021).

# Coastal Community Connection

## Promoting Health Education & Awareness



### Go Purple for Preemies!

November hosts Prematurity Awareness week from November 11-17th. The March of Dimes has asked community partners to spread awareness and education on prematurity in births by engaging in Purple for Preemies Campaign efforts. Texas has pledged to reduce its current rate of preterm births (12.8%) to 8% by 2014 with the support of state and local partners.

In doing so, Texas will be supporting the target rate established by the March of Dimes 2020 of 9.6%. (March of Dimes, 2013)

Community partners may foster community engagement by:

- o Wearing Purple!
- o Host a “Lunch-n-Learn” promoting the March of Dimes mission and prematurity awareness
- o Displaying the March of Dimes prematurity awareness banner on your company website.
- o “Liking” the March of Dimes on Facebook.
- o Including Go Purple for Preemies in your community newsletter or blog.

For more information, contact the March of Dimes Texas Chapter at (512) 568-3446. For additional support and resource materials for Prematurity Awareness, contact Ms. Wanda Wesson ([wwesson@marchofdimes.com](mailto:wwesson@marchofdimes.com)).

#### Reference

March of Dimes (2013). March of Dimes 2012 Premature Birth Report Card. Retrieved from <http://www.marchofdimes.com/glue/files/TX.pdf>

# Shortbread Cookies

## Ingredients:

- 1 cup all-purpose flour
- 3 1/2 teaspoons Equal® for Recipes or 12 Packets Equal® sweetener
- 1 tablespoon cornstarch
- 1/8 teaspoon salt
- 8 tablespoons cold margarine, cut into pieces
- 1/2– 1 teaspoon butter extract
- 1/2 teaspoon vanilla

1. Combine flour, Equal® for Recipes, cornstarch, and salt in medium bowl; cut in margarine until mixture resembles coarse crumbs. Sprinkle butter extract and vanilla over mixture and mix with hands briefly until dough begins to hold together.
2. Pat dough evenly in bottom of greased 8-inch round cake pan. Lightly cut dough into 12 wedges with sharp knife, cutting about halfway through dough. Pierce each wedge 3 to 4 times with tines of fork.
3. Bake at 325 degrees until lightly browned, 25 to 30 minutes. Cool on wire rack; cut into wedges while warm.

**Variations: Almond Shortbread**—Make recipe as above, substituting almond extract for the butter extract and omitting vanilla. Separate 6 whole blanched almonds into halves; press 1 half into each shortbread wedge before baking.

**Chocolate Shortbread**—Make recipe as above, adding 1/4 cup Dutch process cocoa, increasing Equal® for Recipes to 5 1/2 teaspoons or 18 packets, and substituting vanilla for butter extract.

## Nutrition Information

(per serving):

Calories	113
% Calories from fat	61
Fat (gm)	7.6
Saturated fat (gm)	1.5
Cholesterol (mg)	0
Sodium (mg)	113
Protein (gm)	2.1
Carbohydrates (gm)	8.7
Exchanges per serving:	Milk 0.0
	Vegetable 0.0
	Fruit 0.0
	Bread 0.5
	Meat 0.0
	Fat 1.5

