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## Bureau of Health Systems Development Arizona Healthcare Connection – July 2013



### Empowering Providers for a Healthy Arizona Volume 2, Issue 3

In this quarter of the Arizona Healthcare Connection, meet Dr. Brian Hanstad and understand why this dentist would prefer to work for the Arizona Department of Corrections than a more lucrative practice. In addition, this issue's Story of Commitment follows Lilia Garcia in her somewhat comical adventure on the road from urban Cleveland, OH to rural Globe, AZ.

Be sure to look in the Community Resources for an introduction to a new program, Power Me A2Z, as well as an interactive tool to learn where the Summer Food Service Programs are in your area. Did you know that sunscreen expires? Learn about this and other facts you may not know about sun safety. There are many events coming up as well as opportunities for Continuing Medical Education and Grants. Enjoy!

Click on a headline below to see the related story.

#### A Story of Commitment in a Community in Need

##### [Smiling Out Loud](#)

*Contributed by Brian Hanstad, MBA, DMD, Dental Regional Director at the Arizona Department of Corrections*

I was laid off in January of 2003 with an email. It was at this point in my career that I decided that I would never again be employed by a corporation. It was also at this point that I decided that I needed an indispensable professional skill to help weather the tides of the American business climate. Dental school seemed a logical choice.

Upon graduation from University of Nevada - Las Vegas (UNLV) Dental School, I had several interviews with high-volume, production, and profit-based "dental chains" in the Phoenix area. Being no stranger to the reality of a business and production environment, I did not want to again find myself as just another spoke in a corporate wheel. I wanted to practice dentistry exactly the way I had been trained in dental school, with no sales pressure or production quotas to interfere with the clinical practice of dentistry.

In August of 2008, I interviewed with The **Arizona Department of Corrections** in Winslow. Admittedly, the idea of working in a prison was somewhat intimidating, but I quickly found that I was treating one of the neediest and most emergent populations in the state. There are only 14 dentists and 22 dental assistants that handled more than 17,000 appointments in under 5 years. An estimated half of the inmate population treated acknowledges that they had never had any type of dental care before walking through prison doors. Not-so-surprisingly, this level of need made this population extremely grateful and receptive to treatment. Working with this population has had its advantages: one gets a lot of practice doing almost any type of surgical extraction, and I no longer flinch after seeing so many broken mandibles. I have developed a new appreciation for a very basic but effective form of dentistry. You learn to restore even very highly damaged teeth with the very basic and inexpensive direct restoration amalgam and composite materials. Too often today dentists rely on more expensive Computer Aided Design (CAD) or Lab fabricated crowns in order to restore a tooth.

Working for the state prisons may be daunting to many providers but I have acquired not only professional growth but have



L to R: Dr. Brian Hanstad, Dr. Jose De Los Santos, Elaine Saenz-Bush, DA2, Debbie Veloz, DA2, Inga Poppin, Regional Coordinator, Dr. Lilia Garcia

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experienced the most interesting cases I would not have otherwise experienced elsewhere. Since starting at the Winslow Prison in 2008, I have been promoted to supervisor, and now Regional Director. In that time I have been a part of about 1,500 full and partial denture cases. Perhaps the most satisfying of these are the cases at the all-female facility in Goodyear, AZ. The meth-mouth epidemic has hit some of these women very hard at a very early time in their lives. There is significant personal gratification knowing that I have done something to level the playing field for these women preparing for their release. Let's face it; it is hard to find a job even in *good* economic times when you have bad teeth.

I have come to realize the gravity and importance of my role at the Department of Corrections. Shattered smiles change not only how others see you, but also self-perception. A whole new type of rehabilitation can start right here. Patients come in for new teeth, but they walk out with so much more. Once an inmate is released, it can be difficult for them to move forward in a society when their past is looking back at them in the mirror. Initially, the female inmates can be some of the most difficult to appease, yet it is with them that I have seen some of the most amazing transformations. There is a strong emotional tie with a smile and self-esteem. They have not just received a pretty prosthesis or cosmetic restoration; they have found pride — in themselves. Those who covered their mouths when they spoke or laughed, now have a new found confidence — they can now "smile out loud."

Working in corrections is not quite as lucrative as other options available in the private sector. But job rewards come not only with a dollar sign behind them. The [National Health Service Corps Loan Repayment Program](#) has been able to offset this over the last five years, making my time in Public Service Dentistry much more financially feasible with over \$140,000 in tax-free loan repayment. I am also an ambassador for this program, with four other doctors currently on my staff who are receiving loan repayment. Anyone with questions on the NHSC program may contact me directly at Arizona Department of Corrections at (702) 808-6530.

