

# IMPACT

Public health news and information for the Marion County Community

Spring 2011

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## Meet the Long-Term Care Department

*Health and Hospital Corporation started a new department to handle its long-term care facilities. This new department is responsible for 46 nursing homes in Indiana and regularly looks in on them to make sure standards are maintained*

Health and Hospital Corporation (HHC) opened Lockfield Village nursing home in 1995. In 2003, 12 more facilities were purchased. HHC now owns 46 nursing homes and continues to grow. This growth led to the creation of the Long-Term Care Department in October of 2010. The department consists of Vice President Shelia Guenin, two quality reviewers and an executive assistant, located in the Hasbrook Building.

All of HHC's nursing homes are managed by American Senior Communities, the largest senior healthcare and housing provider in Indiana. They have a solid reputation of staying at the forefront of their industry. Prior to the creation of the Long-Term Care Department, management-consulting firms were contracted to perform quality reviews on the nursing homes. Guenin was the

owner of one such firm, contracted for the previous five years by HHC, which made her a natural candidate for VP of the Long-Term Care Department.

"When I was offered the position with HHC, I closed my firm," said Guenin. "The many years of working with HHC administration and the board of directors as a consultant paved the way for this transition, and I was already on board with the mission and philosophy of care of this great company," said Guenin. "The biggest surprise when we joined the staff was learning how many wonderful services the Marion County Public Health Department provides that we were not aware of! We have found everyone here to be so friendly and welcoming."

Quality reviewers visit two facilities a week and share their observations with facilities

management and American Senior Communities. Long-term care, which is covered by Medicaid, is a great option for those who can no longer be cared for at home due to illness, injury, frailty or other limitations. Watch for more information on the Long-Term Care Department in upcoming issues of Profiles.

For more information on nursing homes, visit [www.americansrcommunities.com](http://www.americansrcommunities.com). For more information on the Long Term Care Department, contact Shelia Guenin at 317-225-2176 or email [sguenin@hhcorp.org](mailto:sguenin@hhcorp.org).

### Quality Reviews

The Long-Term Care Department is responsible for keeping standards high at HHC nursing homes. Every week, department employees visit two nursing homes to review the facilities. Reviewers observe:

- Clinical records
- Medication administration
- Environmental services
- Meal service
- Residents, staff and family interviews
- Personnel files
- Compliance issues



Long-Term Care Department from left to right: Sheila Guenin, Jane Meier and Nancy Wilson.

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# B.A.B.E. of Indianapolis Turns Sweet 16

*After 16 years in Indianapolis, B.A.B.E. is having a measurable impact on the Marion County community through incentives and encouragement*

B.A.B.E. (Beds and Britches, Etc.) of Indianapolis is excited to celebrate its 16 years in Indianapolis.

B.A.B.E. is an incentive program designed to encourage parents to get prenatal and infant care. Parents collect coupons for things like keeping doctors appointments and participating in health-related programs and then trade the coupons for products at B.A.B.E. stores.

B.A.B.E. originated in Illinois in 1988. South Bend was the first Indiana city to participate in the program that eventually spread to Indianapolis. The first B.A.B.E. store in Indianapolis was at St. Vincent in 1995. A few years earlier, a study done by the Marion County Public Health Department, the Indiana State Department of Health and Wishard Hospital had revealed that Marion County had the highest infant mortality rate among African-Americans in the nation. The main focus of B.A.B.E. of Indianapolis was to bring that rate down.

Since the St. Vincent store opened in 1995, four other stores have opened around Indianapolis.

## How it works

There are 62 distributors who award parents and pregnant women with coupons that can then be redeemed at any of the five B.A.B.E. stores. Coupons are given out by healthcare clinics, WIC, Healthy Families and hospitals, among others. Coupons are then traded for goods such as diapers, baby clothes and car seats at the B.A.B.E. stores.

For B.A.B.E.'s 16th birthday, the organization is hoping to get a vehicle to transport goods from the distribution center to the stores. Some items, such as car seats and cribs, are too large to fit in the cars of the managers, who are responsible for transporting goods to their respective stores.

