

HEALTH & WELLNESS

Healthbeat

Hospitality House awarded new grant

The Hospital Hospitality House of Winston-Salem has received an additional \$50,000 grant from The Winston-Salem Foundation for its capital campaign.

"This grant will be used to help build the Josh and Marie Reynolds Hospital Guest House for which we are currently raising money," said Melinda Beauchamp, executive director of the Hospital Hospitality House.

Beauchamp said the new grant is provided by the John W. and Alice Rose Alspaugh Memorial Funds and the Twin City Hospital Funds. As a result, the Foundation will have naming rights for two of the house's family rooms. The Foundation gave a \$50,000 grant last year to help support the start-up salary for the executive director's position.

The Hospital Guest House is a non-profit organization whose board of directors is comprised of representatives from Forsyth Medical Center, Wake Forest University Baptist Medical Center and from the local community. Its mission is to provide affordable lodging in a caring environment for referred adult patients and/or their caregiver(s) who travel to Winston-Salem for medical treatment.

Outpatients who are in Winston-Salem for prolonged treatment, as well as about 400 families of inpatients at the hospitals, require lodging each night. Many of these families find themselves camping out in waiting rooms, hallways and their cars. Family members of patients in the Kate B. Reynolds Hospice Home often need a place to stay as well. The Hospital Guest House plans to build a 24-guest-room "home away from home" to help alleviate this need for comfortable and affordable lodging.

A&T's Mayfield-Clarke elected to head speech/hearing group

Dr. A.B. Mayfield-Clarke, associate professor and program director of Speech/Language Pathology & Audiology and Speech Communication Studies at North Carolina Agricultural and Technical State University, was elected a Fellow of the American Speech-Language-Hearing Association. The fellowship is one of the highest forms of recognition and distinction given by ASHA of an individual's accomplishments, and is a public declaration of the person's outstanding professional achievements and career accomplishments. Individuals elected to an ASHA Fellowship will be formally recognized at the ASHA Convention awards ceremony, Nov. 21 in Chicago.



Mayfield-Clarke

In April, Mayfield-Clarke escorted Hadiya Coppedge, Speech/Language Pathology student (Class '08) to Capitol Hill for a visit during the National Black Association Speech-Language-Hearing (NBASLH) Advocacy Day.

PhD nursing program wins \$800,000 grant

A continuation grant of almost \$800,000 will enable The University of North Carolina at Greensboro to educate PhD-level nurses who can research and address health disparities across the state and the nation.

The federal grant from the Health Resources and Services Administration provides \$254,774 per year over the next three years. The PhD Nursing program, the third in the state, will continue to focus on reducing health disparities in minorities, women, children and older adults and on increasing the diversity among students and faculty.

Ethnic minorities account for almost a third of the state's population, and 93 percent of the state's 100 counties are considered medically underserved. North Carolina rates for HIV/AIDS, heart disease, obesity, stroke, cancer and diabetes rank above the national average.

The program now boasts about 30 students who range in age from young adult to middle age and include African Americans, Hispanics and Asians. About 88 percent of students come from medically underserved areas, making it more likely that they will return home to work in those areas after graduation. One student graduated in the spring, and another is preparing to graduate.

WFUBMC one of nation's most wired hospitals

Hospitals & Health Networks magazine has named Wake Forest University Baptist Medical Center one of the nation's "Most Wired" hospitals.

The listing in the July issue, released last week, is based on results of the 2008 Most Wired Survey and Benchmarking Study.

The purpose of the survey is to promote the effective use of information technology (IT) in achieving clinical and operational excellence. Medical centers nationwide are evaluated on improved outcomes in patient satisfaction, risk-adjusted mortality rates and other key quality measures through the use of IT.

The 100 Most Wired hospitals and health systems are determined by the Most Wired Survey, conducted annually by Hospitals & Health Networks magazine, the journal of the American Hospital Association. It focuses on how the nation's hospitals use information technologies for quality, customer service, public health and safety, business processes and workforce issues.

Hospitals & Health Networks conducted the 2008 survey in cooperation with Accenture, McKesson Corp. and the College of Healthcare Information Management Executives.

Arthritis Foundation will honor Wake Coach Grobe

CHRONICLE STAFF REPORT

Wake Forest University Football Coach Jim Grobe will receive the Triad Carolinas Chapter of the Arthritis Foundation 2008 Lifetime Achievement Award next week.

Grobe will be honored Friday, Aug. 1 during a 6:30 p.m. banquet at Bermuda Run Country Club. The Lifetime Achievement Award dinner raises funds for research into the causes of and cures for arthritis and supports educational programs of the Triad Carolinas Chapter of the Arthritis Foundation.

The foundation says that Grobe is being honored for his outstanding professional achievements, leadership qualities and his long-term commitment to Wake Forest and to the community.

Foundation representatives said that having Coach Grobe as this year's honoree has generated considerable excitement. Jerry Long, the honorary chairman of this year's award dinner, said "The Triad Carolinas Chapter of the Arthritis Foundation is honored that Coach Grobe has joined our efforts to help our volunteers raise much-needed funding for the work of the Foundation. The initial response to the advance invitations has been excellent. We encourage those interested in participating to call as soon as possible to reserve their tables at the dinner."

Last year, the National Arthritis Foundation and the Carolinas Chapter awarded more than \$1 million in research grants to various medical centers in North and South Carolina, including Wake Forest University Health Sciences.