## A Story of Commitment

### [Bringing a Park to Globe](#)

*Written by Lori Park, Horizon Human Services, Clinical Supervisor*

"Globe? Never heard of it. Where's Globe?" That was the question as my family and I gathered around the computer looking at Google Maps. In Cleveland, 2008 was starting out with another cold January, and we were trying to find out the location of my new job. I had visited Phoenix and Tucson, and had even been to the Grand Canyon. I originally thought my placement was in Casa Grande, as that is where [Horizon Human Services](#) is headquartered, but had no idea what adventures awaited in the strange little town called Globe.

Eventually we found [Globe](#) on the map, and started zooming out to see what cities were nearby...and zoomed some more, and a little more...and a lot more. Then we found Phoenix about 100 miles to the west. However, it looked like Globe at least had a Wal-Mart (which was one familiar sign of civilization), so we figured it couldn't be that bad. I had lived in Ohio my whole life — never lived more than 30 minutes from the house where I grew up. But then I heard that through the National Health Service Corps I could get my student loans paid off and move to a warmer climate, which sounded like a win-win scenario to me. There is a joke in Cleveland that we have four seasons there — almost winter, winter, still winter, and construction. So some desert warmth and sun sounded appealing. I was prepared for the warm weather. I was not, however, prepared for the culture shock.

My husband and I arrived in Globe, U-Haul trailer in tow, in February 2008. I had been hired sight unseen after a 20 minute phone interview and was packed up to go six weeks later. I had tried to find a place to rent on-line, but news of the internet apparently had not yet reached this area. So we stayed at Motel 6 set for a week while I found an apartment. The mines were booming at that time, so there actually was not a whole lot available. And unlike in Cleveland, there were not masses of apartment buildings on every block. We ended up finding a trailer for rent, that is, once they got the current tenants who were behind on payments kicked out. It was the only place we could find.

That was my first introduction to trailer park life, and our 1975-style Flamingo home. Not what I was hoping for. All of the walls were wood paneling. And not just the walls, even the kitchen cabinets were wood paneling. I felt like I was trapped in Wayne and Garth's basement. The carpet smelled like a dead animal, and when we tried to shampoo, it smelled like a wet dead animal. There were parts of the floor we could not step on or we would fall through. The original olive green fridge and stove were color-matched to the kitchen sink. We also had problems getting the gas turned on, so the first couple nights were freezing. No one told me how cold the desert got at night. We heated up water in the microwave to bathe. I was really wondering what I was thinking. After I dropped my husband off at the airport to fly back to Cleveland and sell the house, I cried. I was alone and out of my element. WAY out of my element.



Typical winter in Cleveland, OH

What was surprisingly familiar was the work. I am a licensed clinical social worker. In Cleveland, with several major universities in the area, we are a dime a dozen. I thought it was this overflow of educated and trained individuals that caused the abundance of dedicated, extremely hard-working people in the behavioral health field back home. However, I was surprised to find the same dedication, drive, and self-sacrifice here in this small town. And something else familiar: the faces of addiction and mental illness. Same faces, same stories, just a different town.

And Globe is a *small* town. You can drive straight down any street and pass the same guy waving at you three times. Everybody waves out here. People wave to each other at stop-signs. In fact, two years ago they decided to REMOVE the traffic lights downtown because people said they preferred stop signs. We move backwards in time here. If you hang out at



Moving to Globe with avocado appliances and paneling

Wal-Mart on any given Saturday, you will meet everyone that lives within a 10 mile radius. Most of them will give you a hug. Whenever someone gets arrested, it is printed in the free local paper and announced on the radio. Try doing THAT in Cleveland. It is that same "smallness" however, that has now caused us to fall in love with this whacky little spot on the map. I was once in the medical center lobby (it is too small to be called a "hospital") waiting for an appointment. While I was there, I observed everyone greeting each other. Friends, neighbors, relatives, church members — greeting each other, hugging, praying for each other. Smiles, jokes, laughter. All while waiting to have procedures done or meet with the doctor for results.

Cleveland had its share of poverty. However, you could miss it if you avoided certain neighborhoods. Somehow in bigger cities, society has become adept at hiding its poor, by building projects or raising rents in nicer areas to where only the wealthy can afford them. In Globe the classes are much more intermingled. Wealthy or not, we all shop at the same stores and eat at the same restaurants. Sit in the lobby of the same Motor Vehicle Department. See the same doctors. I think this may be part of the reason I have never seen a more generous town. All are neighbors, rich and poor, willing to lend a hand to those in need. There is no shame in being poor here - only in being selfish. And without a bus service, homeless shelter, soup kitchen, or free clinic, people in Globe have survived by learning to depend on each other.