B.A.B.E. relies on donations to keep its doors open. They are always looking for donations of time, goods or money. For more information, call the program coordinator at 221-3050.



Mary Harvey, the store manager at Forest Manor, helps a customer purchase items with the coupons she has earned.

## B.A.B.E. Gets Results

Studies show that among B.A.B.E. participants:

- Single moms have fewer low birth rate babies.
- Moms ages 18-29 are less likely to have premature babies.
- All moms are less likely to experience an infant death in the first month of life.
- Non-breast feeding moms are less likely to experience infant death between one and 12 months of age.

## Healthy Homes Year in Review

The MCPHD healthy homes specialists have been working tirelessly to continue their mission to spread awareness and educate people about Healthy Homes. According to the National Center for Healthy Housing, a healthy home is a home that is designed, constructed, maintained or rehabilitated in a manner that supports the health of its residents. To achieve this, there are seven basic principles that must be followed.

The seven basic principles of a healthy home are to keep it:

1. Dry
2. Clean
3. Pest-free
4. Ventilated
5. Safe
6. Contaminant-free
7. Maintained

## 2010 in numbers

**788** health fairs throughout Marion County  
**79** in-home lead-based paint inspections and risk assessments

**60** blood lead screens on children under age 6

2011 **MAYOR'S**  **bike ride**

**SAVE THE DATE**  
**SATURDAY, JUNE 4, 2011**  
**Registration 9 a.m.**  
**Ride 10 a.m.**  
**Location - TBD**

Join the City of Indianapolis and the Marion County Public Health Department for the third annual Mayor's Bike Ride. This year the Mayor's Bike Ride will highlight the newest bike lanes on Lafayette Road.



# MCPHD Recognizes Social Workers' Contributions

At the Marion County Public Health Department, we want to take time to acknowledge the contributions of our social workers to Marion County residents. There are 14 social workers spread throughout the city in the district offices, public and charter schools. As witnesses to the best and worst of human nature, a social worker's success is defined by the opportunities people enjoy as a result of their interventions. The MCPHD social workers offer interventions in multiple areas.

Social workers offer services throughout Marion County including psychosocial assessment, referrals, case management, short-term mental health counseling, care coordination for at-risk pregnant women and advocacy. Additional services include psycho-educational counseling for individuals and groups in subjects such as anger management, parenting, depression, self-esteem, stress manage-

ment and many others. More recently, the department has agreed to work in conjunction with the Indiana Women's Prison and the Marion County Juvenile

**"Social workers improve the fabric of society by often caring for those who have been left behind or those who have lost their voice."**

**- Dr. Elizabeth Clark.**

Detention Center to provide services to inmates and residents. The Marion County Public Health Department social workers have workers experienced in departments of Housing, ACTION Health Center, District Offices, School-Based and in the Mother Baby Healthline.

Frankye E. Johnson, Administrator of the MCPHD Social Services Dept., said "our department and team work tirelessly to impact in a positive manner, the future and well-being of our clients."

This year's National Social Work Month theme, "Social Workers Change Futures," celebrates the many ways professional social workers make a difference for people

every day. In addition to services provided by MCPHD Social Services, social workers can also be found in nonprofit and government agencies, schools, hospitals, hospices, universities, legislatures, private practices, corporations and the military.

The social work profession developed more than 100 years ago to address and mitigate social problems including poverty, chronic illness, addiction, abuse and discrimination. Some historic figures include Jane Addams, Frances Perkins, Harry Hopkins, Whitney M. Young and Dorothy I. Height.

"Social workers improve the fabric of society by often caring for those who have been left behind or those who have lost their voice," said Dr. Elizabeth Clark, executive director of the National Association of Social Workers. "They help people from all walks of life find renewed hope for the future."

## Outreach Worker Paying it Forward

*Garland Boone recently received three service awards for his dedication in substance abuse and HIV/AIDS outreach*



Garland Boone has worked with the Substance Abuse and HIV/AIDS program at the Marion County Public Health Department (MCPHD) since October 2000. He recently received three awards for his dedicated service to the people of Indianapolis.

