



Alabama AHEC Network Updates

Celebrating National AHEC Week (March 24-28)



National AHEC Week is here! From March 24-28, we recognize the vital role that Area Health Education Centers (AHECs) play in strengthening Alabama's healthcare workforce and expanding access to care in rural and medically-vulnerable communities.

Across the state, **Alabama AHEC Network** is dedicated to recruiting, training, and retaining the next generation of healthcare professionals. Through programs like **AHEC Scholars**, community outreach, and **workforce development initiatives**, AHECs are equipping students and professionals with the skills, experiences, and resources needed to serve where they are needed most.

This week, we celebrate the passionate educators, healthcare professionals, students, and community partners who make this work possible. Check out our **Facebook** and **LinkedIn** pages for spotlights on each of the Alabama AHEC regional centers, **upcoming events**, and ways to get involved!

[Facebook](#)[LinkedIn](#)

Join us in spreading the word about the impact of AHECs and the importance of building a stronger healthcare workforce for Alabama!

The **National AHEC Organization (NAO)** is hosting its **2025 NAO Biennial Conference**, scheduled for June 17-20, 2025, at the Hilton in downtown Lexington, Kentucky. This event offers a unique opportunity for educators, healthcare professionals, and community leaders to come together, share best practices, and explore innovative strategies to enhance healthcare education and delivery. Learn more at the link below!

[2025 NAO Biennial Conference](#)

Honoring National Social Workers Month

In celebration of **National Social Workers Month**, the **March AHEC Scholars Webinar** featured an insightful discussion with Katie Lynn Owens, an **Alabama AHEC Scholars** Alumni and registered social worker. Katie Lynn provided a comprehensive look into the critical role social workers play in healthcare and the importance of interdisciplinary collaboration in improving patient care.

Katie Lynn is an Oncology Social Worker in Huntsville, AL at the **Clearview Cancer Institute**, where she provides compassionate care and support to adult oncology and hematology patients.



During the session, Katie Lynn emphasized when and how to refer patients to social workers, ensuring they receive the support they need. She also addressed common stigmas surrounding social workers, debunking misconceptions and highlighting their vital role in advocating for patients, coordinating resources, and addressing social determinants of health (SDoH). Through case discussions and real-world examples, she guided participants on how to work collaboratively with social workers to provide the best possible care for patients and their families.

This webinar reinforced the essential contributions of social workers in holistic, patient-centered healthcare and the need for healthcare professionals to recognize their expertise in navigating complex social and economic challenges. Thank you to all **AHEC Scholars** and healthcare students who joined us in learning how to champion interdisciplinary teamwork and improve patient

outcomes!

Thank you to Katie Lynn Owens, MSW, and all social workers for the empathetic and patient-centered care you provide!

If you are an [Alabama AHEC Scholars Alumni](#) and would like to support upcoming [Alabama AHEC Scholars](#), follow the link below and fill out the survey!

[Alabama AHEC Scholar Alumni Survey](#)

Introducing the Alabama AHEC Healthcare Careers Resource

Find Your Path in Healthcare!

[Alabama AHEC Network](#) is excited to announce the launch of our **Healthcare Careers Page**—a dedicated resource designed to help individuals navigate their journey into the healthcare field. Whether you're a high school student exploring career options, a college student planning your next steps, or a professional considering a career change, this page offers valuable tools to guide you toward the right path.

With career exploration resources, job search tools, and development opportunities, you can find everything you need to start or advance your healthcare career. Learn about different healthcare professions, access training programs, and discover job openings across Alabama.

Ready to take the next step? Visit our [Healthcare Careers webpage](#) today and start shaping your future in healthcare!

[Healthcare Careers Resource](#)



Alabama AHEC
**Center
Updates**

Welcoming Shonda Miller to North Alabama AHEC

North Alabama AHEC (NAAHEC) is excited to welcome **Shonda Miller, MS**, as the **Special Projects Coordinator!** With over 15 years of experience in public health program management, Shonda brings a wealth of knowledge and a deep passion for improving healthcare access in underserved communities.