I have traveled pretty extensively over this great county. From Seattle to Key West, and Massachusetts to San Diego and, strangely enough, there is now nowhere I'd rather live than Globe. Now when I drive into "the valley," as we call the Phoenix area, the traffic gets on my nerves. This is after I used to commute two hours to college in Cleveland. When I go on trips, I now enjoy driving up my little street, smelling the wild flowers in bloom, and seeing the mountains greet me at the horizon. Although now I am driving up to our manufactured home, which is, in a way, just an oversized trailer.

So it is now five years since that long drive with a U-Haul in tow and I am still working for Horizon Human Services. I started as a clinician/case manager, and last year I took a promotion to clinical supervisor. Now I travel between Globe, Payson, and Yuma, but there is no place like our home in Globe. For any of you looking for a new adventure and wanting to serve in a rural area, be careful what you wish for. You might just wake up one morning living in a trailer park...and never want to live anywhere else.

## Community Resources

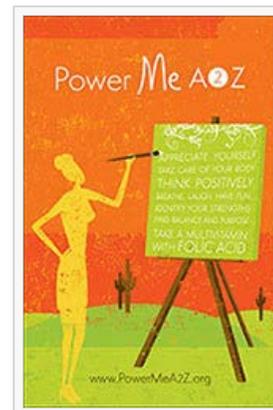
### [Power Me A2Z \(Folic Acid Education/Disbursement\)](#)

*Contributed by Adrienne Udarbe, Community Programs Director, Bureau of Nutrition & Physical Activity*

The ADHS Bureau of Nutrition and Physical Activity implements the Folic Acid Education and Vitamin Distribution Program, which supplies free vitamins and health education to Arizona women of childbearing age.

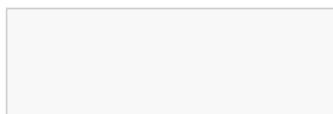
In 2011 ADHS established a new program to distribute folic acid supplements to women of childbearing age. The aim of the campaign is to increase women's knowledge of the benefits of taking a daily multivitamin with folic acid, with the ultimate goal of improving birth outcomes and reducing the incidence of neural tube defects. The new campaign titled *Power Me A2Z* allows women to order a free 90 day supply of multivitamins with folic acid through the campaign website. When they receive their vitamins in the mail they also receive a Power Me pack containing the following: a tote bag, vitamins, Life Plan booklet, nail file, and *share with a friend* cards. The Life Plan provides health education relating to preconception health including: folic acid, nutrition, physical activity, stress, vaccinations, unhealthy habits, and mental health.

For more information on the campaign or to receive your free supply of multivitamins with folic acid visit [Power Me A2Z](#).



### [CPSA and Mental Health First Aid — Changing Lives in Pima County](#)

*Contributed by Steven Nagle and Pam Parrish, CPSA*



Community Partnership of Southern Arizona (CPSA) continues to make a significant and lasting contribution to human welfare and social reform by providing **Mental Health First Aid (MHFA)** trainings, at no cost, to over 1,700 Southern Arizonans since the Tucson shooting tragedy on January 8, 2011.



These trainings mobilize community members to recognize and provide support when someone shows signs of possible mental illness, or a mental health crisis, until professional care can be engaged. It also reduces the stigma surrounding mental illness by

debunking myths and providing facts.

Founded and based in Tucson, CPSA has been the Regional Behavioral Health Authority in Pima County since 1995. In that role, CPSA oversees the public behavioral health care system, providing ongoing treatment and support to about 30,000 people at any given time. CPSA also established and manages a crisis-care network available to any of the county's one million residents.

CPSA has offered MHFA trainings since 2009, but interest in this community-focused education skyrocketed after it became clear the Tucson shooter had an undiagnosed mental illness. Many community members wondered what could or should be done when someone shows signs of a mental illness. CPSA responded with greatly expanded MHFA efforts to satisfy this public need to make a difference.

To date, CPSA has provided and/or funded 77 MHFA trainings since January 8, 2011. These trainings have included seven Youth MHFA trainings, as well as a pilot MHFA training for Military and Veteran populations. MHFA trainings provided in Spanish will soon be offered, and a version of MHFA for first responders will be available in the coming months. CPSA has committed to offering these trainings at no charge to participants as long as demand remains high. We provide many of these MHFA trainings out in the community for target groups, including: Pima Community College, churches, the Boys and Girls Club, the University of Arizona, State agencies, homeless shelter staff, and the Tohono O'odham Nation. The coming few months will find CPSA providing MHFA trainings for Superior Court staff, Pima County Juvenile Court staff and the Arizona Department of Education.