- On December 17, 2010 Ryan White Services recognized Garland for his personal commitment, dedication and outstanding professionalism when conducting HIV counseling and testing.
- On January 19, 2011 Harbor Light Center awarded Garland a Certificate of Achievement for Faithful Service and willing attitude and dedication.
- On February 7, 2011 Indianapolis Urban League honored Garland with the Rick E. Ewing Community Outreach and Advocacy Award on National Black HIV/AIDS Awareness Day.

# Dental Staff Warn Kids, Parents of Acidity in Drinks



*Rise in dental problems attributed to increased consumption of popular sports drinks, juices and sodas*

The Marion County Public Health Department's (MCPHD) Dental Health Department is teaching children and their parents about the harmful effects of acidic drinks on teeth.

"Many drinks aren't as healthy as you may think," said Tonya Stewart, DDS, director of dental health services, MCPHD. "Sports drinks and juices contain as much, or more, enamel-eroding acid as soda."

Dr. Stewart wants parents to realize

that the healthiest drinks their children can consume are water and milk.

When the acid in many trendy drinks comes in contact with teeth, it softens the enamel and causes dental erosion. The increased consumption of soda and trendy drinks is causing a rise in the dental problems that 50 years of public health initiatives—such as fluoridated water and dental sealants—were previously guarding against.

Many drinks that are high in acid also contain a lot of sugar. Sugar feeds the bacteria that causes tooth decay and overwhelms the positive effects of fluoride.

Some examples of drinks with high acidity are: diet Schweppes tonic water, Minute Made® lemonade and Minute Made® orange juice, SoBe Energy Citrus, Gatorade®, Full Throttle energy drink, Diet Coke, Propel® Fitness Water. (These results were found in a test by Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2007.)

Dehydration also plays a role in acid erosion. After working up a sweat, it is always better to reach for water before a sports drink. Acid in sports drinks causes more damage in a dry mouth than a hydrated one.

"Sports drinks have their benefits, but they are harming your teeth," said Dr. Stewart. She advises everyone to drink some water after exercising before reaching for a sports drink.

## There are some things you can do to minimize the effects of sugar and acid when consuming soda and sports drinks:

**Drink the beverage in one sitting quickly. Slowly sipping on a soda causes a steady stream of enamel eroding acid.**

**Use a straw. This will minimize the drink's contact with teeth and gums.**

**Drink water after finishing a soda or sports drink. This rinses the mouth removing some of the acidity and sugars.**

## Three Wishard Health Care Heroes Honored by IBJ

Dr. Greg Gramelspacher, director of Wishard's Palliative Care Program; Penny Handshaw, director of Rehabilitation Services; and the Center for Youth and Adults with Conditions of Childhood (CYACC) were honored as Health Care Heroes by the *Indianapolis Business Journal* (IBJ).

Dr. Gramelspacher, known to many as the "father" of palliative care in Indiana, was the winner in the physician category. In 1999, he created the Palliative Care program at Wishard from the ground up, and, for the first seven years, served as its

only physician. To date, the program has served over 4,000 patients, whom he recently honored with his cross-country Ride to Remember bicycle trip.

The non-physician honor was awarded to Handshaw for her innovation in the field of rehabilitation services at Wishard. Under her leadership, physical therapists now work in the Emergency Department and Ortho Clinic, and there are three times the number of Rehab Services staff members in the Richard M. Fairbanks Burn Center.

Selected as the winner in the commu-

nity achievement in health care category, CYACC, under the leadership of Dr. Mary Ciccarella, was honored for addressing not only the medical needs of youth who have disabilities or chronic illnesses and are aging out of the pediatric care system but for providing them with community and educational resources.

Congratulations also to Dr. Robert Pas-cuzzi, director of the Indiana University/ ALSA Center for Excellence at Wishard, for his nomination in the physician category.



Community members of all ages are encouraged to come out and help cleanup!