Meet Shonda Miller

In her role, Shonda leads key initiatives such as training high school students in Lawrence County to become Youth Community Health Workers through the **Rural Access to Community Care and Education (RAACE)** program. She is also instrumental in developing a **Statewide Community Health Worker (CHW) Coalition**, collaborating with **ConnectionHealth** and stakeholders across Alabama to enhance CHW programs and resources.

Additionally, she oversees the **CHW Apprenticeship Program Training Grant**, ensuring its long-term success through strategic planning and coordination with state and national partners.

Shonda's dedication to community engagement, health education, and innovative program development makes her an invaluable addition to the **NAAHEC** team. We look forward to the positive impact she will make in advancing healthcare education and access across the region!

[Learn More about NAAHEC](#)

Wiregrass Alabama AHEC Stop the Bleed In-Person Training

On March 10, 2025, **Wiregrass Alabama AHEC**, in collaboration with the **American College of Surgeons**, hosted an impactful Stop the Bleed training at **Troy University Dothan Campus**. This hands-on session equipped participants with essential bleeding control techniques, empowering them to take action in emergency situations.

The event welcomed community members, students, and healthcare professionals eager to learn lifesaving skills. Attendees practiced critical techniques such as wound packing, applying tourniquets, and direct pressure methods under expert guidance.

Thank you to everyone who joined us for this important training! Your commitment to preparedness can make a life-or-death difference in an emergency!



[Learn More about WAAHEC](#)

Wiregrass Alabama AHEC Virtual Student Presentations

On March 18, 2025, **Wiregrass Alabama AHEC** hosted an engaging virtual event showcasing insightful student-led presentations from **Alabama College of Osteopathic Medicine** students. Covering critical healthcare topics, the event highlighted pressing issues and innovative solutions impacting communities across Alabama.

Students delivered compelling discussions on:

- *Is Emergency Medicine the New Primary Care?* – Exploring the increasing reliance on emergency departments for routine healthcare needs.
- *The Link Between Blood Pressure and Social Determinants of Health* – Examining how social and economic factors contribute to hypertension.
- *Nutritional Disparities and Chronic Illness in Rural Communities* – Addressing barriers to healthy eating and their impact on long-term health.
- *Intranasal Naloxone Education and Distribution Program* – Highlighting efforts to combat opioid overdoses through accessible life-saving interventions.

This event provided an opportunity for students to share research, raise awareness, and contribute to meaningful discussions on improving healthcare outcomes in Alabama. Thank you to all who attended and supported this important initiative!

[Contact WAAHEC](#)

Black Belt Alabama AHEC Webinar on *Optimizing Lifestyle Modifications to Prevent Gout Attacks*

On March 14, 2025, **Black Belt Alabama AHEC** hosted an informative webinar on *Optimizing Lifestyle Modifications to Prevent Gout Attacks*, featuring **Dr. Celestine Parker, DNP, CRNP**. Healthcare professionals, students, and community members joined the session to explore evidence-based strategies for managing and preventing gout through lifestyle changes.

Dr. Parker, CEO of **All Healthcare Solutions, LLC** and a Nurse Practitioner at the **Birmingham VA Hospital**, shared her expertise on chronic disease management and preventive healthcare. She discussed the critical role of diet, physical activity, and holistic approaches in reducing gout flare-ups and improving patient outcomes.

Attendees gained valuable insights into the latest research, practical interventions, and best practices for integrating lifestyle modifications into patient care. Thank you to all who participated—stay connected for more educational opportunities from **Black Belt Alabama AHEC**!

Contact BBAHEC

East Central Alabama AHEC Supports the 2025 Infection Prevention Bootcamp for Nursing Homes and Long-Term Care Facilities



East Central Alabama AHEC was proud to support the **2025 Infection Prevention Bootcamp for Nursing Homes and Long-Term Care Facilities**, held at the Riverchase Galleria on February 26-27. This vital two-day event brought together approximately 250 attendees, including healthcare professionals, administrators, and infection prevention specialists, to enhance infection control practices in long-term care settings.