CPSA is proud to be deeply committed to MHFA, providing community members the practical and applicable information and skills needed to positively affect the lives of their friends, neighbors, co-workers and others who are affected by mental health concerns.

For information on upcoming MHFA trainings in Pima County visit the [CPSA website](#).

[Free Online Training Simulation for Medical Staff](#)

*Provided by the Arizona State Department of Health Services*

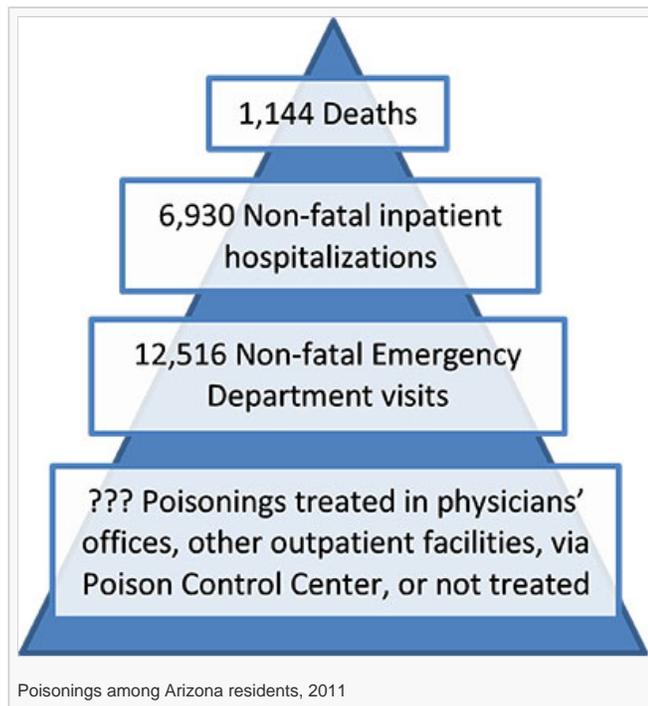
Poisoning killed more than 1,100 Arizonans in 2011.

While the word "poison" conjures images of bleach and rat killer, alcohol is the number one poison listed on death certificates. Substances such as heroin and oxycodone/hydrocodone also contribute to thousands of hospital emergency department visits each year. Hospital Emergency Departments (ED) in Arizona regularly see these patients. The ED visit can be a powerful teaching moment to motivate patients to seek treatment and reduce readmissions.

The Arizona Department of Health Services is offering *At-Risk for Emergency Department Staff*, an online training simulation designed to prepare medical staff to screen patients at risk for alcohol abuse, drug use and suicide.

The **training program is free** to Arizona hospitals. This engaging tool:

- Can be completed 24/7 from any computer with online access
- Awards 1.50 CMEs or CEUs
- Increases patient safety
- Reduces re-admission rates
- Contributes to achieving statewide goals in three of Arizona's winnable battles: reducing substance abuse, reducing hospital readmissions, and preventing suicide



To learn more about how *At-Risk for Emergency Department Staff* improves patient safety by helping reduce poisoning deaths and injuries, please visit <https://az-ared.kognito.com>. For information on how to implement this training in your ED, contact ADHS at [dbhsinfo@azdhs.gov](mailto:dbhsinfo@azdhs.gov) or 1-800-867-5808 and ask for At-Risk Training or Office of Prevention.

[Summer Food Service Program](#)



*Contributed by Stacy Moreno, MSW, CBC, Maricopa Integrated Health System (MIHS)*

The Summer Food Service Program is a U.S. Department of Agriculture Child Nutrition



Program established to ensure that low-income children, ages 18 and younger, continue to receive nutritious meals when school is not in session.

Let your families know that every day this summer (Monday through Friday) we have FREE meals to hand out to Arizona children under the age of 18!

Lunch starts at 11a.m. and is done when the last meal is handed out.

Want to find a location near you? Use this website to navigate one near your home or near the families that you work with. [Enter your zip code online](#) to find out if there is a location near you.

[Important Information Regarding NHSC Resources](#)

For the past year, the Primary Care For All website, previously accessed at <https://primarycareforall.hrsa.gov/> has served as a resource and networking tool for National Health Service Corps (NHSC) clinicians, scholars and alumni. **Beginning Thursday, May 16, 2013, NHSC members were re-directed to [www.nhsc.hrsa.gov](http://www.nhsc.hrsa.gov) and the Primary Care For All site will no longer be active.**



In the coming months, NHSC will be sharing additional resources on [www.nhsc.hrsa.gov](http://www.nhsc.hrsa.gov). The goal is for this website to serve as a robust tool to access information about your service commitment with the Corps, as well as clinical resources for your practice.

