



Anna Poynter, left, and Riley Griffin practice their skills at a University of Kentucky surgery simulation lab last summer. They were participating in MASH camp, an annual educational experience organized by the Southern KY AHEC and held on the campus of Rockcastle Regional Hospital. Students learn about health careers from the staff of Rockcastle Regional in addition to taking field trips to places like the University of Kentucky.

AHEC serves Rockcastle, region

As a facility with an extraordinary focus on education and prevention, Rockcastle Regional Hospital is the perfect place for the Southern Kentucky Area Health Education Center (S. KY AHEC) to call home. When the S. KY AHEC moved to the hospital in March of 2004, it also found a place in the geographical center of its 15-county region, which extends northward to Madison, Estill and Mercer Counties, and down to the Tennessee border.

"Rockcastle County is the ideal home for our organization," said Dwain Harris, center director. Harris and a staff of six perform the multi-faceted work of the AHEC, which includes the coordination of student clinical rotations, continuing education for health professionals, community health programming, health career promotions and health education.

AHECs, funded primarily by state governments with some funding from the federal government and other sources, were formed across the nation in the 1970s and '80s as a way to address the chronic shortage of health professionals in rural and underserved areas. The AHEC system was formed based on the idea

that if medical students, pharmacy students, and others do some of their training in rural areas, they'll be more likely to settle in those areas. Over the years AHECs have expanded to deliver education of many types, all with the goal of improving the health of the region. The S. KY AHEC is one of eight AHEC regions covering the commonwealth.

The S. KY AHEC organizes or plays a role in events such as the annual Health Occupations Today Expo at the Center for Rural Development in Somerset, the Healthy Joe Expo at Rockcastle Regional, and Medical Academy of Science in Health (MASH) camp, the Summer Conference continuing education program, and the Diabetes Symposium.

In 2012, the S. KY AHEC reached 14,146 health careers participants, 3,093 continuing education attendees, 5,765 who took part in community education programs, and 144 academic detailing project participants.

"We are proud to play a role in enabling the S. KY AHEC perform important work for Rockcastle County and this region of the state," said Stephen A. Estes, President and CEO of Rockcastle Regional Hospital.

AHEC Staff

Kelsey Adams
Health Careers Coordinator

Shirley Balman
Academic Detailer

Diana Brandenburg
Health Careers Coordinator

Shawnee Eckert
Office Manager/Special
Projects Coordinator

Dwain Harris
Center Director

Anna Jones
Assistant Director/Outreach
Education Coordinator

Gerry Musterman
Clinical Education Coordinator

Adams joins AHEC staff

Kelsey Adams, Health Careers/Education Coordinator, has recently joined Southern KY AHEC here at Rockcastle Regional. She recently graduated from Midway College with a Bachelor's degree in elementary education with an emphasis in science.

She currently lives in Pongo with her husband, Jeremy, and their many different animals. She loves spending time with her wonderful family and friends, exploring state parks, and being outdoors.



Kelsey Adams

When asked what she enjoys the most about her job at Southern KY AHEC, Kelsey said, "I can't pinpoint just one thing in particular that is more spectacular than another because it is all great! I am constantly thinking that this is a dream and I am going to wake up soon. There is no way that I have a job that I absolutely love!"