The bootcamp featured expert-led sessions on best practices for preventing the spread of infectious diseases, regulatory updates, and hands-on training to equip attendees with the latest tools and strategies to protect vulnerable populations. Through our involvement, **East Central Alabama AHEC** reaffirmed its commitment to strengthening healthcare education and workforce development, ensuring that frontline workers have the knowledge and resources needed to provide safe and high-quality care.

Events like these play a crucial role in improving patient outcomes and reinforcing the importance of infection prevention in healthcare facilities!

[Learn more about ECAAHEC](#)

Resources & Education

Student Rotations Housing Form

The [Alabama AHEC Network](#) frequently receives requests from students seeking housing in rural areas while they complete training rotations. If you know of potential housing availability for learners, please fill out the form below so that we may share this information with interested students.

[Learn More](#)

Alabama AHEC Network Statewide Advisory Board Nominations

The [Alabama AHEC Network](#) is seeking nominations for individuals to serve on its Statewide Advisory Board. We invite our valued stakeholders and partners to recommend individuals who can contribute their expertise and insights to address the critical workforce challenges facing Alabama's healthcare system.

The Alabama AHEC Network Advisory Board plays a vital role in guiding the Alabama AHEC Network by fostering a community-focused, multidisciplinary approach to health care training and service delivery. Board members will help identify barriers and opportunities for expanding clinical training into underserved rural and urban areas, develop strategic partnerships, and enhance the overall impact of the Network. We encourage you to nominate individuals who are committed to improving health care access across Alabama, and who can represent the diverse populations and geography of our state. Your nominations will help us build a strong and effective Advisory Board dedicated to advancing health care for all Alabamians.

[Nominate](#)

Learning Opportunities

Black Belt Alabama AHEC: The Role of Medical Marijuana in Holistic Healthcare

When: Wednesday, March 26 at 4:00 PM

Where: Virtual



About This Event

Join **Black Belt Alabama AHEC** for this educational session to deepen your understanding of medical marijuana's potential role in modern healthcare, led by Natelie Williams, MSN, FNP-C.

Passionate about enhancing healthcare delivery in underserved communities, Williams is honored to share insights on "The Role of Medical Marijuana in Holistic Healthcare" with the **Alabama AHEC Scholars**, inspiring future healthcare providers to approach patient care with empathy, cultural competency, and clinical excellence.

Non-AHEC Scholars welcome!

Registration



Webinar:
The Role of Medical Marijuana in Holistic Healthcare
presented by
Natelie Williams, MSN, FNP-C

Natelie Williams is a dedicated Family Nurse Practitioner with over 15 years of nursing experience, including critical care in a rural underserved area of Mississippi and advanced practice roles at a large teaching hospital in Baltimore, Maryland, serving a diverse patient population. Since 2019, Natelie has practiced as a Nurse Practitioner, bringing a wealth of knowledge from acute care, procedural medicine, and community health.

As a certified Medical Cannabis provider in Maryland, since 2021, Williams integrates a holistic approach to healthcare, emphasizing the importance of meeting patients where they are to improve overall healthcare outcomes. Williams' educational background includes an Associate Degree in Applied Science in Nursing from Meridian Community College, a Bachelor of Science in Nursing from the University of Southern Mississippi, and a Master of Science in Nursing from Simmons University.

Passionate about enhancing healthcare delivery in underserved communities, Williams is honored to share insights on "The Role of Medical Marijuana in Holistic Healthcare" with the Alabama AHEC Scholars, inspiring future healthcare providers to approach patient care with empathy, cultural competency, and clinical excellence.

Register Now

Date: March 26, 2025 Time: 4:00 pm (CST)
https://www.alahec.org/calendar_event/blackbeltwebinar2/

Wiregrass Alabama AHEC Webinar: National Nutrition Month

When: Thursday, March 27 at 5:30 PM - 6:30 PM
Where: Virtual

About This Event

Join [Wiregrass Alabama AHEC](#) for an insightful webinar with Teresa Johnson, DCN, RDN, FAND, as she explores the practical application of real food options for patients who are tube-fed.