To ensure that you continue to receive updates from NHSC about your service commitment and helpful resources to assist in your clinical practice:

- Make sure your email address and other contact information is up-to-date in the [NHSC Customer Service Portal](#)
- Like the [National Health Service Corps on Facebook](#)
- Follow the [National Health Service Corps on Twitter](#)

[Arizona Clinician Website Updated](#)

*Contributed by Will Humble, Director of the Arizona Department of Health Services*



The Arizona Department of Health Services (ADHS) rolled out our state-of-the-art [Arizona Clinicians website](#). The change is part of an ongoing organization effort by ADHS to help users find the info they are looking for more easily, but offering topic- and audience-based sites like this one. The site provides a one-stop shop for Arizona clinicians. The new Clinician website is designed specifically for clinicians, so they can go to one website and access information directly from the site.

With the old site organization, if a physician wanted to know our clinical recommendations for Rocky Mountain Spotted Fever (for example), they'd have to know that they would be in our vector borne and zoonotic diseases program, in our Office of Infectious Disease Services, which is in the Bureau of Epidemiology and Disease Control.

You get the point, sometimes specific resources are difficult to find. This new site provides a one-stop-shop for links to public health resources, clinical guidelines and recommendations, resources for provider's offices,

links to reporting, and important updates and news. It also provides links to licensing requirements, and has a variety of resources that are available to their patients including important phone numbers.

**Data and Statistics**

[Health Professional Shortage Areas \(HPSA\)](#)

*Contributed by Tracy Lenartz, MPH*

The following Arizona areas have been designated as Health Professional Shortage Areas by the [U.S Department of Health and Human Services \(DHHS\)](#), [Health Resources and Services Administration \(HRSA\)](#) as Health Professional Shortage Areas (HPSA) during the past quarter in the [Designation Update](#).

For more information on Health Professional Shortage designations, contact Tracy Lenartz at (602) 542-1772 or at [tracy.lenartz@azdhs.gov](mailto:tracy.lenartz@azdhs.gov).

**Emergency Preparedness**

[Volunteering in a Crisis](#)

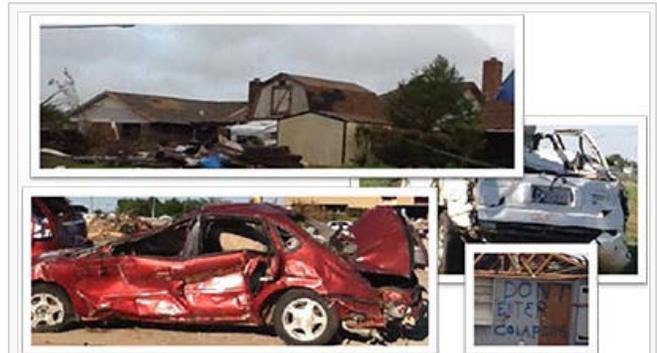
*Contributed by Debra Manley, Red Cross Volunteer, Interviewed by Kymber Corbin, Project Specialist and Co-written by Kimberly Campbell, ESAR-VHP Coordinator*

With our busy lives, it can be difficult to find the time to volunteer. However, when there is an event like a natural or human-made disaster we often wish we could reach out and help. Many of us have heard people say that they would like to volunteer...and you may be one of those people too. So the question becomes, what is stopping you?

Recently the state of Oklahoma was pummeled by multiple tornados and many areas were left devastated. Debra Manley from Cochise County was the only person representing the Arizona Chapter Red Cross that went to the tornado site. During this phone interview, Debra was in the hotel basement with about 900 people taking shelter from the second round of tornados coming through Oklahoma City, just days after the Moore tornado.

Debra began volunteering in 2001. She started by taking classes offered by the Red Cross. At the time, she had to attend classes in person, but many of them can now be done online. Her first assignment was Ground Zero in New York after 9/11. She worked 14 hours a day seven days a week for three weeks, then took a day off, only to repeat the cycle. She was one of many volunteers, but they needed many, many more. Even for those who felt their specific skill set was not needed; there was a job for you - taking care of animals, passing out water, digging through the rubble, or holding a hand, the ways to help were endless.