## Tool Loan Program Aids in Cleanup Efforts

April kicks off the Great Indy Cleanup. Coordinated by Keep Indianapolis Beautiful, the anti-litter event begins April 9, continuing each Saturday in April, and is the first year one section of the county will be targeted each Saturday

The Marion County Public Health Department (MCPHD) will play a major role in the cleanup effort. Employees will work each weekend to aid in the beautification program.

During the past 35 years, the MCPHD's Rodent Control tool loan program has helped support hundreds of community cleanup efforts, including the Great Indy Cleanup.

"We want to support the community, any individuals, families or large groups interested in making the county a nicer, cleaner place to live," said Jack Clarke, environmental health specialist.

Tools are loaned free of charge and the health department will even deliver the tools to the cleanup location.

Neighborhood associations, community groups, churches and individuals are among those who regularly use the tool loan program.

Heavy duty rakes, long-handled shovels, short-handled shovels, weed cutters, brooms, wheelbarrows, trowels and free garbage bags are among the inventory of available resources.

Individuals or groups interested in the tool loan program can reserve equipment (at least two weeks in advance) by calling 317-221-7588.

For more information about the Great Indy Cleanup, contact [www.kibi.org/great\\_indy\\_cleanup](http://www.kibi.org/great_indy_cleanup) or call 317-264-7555.

## New Law Bans Disposing of Electronics in Trash

A new state law bans residents and business owners from dumping electronics in with their trash. Indianapolis and Marion County residents are asked to take electronics to one of the City's ToxDrop sites. Electronics can contain hazardous materials, such as lead and mercury, which can contaminate groundwater and cause serious health issues when buried in a landfill.

There are four ToxDrop sites throughout Indianapolis. There is no charge to drop off electronics, and the sites are open year round. For more information about the ToxDrop program and locations, visit <http://www.sustainindy.org/toxdrop.cfm>.

# WIC Goes Shopping

Registered Dietitians from WIC recently guided a "Shopping Matters" grocery store tour for WIC clients at Kroger Southern Plaza. WIC representatives offered advice on making healthy food choices on a limited budget and addressed client questions about WIC voucher items.



From left: Mary Huber, WIC Program Manager; Denise Ferguson, NEDHO District Nutritionist; Michelle James, National Square WIC; Christa Cottingham, National Square WIC.



With so many choices these days, shopping can be daunting. Christa Cottingham describes the differences in products and how to get the most for your money.



Christa Cottingham (left) shows clients how to read the nutrition label on cereal to make smart decisions about what to purchase.

# Spring Cleaning Checklist

Spring cleaning time has arrived, and to help you make sure your home is in good repair and ready for the summer, the Housing and Neighborhood Health Department has devised a checklist. Taking care of these issues will help prevent moisture and mold problems

## Yard and Exterior

- Clean gutters and downspouts
- Make sure gutters discharge water away from your home
- Clean window wells and check for proper drainage of water from windows
- Check roof to verify shingles are in good repair
- Check attic for signs of leaks
- Clean up animal manure daily; place in tight-lid container
- Keep your yard free from trash, garbage or any other non-usable material
- Check yard for trip, fall, choking and sharp edge hazards
- Look for peeling paint and resurface with new paint

- Check for signs of rodent, bats, roaches and termites

- Check that fence around pool is intact

## Basement & Crawlpace

- Check for wet surfaces, puddles
- Make sure sump pump and check valve are working
- Make sure floor drain is working and cover in place
- Vacuum basement surfaces

## Plumbing, Fixtures, Appliances

- Check drains for leaks
- Check bath and kitchen fan operation
- Clean exhaust fan outlets, screens
- Clean dryer vents, screens



## Clean Air Matters to Public Health

Occasionally, pollutants in Indianapolis exceed federal air quality standards. When that happens, the air can be unhealthy, especially for children, senior citizens, people with breathing-related illnesses like asthma, and those who are active outdoors.

When City of Indianapolis officials expect air pollutants to exceed federal air quality standards, the city will call a Knozone Air Quality Action Day. These days are called when air quality is low and those who are especially sensitive to air pollution may have difficulty breathing.