This webinar is designed for healthcare professionals seeking to expand their knowledge of nutrition and patient care, especially during **National Nutrition Month**. Don't miss out on this opportunity to learn from an expert in the field!

Non-AHEC Scholars welcome!

Registration



Why the 4Ms Matter for Older Adults: An Interprofessional Perspective

When: Wednesday, March 26 at 12:00 PM
Where: Virtual

About This Event

Join the [AAMU-GWEP](#) for an insightful webinar exploring the 4Ms (*What Matters, Medication, Mentation, and Mobility*) Framework, and its impact of care for older adults.

This session will highlight the importance of interprofessional collaboration in promoting quality care, improving health outcomes, and enhancing the well-being of aging populations. Experts from diverse disciplines will share strategies for integrating the 4Ms into practice to create age-friendly, patient-centered care.

1 CEU available.

Registration



AHEC Scholars Pre-Conference Event

When: Thursday, April 3 at 8:30 AM - 11:00 AM
Where: Embassy Suites, Hoover, AL

About This Event

The **Alabama AHEC Network** is excited to host a special **AHEC Scholars Pre-Conference Event** ahead of the **2025 Alabama Rural Health Conference**! The AHEC Scholars Pre-Conference Event will be on Thursday, April 3, 2025 from 8:30 AM to 11:00 AM at the Embassy Suites in Hoover. Non-AHEC Scholars are welcome to join!

Attendees will receive Stop the Bleed training that comes with a certificate and kit upon completion. Students will have the opportunity to network and participate in a talk on healthcare advocacy!

AHEC Scholars will have the opportunity to participate in a poster presentation on Thursday, during the ARHA Conference from 1:30 PM to 2:15 PM.

Registration



2025 Alabama Rural Health Conference

When: Thursday, April 3 at 9:00 AM - 5:00 PM and Friday, April 4 at 7:00 AM - 11:45 AM
Where: Embassy Suites, Hoover, AL

About This Event

The **Alabama Rural Health Association** will host its 2025 Alabama Rural Health Conference on April 3-4, 2025 at the Embassy Suites in Hoover.

Attendees can look forward to engaging presentations, panel discussions, and networking opportunities aimed at improving healthcare access and outcomes for rural and underserved communities. Mark your calendars and join us as we work together to shape the future of rural healthcare in Alabama.

AHEC Students, Alumni, and Staff may **register under Pre-Conference registration**. All others may register at the link below.



Registration

ARCIPC: The Return of Measles: A Wake-Up Call for Public Health

When: Thursday, April 3 at 12:00 PM

Where: Virtual

About This Event

This webinar hosted by [ARCIPC](#) will address the ongoing threat of measles, examining recent outbreaks and their potential impact on public health. It will also highlight the critical role of vaccination in preventing this highly contagious disease and explore how vaccine hesitancy contributes to declining immunization rates, offering strategies to overcome this challenge.

This webinar is presented by the [Alabama Regional Center for Infection Prevention and Control](#) and co-sponsored by the [Region IV Public Health Training Center](#), the [Deep South Center for Occupational Health and Safety](#), and the [Alabama Statewide Area Health Education Centers \(AHEC\)](#).

Registration

ARCIPC: Understanding Avian Flu in Alabama: Impacts, Prevention, and Response

When: Tuesday, April 15 at 12:00 PM

Where: Virtual

About This Event

This webinar hosted by [ARCIPC](#) will focus on the current status of avian flu in Alabama. Experts will discuss the latest developments, its impact on local poultry industries in Alabama, public health concerns, and effective prevention strategies. This session is ideal for those in public health, healthcare, and environmental science, as well as anyone interested in understanding how the state is addressing this emerging threat.

This webinar is presented by the [Alabama Regional Center for Infection Prevention and Control](#) and co-sponsored by the [Region IV Public Health Training Center](#), the [Deep South Center for Occupational Health and Safety](#), and the [Alabama Statewide Area Health Education Centers \(AHEC\)](#).