When responding to Oklahoma, she arrived about 10 p.m. on May 21, 2013. She called the hotline number she was given for further instructions. She picked up the rental car that was reserved for her and because it was late, she was told to go to the hotel and get rest for the next eventful day. She had never been to Oklahoma before and was grateful for the GPS in her car.



These photos were taken from Debra Manley's cell phone days after the cleanup process had already begun in May 2013.

The next morning she arrived at the Red Cross headquarters. They had already designated an area where those affected by the tragedy could go to get assistance under one roof. Some of the partners working together included the Oklahoma Department of Health providing tetanus shots, mental health workers, Department of Motor Vehicles, American Red Cross, and Federal Emergency Management Agency (FEMA). This provided a one-stop shop to replace their ID cards, get a toothbrush and shampoo, get a tetanus shot, talk to a counselor, and/or the start the insurance claim forms and recovery process to get back to a sense of normalcy. Debra was setting up computer stations in Oklahoma. Admittedly, she is not an IT guru, but she knew enough. Families who no longer had a way to reach out to their loved ones now had a way to communicate, she was their link to civilization and found great satisfaction in fulfilling this need.

This is Debra's wish, she wants you to find volunteering to be as rewarding and satisfying as she does. She wants to encourage those who are thinking about becoming a volunteer to sign up today. Even though this takes some time and effort, and you may not have time today, you should do it today...later may not come and you will miss out on the opportunity to help your neighbor when they really need you.

Your time is valuable, so it is important that you enjoy and benefit from the volunteering. Debra's advice is that it is imperative to make sure the volunteer position is a good fit and to communicate with people you are working with in the volunteer organization. There are numerous volunteer opportunities available, the key is to find a volunteer position that you would enjoy and are capable of doing. It is also important to make sure that your commitment matches the organization's needs.

The ADHS, Bureau of Public Health Emergency Preparedness would like to offer you the **opportunity to sign up and volunteer with your community today**. There is always a need to have people prepared to respond during a crisis. The **Medical Reserve Corps (MRC)** and the Emergency System for Advanced Registration of Volunteer Health Professionals (ESAR-VHP) each represent key initiatives of ADHS to improve Arizona's ability to prepare for and respond to emergencies. The MRC is a national network of community-based volunteer units that focus on improving the health, safety, and resiliency of their local communities. In partnership with additional volunteer organizations such as the American Red Cross (ARC) and **Certified Emergency Response Team (CERT)**, MRC provides an opportunity to train and connect you with your community.

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. The more satisfaction you have as a volunteer, the better your contributions and the more likely you will continue. Consider taking the time to sign up as a volunteer today and making a difference.

**Health and Wellness**

[SPF, UV Rays, Sunscreen, Sunblock — What Does it all REALLY Mean?](#)

*Article approved by Sharon McKenna, Arizona Department of Health Services, Children's Environmental Health Program (OEH)*

SPF stands for Sun Protection Factor. This indicates the level of



protection you can expect from a particular sunscreen based on time spent in the sun. It is however used only as a measurement tool for UV-B rays. Common SPF numbers are 2, 8, 15, 30, 45 and 70. Anything under SPF 15 blocks about 90% of UV rays and is recommended. SPF 50 sunscreens provide just 1.3% more protection from UV-B rays than SPF 30 sunscreens.

**Using anything over SPF 30 is unnecessary.** The sunscreen industry has defended high-SPF sunscreens as a way to combat consumer misuse. It is more important, therefore, to apply sunscreen generously than it is to seek out products with ultra-high SPF ratings.

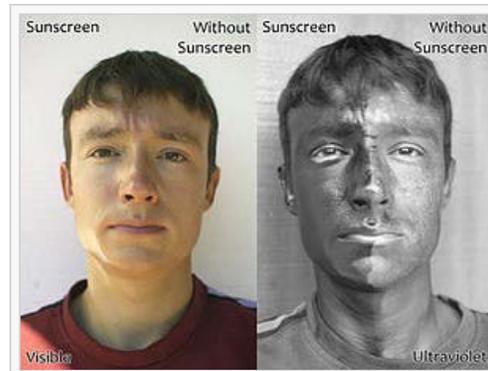
**When applying sunscreen, few people put on enough to actually reach the product's SPF rating.** The correct amount for an average adult would be an ounce, which is about two tablespoons or about the size of a tea light candle. When you do not put on the correct amount, your protection is divided by 10-25 percent — so your SPF 30 sunscreen might be giving you SPF protection of 3 to 8 if not applied as directed.