Because a Knozone Action Day affects the health of Indianapolis residents, the City offers a free e-mail notification service to alert those interested of Knozone Action Days. If you are interested in receiving e-mail notification of Knozone Action Days, you can sign up at [www.Knozone.com](http://www.Knozone.com). You may also call 327-4AIR for more information.

On a Knozone Action Day, the city encourages those who are affected by poor air quality to reduce the amount of time spent outdoors.

During Knozone Action Days, and every day, the city asks that you do your part in helping to reduce pollution, keep Indianapolis' air clean and residents healthy. Here's a list of simple things you can do to reduce pollution:

- Leave early to avoid morning rush hour
  - Carpool to work, lunch or school
  - Bring your lunch rather than drive to lunch
  - Use public transportation like IndyGo whenever possible
  - Bike to work, the store or other destinations
  - Refuel your vehicle and mow your lawn after 6 p.m.
  - Use a programmable thermostat
  - Avoid vehicle idling, such as restaurant or bank drive-throughs
  - Don't burn trash or leaves
  - Turn your lights off when not in use
  - Instead of a Sunday drive, go for a walk or bike ride
  - Reduce the use of chemicals or paint that contain volatile organic compounds (VOC)
- For more information, please call 327-4AIR, visit [www.Knozone.com](http://www.Knozone.com), find us on

## On the Move

Several MCPHD departments have moved to new locations. Please note the following changes:

### 4087 Millersville Road:

Indianapolis Healthy Start

### Shoemaker Building,

### 3901 Meadows Drive:

Water Quality & Hazardous Materials Management (WQHMM)  
Lead Safe & Healthy Homes (LSHH)

### 4040 North Rural Street

Environmental Control

Rodent Control

B.A.B.E. Distribution Center

Facebook at [www.Facebook.com/CleanAir-Matters](http://www.Facebook.com/CleanAir-Matters) and follow Knozone on Twitter @knozone.

# Schedule of Events

## ABCs of Diabetes

The Marion County Public Health Department offers a FREE four-part diabetes self-management program. It is open to anyone with diabetes, pre-diabetes, family members and friends. Please plan to attend all four classes. Registration is required. Please call 317-221-2094 or register online at [www.mchd.com/diabetes](http://www.mchd.com/diabetes).

### May

Mondays 2, 9, 16, 23  
1:30 – 3:30 p.m.  
Pike Public Library  
6525 Zionsville Road, 46268

### June

Thursdays 2, 9, 16, 23  
5:30 – 7:30 p.m.  
Lawrence Public Library  
7898 N Hague Road, 46256  
Tuesdays 7, 14, 21, 28  
1:30 – 3:30 p.m.  
Speedway Public Library  
5633 W. 25th Street, 46224

### July

Thursdays 7, 14, 21, 28  
1:30 – 3:30 p.m.  
Marion County Public Health Department  
South District Health Office  
503 National Avenue, 46227

## Food Safety Classes

Classes are offered from 8:30 – 10:30 a.m., on the second Tuesday of each month. Call 317-221-2222 to register. Classes held at Marion County Public Health Department, 3838 North Rural Street, 1st Floor Conference Room.

### Dates are:

April 12

May 10

June 14

July 12

August 9

## Lead Testing

Lead Safe and Healthy Homes provides blood lead and product testing.

**Every Thursday from noon to 5 p.m.**

**Where: Marion County Public Health Department, 3838 N. Rural St.**

For more information, call SLHH at 317-221-2288.

## Earth Day

April 23 is Earth Day. Festivities are from **11 a.m. to 4 p.m. at the White River State Park 801 W. Washington St.**

Visit <http://earthdayindiana.org/> for more information.

## March for Babies

The annual March of Dimes March for Babies will take place:

**April 30 at the White River State Park 801 W. Washington St.**

**Registration begins at 9 a.m.**

For more information, call 317-262-4668 or visit [www.marchforbabies.org](http://www.marchforbabies.org).

