

Mountain AHEC



The Mountain Area Health Education Center (Mountain AHEC or MAHEC), located in Asheville, serves health care professionals, students, and institutions throughout a 16-county region in Western North Carolina (Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, Mitchell, McDowell, Polk, Rutherford, Swain, Transylvania, and Yancey). MAHEC's mission, consistent with that of the state AHEC Program, is to improve the quality, geographic distribution, and retention of health care professionals in the region.

Serving as a bridge between the educational institutions of the state and region and the health care delivery system, MAHEC provides a comprehensive array of educational programs and services including:

- residency programs in family medicine and obstetrics/gynecology, designed to train physicians to serve mountain communities;
 - clinical placements of health science students from throughout the state to enhance their training and expose them to practice opportunities in the region;
 - continuing education programs for health professionals to improve the practice environment and maintain a high quality of patient care;
 - library and media services to provide current information resources to health care providers and students;
 - and consultation and technical assistance to health care professionals and institutions in the region.
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Mission

To fulfill its mission, MAHEC relies on a dedicated staff of health profession educators and support personnel. The faculty and staff are guided by the following principles;

1. To make service to health care professionals, health science students, and patients our top priority.
2. To offer programs and educational services of the highest quality.
3. To make programs as accessible as possible.
4. To respond to constituent needs as they arise and adapt to a changing health care environment.
5. To be innovative in developing new educational efforts.
6. To deliver programs and services in the most efficient way possible.

Administration

The address of Mountain AHEC is:

501 Biltmore Avenue
Asheville, North Carolina 28801-4686
URL: <http://www.mtn.ncahec.org/>

Teck Penland, Ph.D., President and CEO

Housing Information

Contact: Lisa Ogle

Phone: 828-257-4411; FAX: (828) 258-2097

Email: lisa@mtn.ncahec.org



TRAVEL AND ACCOMMODATIONS

Travel: Students scheduled for the Mountain AHEC program should leave Chapel Hill the day before the rotation begins. It will take 4.5 hours to drive from Chapel Hill to Asheville, approximately 225 miles. Additional distances to sites west of Asheville will be noted on site descriptions sent to students prior to the start of the rotation. Reimbursement for travel will be in accordance with Statewide AHEC Program guidelines and made through the DAHS AHEC Housing & Travel Coordinator.

Directions to Asheville: From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road (Biltmore Avenue). From I-40 Westbound, take Exit 50B on Hendersonville Road (Biltmore Avenue). Go through 5 traffic lights. At the 7th light, turn left into Memorial Mission's Emergency Entrance. Take your first right and then another immediate right into MAHEC's parking area.

Housing Details

MAHEC housing—When students are on an approved rotation in the Mountain AHEC region, they may apply for free housing in MAHEC's student housing. MAHEC has, at present, 44 beds available in Asheville, Hendersonville and East Asheville. Housing may also be available in other communities as well, such as Franklin, Waynesville, Bakersville, Spruce Pines, etc.

Applications for housing: Applications must be received at least four weeks in advance of rotation. The more notice the student provides, the greater the chance of obtaining housing. Community housing outside of Asheville is arranged on an as-needed basis according to rotation site. Mountain AHEC has their own housing application, which is available at the DAHS-AHEC office. Complete this short application and submit with your DAHS-AHEC housing application.

Meals are available in hospitals and are the responsibility of each student. Each AHEC housing arrangement provides full kitchen privileges. Kitchens have pots, pans and dishes.

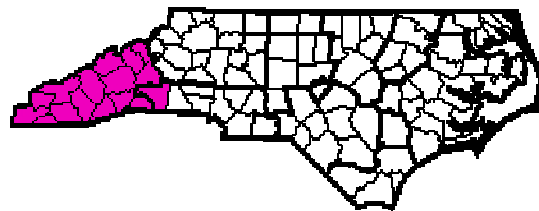
Check-in: Mountain AHEC asks that students arrive the Sunday before their rotation begins. MAHEC will send the student details of where to go and when to arrive so that the residence manager can be there to let the student into the apartment.

What to Bring: A check, payable to MAHEC, in the amount of \$10 for a key deposit. Single-bed sheets, pillowcase, extra blankets during winter months, bath towels, laundry bag, food storage containers, lighted make-up mirrors may be of use as well as a fan during warm weather. MAHEC will provide mattress pad, one blanket, one pillow and a bedspread. Each student will have one chest of drawers or a dresser and half the closet space (limited).

Kitchen: Every housing unit is furnished with a basic supply of salt, pepper, sugar, aluminum foil, soft soap, oven liners and burner bibs in addition to dishes and cooking utensils. The students are expected to replenish these supplies as they are used, leaving a basic supply for future residents.



Some Examples of
Mountain AHEC Housing
In the city of Asheville



DIRECTIONS TO MOUNTAIN AHEC'S BRIDGE BUILDING



From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Rd. (Biltmore Ave.). Stay in one of the two right hand lanes.

From I-40 Westbound, take Exit 50(B) onto Hendersonville Rd. (Biltmore Ave.). Stay in one of the two right hand lanes.

Go through 5 traffic lights. At the 6th traffic light, turn left at the Mission Hospital entrance. Take your first right and then another immediate right. One of MAHEC's parking lots is located at the front of the building and the other lot is accessed by driving across the bridge.