It is generally recommended

to reapply the sunscreen at least every couple of hours due to things like perspiration which removes it. Also you have to reapply after swimming in the water too, even if it is a waterproof formula, for best practice. Sunscreens are either chemical or physical. Chemical sunscreens absorb ultraviolet radiation. Physical sunscreens (formerly known as sunblock) reflect and scatter the work by absorbing the UV radiation. They are available in creams, lotions and gels. They are not noticeable on the skin. The chemicals that are most often found in sunscreens are usually different from the ones found in sunblock. At one time they could be spotted by the opaque white film, but new technology has created lotions with particles so tiny, that the opaque film is no longer noticeable.

**Did You Know?**

- Sunscreen *EXPIRES*. It loses some of its effectiveness after one year, and is mostly ineffective after three years. Have leftover tubes of sunscreen from last summer? Unless they have an expiration date that shows they are less than a year old, toss them.
- Dark-colored clothes offer more protection than light-colored ones; however darker clothes absorb more heat, so use good judgment.
- A dry white T-shirt offers an SPF of 5. If it gets wet, it has an SPF of 2.
- You can wash clothing in **\*\*Ritz Sun Guard** which treats fabric with Tinsorb, providing 96% ultraviolet protection that is retained through about 20 washings - the Skin Cancer Foundation assures us that it does, indeed, provide a SPF of 30. **\*\*This might stain light/white clothing.**



The photograph on the left is what is seen in visible light, while the photograph on the right was taken using **ultraviolet photography** shortly after application of sunscreen to half of the face.

**CMEs & Grant Opportunities At-A-Glance**

[Upcoming Opportunities](#)

A lot of Web searching has been done for you! We identified grant opportunities, as well as Continuing Medical Education (CME) prospects and listed the class name, dates, what type of class (webinar, seminar, online, etc.), and other information so that you can see what is available to you at a glance. Links will take you right to the course descriptions and the registration site.

- [CMEs](#)
- [Grant Opportunities](#)

**Upcoming Events**

[August 2013](#)

**Shifting to a Value-Based Health Care System**

Webinar sponsored by: National Rural Health Resource Center  
 Tuesday, August 6, 2013 from 1:00pm - 2:00pm  
[Register](#)

Under a cooperative agreement with the Health Resources and Services Administration's Office of Rural Health Policy, the National Rural Health Resource Center is providing technical assistance (TA) to the over 1,600 hospitals participating in State Health Insurance Assistance (SHIP). The Center will be hosting four hospital-level educational webinars for live-event participation by up to 500 SHIP eligible hospitals. Resource manuals that coordinate and expand upon the webinar topics will also be available. The webinar topics are aligned with key SHIP focus areas. All webinars will be recorded for playback so all hospitals and interested

parties may access the recorded information if they are unable to participate in the live event.

**Save the Date: 40th Annual Arizona Rural Health Conference**

Event Dates: August 20 10:00am – 6:00pm and August 21 8:00am – 2:00pm  
 Location: Prescott, Arizona  
[Register](#)



This year marks the 40th anniversary for the Arizona Rural Health Conference. Plans to celebrate this huge milestone will include a banquet, entertainment, and national and local speakers addressing current pressing healthcare issues centered on the following conference tracks:

- HIT Meaningful Use & Telemedicine
- Affordable Care Act Implications & Community Health Trends
- Clinical & Administrative Rural Health Issues

We welcome those who have served rural communities for the last 40+ years and all newcomers to meet and learn about the evolution of rural health in Arizona — then, now and what's to come.

The conference provides an environment for networking and disseminating pertinent information, building and strengthening partnerships and discussing projects/programs among professionals and community members from rural Arizona and the Southwest.

Please [visit our website](#) to view the full agenda.

[September 2013](#)

**Reproductive Health**

Denver, CO  
 September 19 - 21, 2013  
[Registration, Agenda, and Conference Information](#)



Don't miss the special 50th anniversary celebration of Association of Reproductive Health Professionals *Reproductive Health* meeting. This is the premier reproductive health conference where frontline providers and health professionals get the latest research, hands-on training, and take home points for immediate practice improvement.

**Empower One Breast Cancer Awareness Walk**

Date: Saturday, September 21, 2013  
 Time: 7:00am  
 Venue: The Phoenix Zoo, 455 N. Galvin Parkway, Phoenix, AZ, 85008 Phoenix, AZ  
[More information and online registration](#)

Join the efforts to RAISE AWARENESS about breast cancer! Early detection literally saves lives. Saturday September 21, 2013. Let's join together to Empower breast cancer patients and their loved ones! Enjoy a day of sun, fun and nature. All-day zoo pass for each registrant. Awards and recognition for: Largest Team Highest Team Donation, Most Unique Team, Highest Corporate Sponsorship, Highest Individual Donation Raised, and Top Ten Finishers.