## Future Promises End of Year Event

The Future Promises End of Year Event and Incentive Store will take place:

**Wednesday, May 18 at the Madame Walker Theatre Center at 5:30 p.m.**

## Neighbor Power! Conference

May 21 is the 2011 Neighbor Power! Conference presented by Indianapolis Coalition for Neighborhood Development, Indianapolis Neighborhood Resource Center, Local Initiatives Support Corporation and Making Connection Indianapolis. The daylong conference at the University of Indianapolis includes discussion and workshops on neighborhood issues, led by neighbors. For more information, contact the Indianapolis Neighborhood Resource Center at 317-920-0330 or email [info@inrc.org](mailto:info@inrc.org)

## Mayor's Bike Ride

Saturday, June 4 is the Mayor's Bike Ride.

Registration is at 9 a.m.

Ride begins at 10 a.m.

For more information, visit <http://hhc.kavi.com/events/bikeride/>.

## Alcohol Awareness Month

April is Alcohol Awareness Month. For more information, visit <http://www.healthfinder.gov/nho/aprtoolkit.aspx>

**MARION COUNTY PUBLIC HEALTH  
DEPARTMENT SERVICES**

ACTION Health Center Clinic .....	221-3400	Mortgage Loan Inspections.....	221-2145
ACTION Health Center Education and Social Services .	221-8950	Laboratory (Public Health) .....	221-4670
Animal Bite Surveillance .....	221-2222	Maternal and Child Health .....	221-2312
Asthma Screening and Education .....	221-2094	Mosquito Control .....	221-7440
B.A.B.E. (Beds and Britches, Etc.) .....	221-3050	Mother Baby Healthline .....	221-BABY (2229)
Birth and Death Registry .....	221-2400	Mother Baby Healthline TTY For Hearing Impaired .....	221-2354
Birth and Death Registry TTY for Hearing Impaired ...	221-2410	Newborn Screening .....	221-2331
Certificates of Birth Correction Info .....	221-2397	Occupational Health .....	221-2266
Cancer Detection and Control .....	221-2101	Older Adult Health .....	221-2087
Cardiovascular Health .....	221-2097	Rodent Control .....	221-7588
Child Abuse/Neglect Detection and Prevention .....	221-2366	School-Based Health Centers	
Childhood Lead Poisoning Prevention Program .....	221-2155	Arlington High School .....	226-2992
Children's Special Health Care Services Program .....	221-2103	Crispus Attucks Medical Magnet High School .....	226-2791
Chronic Disease .....	221-2094	John Marshall Community School .....	226-4622
Communicable Disease Control .....	221-2117	Manual High School .....	226-2000
Community-Based Care (CBC) .....	221-2366	School Health Promotion .....	221-2052
Community Nutrition Services .....	221-7403	School Health Services .....	221-2366
Dental Health .....	221-2329	Sewage Regulation (Septic Systems) .....	221-2147
Diabetes Education .....	221-2104	Sexually Transmitted Disease Control .....	221-8300
Environmental Control .....	221-7588	Smoke Free Indiana .....	221-2084
Food and Consumer Safety .....	221-2222	Social Services.....	221-2364
Foreign Born Health .....	221-2114	Streams, Groundwater and Solid Waste.....	221-2266
Hazardous Materials .....	221-2266	Swimming Facilities Regulation (Public) .....	221-2270
Health Education, Promotion and Training .....	221-2092	Tobacco Free Youth Initiative .....	221-3100
Healthy Babies Consortium .....	221-2313	Tuberculosis Control .....	221-2106
HIV/AIDS Prevention Information .....	221-3101	Violence Prevention .....	221-2085
HIV/AIDS Outreach Project .....	221-4618	Wellfield Protection .....	221-2266
Bell Flower Clinic .....	221-8307	Wells and Drinking Water Safety.....	221-2145
Housing and Neighborhood Health .....	221-2150	WIC (Special Supplemental Nutrition Program for Women, Infants and Children) .....	221-7401
Immunization Program .....	221-2122		
Indoor Air Quality .....	221-2266		
Indianapolis Birthing Project/SisterFriend.....	221-7419		
Injury Prevention .....	221-3145		
Institutional Inspection.....	221-2266		



3838 North Rural Street  
Indianapolis, Indiana 46205  
317-221-2000

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