Registration

Black Belt Alabama AHEC Webinar: MedlinePlus

When: Wednesday, April 16 at 12:00 PM

Where: Virtual

About This Event

Black Belt Alabama AHEC is hosting a webinar that offers a tour of the MedlinePlus website and explains why it is a trusted resource for finding patient education material and referring patrons.

After completing this webinar, participants will be able to:

- Explain why MedlinePlus is an authoritative source of health information for patients.
- Identify basic navigation features of MedlinePlus.
- Find specific health topic information or tools on MedlinePlus.
- Locate information on specific drugs, herbs, and supplements on MedlinePlus.

Registration



Webinar:
MedlinePlus: A Resource for Free,
Credible, Current, Easy-to-Read Health
Information in English & Spanish
by
Megan Bell, MLIS, AHIP

Megan Bell is an Associate Professor and Consumer Health & Community Engagement Librarian on The University of Alabama at Birmingham. A native of southern Louisiana, she holds a Bachelor of Arts in Biology from Xavier University of Louisiana and a Master of Library and Information Science from Louisiana State University. Megan leads Health InfoNet of Alabama, a collaborative initiative of Alabama medical libraries aimed at supporting health literacy in Alabama communities. Her research focuses on library-community health literacy partnerships. In her spare time, Megan enjoys fishing, photography, and bicycling.

Webinar Description:
Do you need easy-to-read health information material for your patients? Would you like to know about a resource that provides free, vetted health information in both English and Spanish? This webinar offers a tour of the MedlinePlus website and explains why it is a trusted resource for finding patient education material and referring patrons.

After completing this webinar, participants will be able to:

- Explain why MedlinePlus is an authoritative source of health information for patients.
- Identify basic navigation features of MedlinePlus.
- Find specific health topic information or tools on MedlinePlus.
- Locate information on specific drugs, herbs, and supplements on MedlinePlus.

Date: Wednesday, April 16, 2025
Time: 12:00 PM (CST)
Register Now
https://www.alahac.org/calendar_event/blackbeltwebinar3/

Delta Alabama AHEC CEU Workshop Webinar: Work Smart, Live Well: A Blueprint for Balance and Resilience.

When: Thursday, April 24 at 12:00 PM - 1:30 PM

Where: Virtual

About This Event

Hosted by Delta Alabama AHEC, this webinar is designed to provide healthcare professionals and students with practical strategies and tools to foster balance, resilience, and effective time management in high-demand clinical and professional environments. Through interactive discussions and applied learning, participants will develop a personalized blueprint to work smarter, reduce burnout, and maintain overall well-being.

*Presenter: Eunice C. Mingo, LPC-S
Master Addictions Counselor – Board Certified
National Certified Counselor – Board Certified*



Work Smart, Live Well:
A Blueprint for Balance and
Resilience


Continuing Education Unit (CEU)
Workshop - 1.5 Hour Credit

April 24
12:00 PM

This presentation is designed to provide healthcare professionals and students with practical strategies and tools to foster balance, resilience, and effective time management in high-demand clinical and professional environments. Through interactive discussions and applied learning, participants will develop a personalized blueprint to work smarter, reduce burnout, and maintain overall well-being.

Participants will be able to do the following:

- Identify key factors that contribute to stress, burnout, and imbalances.
- Demonstrate evidence-based strategies to improve time management, prioritize responsibilities, and enhance productivity while maintaining personal health and well-being.
- Explore practical techniques to cultivate resilience, including mindfulness, self-care, and cognitive reframing, to effectively manage challenges and demands.
- Develop a personalized action plan that incorporates balance and resilience strategies for sustainable personal and professional growth.
- Evaluate the importance of establishing personal and professional boundaries and applying effective communication skills to promote a healthy work-life balance.