Michael Pulitzer - who is co-chairing the event with Butch Pegram, Edwin Welch and Jeff Young - said that there is a great



Coach Grobe will be honored for community service efforts.

WFU Photo

need to fund research on arthritis.

"As a founding chairman of the Foundation's Piedmont Triad chapter, I have a personal connection through my daughter, who suffers from juvenile rheumatoid arthritis. We are most thankful to Coach Grobe for helping to raise money for research and create awareness of arthritis."

Past recipients of the Lifetime

Achievement Award include Mayor Allen Joines, Dick Janeway, Vic Flow, Tom Hearn, Scott Livengood, Jerry Long, Paul Wiles, John Allison and U.S. Sen. Richard Burr.

For information about individual tickets or corporate table sponsorships, call Charlie Grubb at 336-785-2272.

CAN STOPPING DRINKING, STOP YOUR HAPPINESS?

UNC study links depression with complete sobriety

SPECIAL TO THE CHRONICLE

Scientific evidence has long suggested that moderate drinking offers some protection against heart disease, certain types of stroke and some forms of cancer.

But new research shows that stopping drinking - including at moderate levels - may lead to health problems including depression and a reduced capacity of the brain to produce new neurons, a process called neurogenesis.

The findings from the Bowles Center for Alcohol Studies at the University of North Carolina at Chapel Hill appear online in the journal, "Neuropsychopharmacology."

"Our research in an animal model establishes a causal link between abstinence from alcohol drinking and depression," said study senior author Clyde W. Hodge, Ph.D., professor of psychiatry and pharmacology in the UNC School of Medicine. "In mice that voluntarily drank alcohol for 28 days, depression-like behavior was evident 14 days after termination of alcohol drinking. This suggests that people who stop drinking may experience negative mood states days or weeks after the alcohol has cleared their systems."

According to the researcher, the negative mood state

in mice may represent depression in humans and appears to be linked to a diminished capacity of the brain to form new neurons. "Thus, people who drink moderate alcohol socially, or for potential health benefits, may experience negative mood or diminished cognitive abilities due to a loss of the brain's ability to form new neurons," he said.

But the study also found that treatment with an antidepressant drug during 14 days of abstinence prevented the development of depression and restored the capability of the brain to produce new cells.

"Treatment with antidepressant drugs may help people who suffer from both alcoholism and depression by restoring the brain's ability to form new neurons," Hodge said. "Moreover, this research provides an animal model

of alcohol-related depression with which we can begin to fully understand the neurobiology underlying co-occurring alcoholism and depression, and thereby develop successful treatment options. At this point it appears that blunted neurogenesis may underlie the effects of abstinence from alcohol drinking on mood, but understanding the mechanisms by which this occurs is a key challenge for future research."

The research was supported by grants from the National Institute on Alcohol Abuse and Alcoholism (a component of the National Institutes of Health) and by the Bowles Center for Alcohol Studies.



Staying Safe Around Water

Already it is time for summer, and many families are preparing to enjoy sunny days on North Carolina's beaches, lakes and pools. Unfortunately, sometimes

of 30 percent higher than the rate of whites, and African American children [age 14 and younger] have a fatal drowning rate of more than three times the rate of white children.



What are the risk factors for unintentional drowning?

According to the CDC, the major risk factors for children are lack of supervision and lack of barriers (such as pool fencing or locked bathroom doors). According to the national Safe Kids Campaign, a study revealed that many parents who say they are supervising their children while swimming are not putting their full attention on the

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See Water safety on A11



Alisa Evans Debnam

CAHNC names its new leader

CHRONICLE STAFF REPORT

Alisa Evans Debnam is the new executive director of the Chapel Hill-based Council for Allied Health in North Carolina (CAHNC), which represents more than 20,000 allied health professionals from 29 professions.

She began work July 1, following the retirement of Dr. David E. Yoder, the former head of the agency.

Debnam most recently served as the dean of health programs at Fayetteville Technical Community College, where she was responsible for managing sixteen programs. She served as a member and president of the board of Trustees of Cape Fear Valley Health Systems Inc., from 1997 to 2003, during which time the hospital experienced a major transition from a public hospital to a private, not-for-profit health system. Debnam has also worked with the Robeson and Cumberland County Schools in the coordination and management of the comprehensive school health program and health curriculum and served as a health author/consultant for McMillan/McGraw-Hill Publishers.

Debnam says her top priorities are continuing to build stronger partnerships with health associations, institutions and agencies, and working toward securing stable financial resources to support the Councils' vision, mission and goals.

"I value the CAHNC's long term commitment and high quality work and am thrilled and honored to have been selected as the CAHNC's executive director and pleased to have the opportunity to work with the Executive Committee, staff and stakeholders across the state of North Carolina in achieving the Councils' goals," says Debnam. "The challenges which lie ahead for the healthcare industry are significant and the CAHNC will play an important role in ensuring that North Carolina has a well prepared and well distributed workforce."

Debnam is married to Hank Debnam, and they have two daughters, Deidra, 19, and Diana, 9.

The Council was established in 1991 by allied health practitioners, educators and employers who were concerned about chronic allied health workforce shortages.

TALK TO ACTION



Photo by Marilyn Humphries/PRNewsFoto/AIDS Action Committee

Massachusetts black state elected officials announce their plans get tested for HIV/AIDS to bring attention to the devastation the disease has brought to black communities in their state and throughout the entire nation.