[October 2013](#)

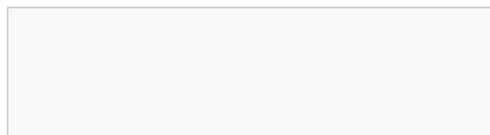
**NHSC Corps Community Day**

Corps Community Day, Thursday, October 10, 2013, during the American Medical Student Association's National Primary Care Week, October 7-11, 2013. Corps Community Day celebrates the important work of the Corps to increase access to primary care where it is needed most.



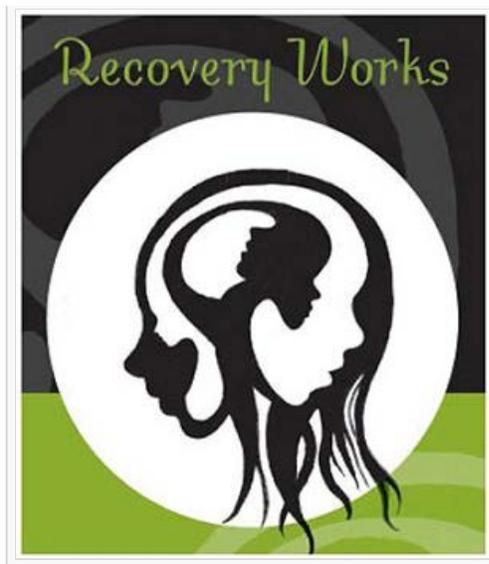
Last year, more than 145 events and activities took place on Corps Community Day, including a national event with U.S. Department of Health and Human Services Secretary Kathleen Sebelius hosted at Unity Health Care in Washington, DC. Look for Arizona based events in the next issue of *Arizona Healthcare Connection*.

**14th Annual Community Mental Health Arts Show**



Community Partnership of Southern Arizona will be hosting the 14th Annual Community Mental Health Arts Show October 8-10, 2013, at the CPSA Training Center (2502 N. Dodge Blvd.).

The Art Show features the work of children and adults receiving behavioral health services and people employed in the behavioral health



system. The show is open to the public and free of charge.

**Recovery Works**

*Public Reception*  
Tuesday, October 8, 2013  
5:00pm – 6:30pm

*Exhibit Hours*  
Open to the public and free of charge  
Tuesday, October 8 11:00am – 7:00pm  
Wednesday, October 9 11:00am – 7:00pm  
Thursday, October 10 11:00am – 5:00pm

*When & How to Submit Art Entries*  
Entry Forms for artists will be available in July 2013  
Art entries will be accepted from October 1-3, 2013 from 9:00am to 4:00pm

Watch for more information coming soon!

**Making Strides Against Breast Cancer**

If anyone has any interest at all please call me at (602) 778-7648 so I can send you any invitation to our kickoff breakfast. Thank you, Todd Gifford.

Saturday, October 26, 2013  
Registration - 7:00am  
Event Program - 7:30am  
Walk Begins - 8:00am  
Tempe Beach Park, 80 W. Rio Salado Parkway in Tempe

A 3-mile non-competitive walk to raise awareness and provide hope for those affected by breast cancer. Bring together a team of co-workers, family, and friends or volunteer at the event to help with registration, traffic and information.

Making Strides T-shirts can include your team name or logo on the back (\$12 each, minimum order of 10 shirts). T-shirt order forms available in the Team Leader Kit.

Register online and fund raise at [www.makingstrideswalk.org/phoenixaz](http://www.makingstrideswalk.org/phoenixaz).

Call (602) 952-7521 or [email phoenix.strides@cancer.org](mailto:phoenix.strides@cancer.org) for more information!



November 2013

**International Dementia Conference**

Date: Tuesday, November 5 or Wednesday, November 6, 2013  
Time: 9:00am – 5:00pm  
Venue: Phoenix Convention Center, 100 N. Third St., Phoenix, AZ, 85004

The conference theme is: Providing cutting edge information and training for dementia therapy. This conference is suitable for people living with dementia, their loved ones, care facility staff, nurses, family doctors, psychiatrists, psychotherapists, geriatricians, dementia specialists, speech and language therapists, and social workers. Over the two days, delegates will have the opportunity to attend eight interactive workshops and listen to cutting edge speakers from the USA and UK.

February 2014

**27th Annual Rural Health Care Leadership Conference**

Save the Date:  
February 9 – 12, 2014  
Pointe Hilton Tapatio Cliffs Resort  
Phoenix, AZ

More information will be available online in the coming months.



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