Register below via QR
Code or Registration Link:

<https://forms.jefitem.com/2025ceusession>

Presenter: Eunice C. Mingo, LPC-S
Master Addictions Counselor - Board Certified
National Certified Counselor - Board Certified

MOBILE AREA
EDUCATION
FOUNDATION

301-479-5000
alahac@maef.net
<https://www.alahac.org/location/moef/>

1.5 Hours of CEU Credit

For questions: contact daahec@maef.net or call 251-470-5204.

Registration

April AHEC Scholars Webinar: Expert Oral Health Panel

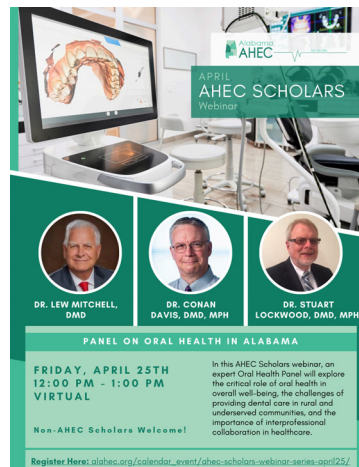
When: Friday, April 25 at 12:00 PM

Where: Virtual

About This Event

Join us for the April **AHEC Scholars** Webinar featuring an expert Oral Health Panel with dentists Dr. Lew Mitchell, Dr. Conan Davis, and Dr. Stuart Lockwood. This interactive session will explore the critical role of oral health in overall well-being, the challenges of providing dental care in rural and underserved communities, and the importance of interprofessional collaboration in healthcare.

Non-AHEC Scholars welcome!



Registration

Black Belt Alabama AHEC Webinar: The Role of Diseases in Shaping Human Populations

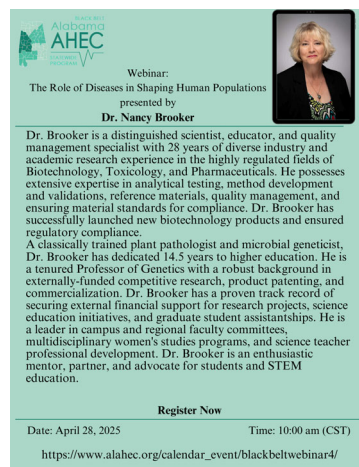
When: Monday, April 28 at 10:00 AM

Where: Virtual

About This Event

Join **Black Belt Alabama AHEC** for an enlightening webinar with Dr. Nancy Brooker, a distinguished scientist, educator, and genetics professor.

This session will explore how diseases have influenced human populations throughout history, shaping genetics, societal structures, and medical advancements. Dr. Brooker will discuss key historical pandemics, the role of microbial genetics, and the long-term impact of diseases on human evolution.



Registration

2025 NAO Biennial Conference

When: June 17-20, 2025

Where: Lexington, Kentucky

About This Event

The 2025 NAO Biennial Conference will be hosted in Lexington Kentucky on June 17-20th. To learn more about the 2025 National AHEC Organization Biennial Conference, click the button below!

Registration

Narcan Training

When: Open Enrollment

Where: Online

About This Program

Sign up for the free online Naloxone training program, provided by the Jefferson County Department of Health. By gaining the necessary knowledge and abilities to administer Naloxone, you'll be equipped to reverse opioid overdoses and potentially make a life-saving difference.



Registration



VISIT OUR WEBSITE



alahec.org



[Visit Our Website](#)

About Alabama AHEC Network



The Alabama AHEC Network is dedicated to recruiting, training, and retaining the Alabama healthcare workforce while expanding variety among health professionals, broadening the distribution of the health workforce, enhancing the quality of care, and improving health care delivery to rural and underserved populations in Alabama.

The following centers are members of the Alabama AHEC Network and are federally funded HRSA AHEC Programs and nationally recognized Area Health Education Centers: Alabama Statewide Network Program Office, North Alabama AHEC (NAAHEC), East Central Alabama AHEC (ECAAHEC), Black Belt Alabama AHEC (BBAAHEC), Wiregrass Alabama AHEC (WAAHEC), and Delta Alabama AHEC (DAAHEC).