

IMPACT

Public health news and information for the Marion County Community

Summer 2012

www.hhcorp.org

www.mchd.com

Covering Kids & Families

★ Back-to-School Family Day 2012 ★

Saturday, August 4 • 9 a.m. — 1 p.m.

Marion County Public Health Department

3838 N. Rural St.
(in the parking lot)

There is a lot to do before classes start!
Come to Back-to-School Family Day for:

- Entertainment
- Ask • A • Doc (medical advice)
- School Supplies (child must be present)
- Health Screenings
- Health Information
- Immunizations (bring insurance or Medicaid card)
- Sports Physicals
- Birth Certificates (fee and ID required, FREE for first 100 children under the age of 18)

For more information, call: 317-221-2464

Bilingual: 317-221-2039

Enrollment on-site for:
Hoosier Healthwise
Health Advantage
Healthy Indiana Plan

Bring the following verifications with you:

- Income stubs for three month
- Social Security Number
- Proof of address in Marion County



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Avondale Meadows Project Will Benefit Whole Community

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Dr. B. Healthy Creates Buzz About Home Radon Testing

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Pregnant in Prison Program Gets National Recognition

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Marion County Public Health Department Offers Popular Safe Sitter Classes

EMS Paramedic Selected as America's Most Wanted All-Star

Recognized for her exemplary achievements in the EMS field, Indianapolis Emergency Medical Services paramedic Anne Edwards has been chosen as one of six finalists in this year's America's Most Wanted All-Star Contest, sponsored by Sprint. Online voting will run through May 5, at www.amw.com/allstar/2012/ to determine the \$10,000 grand prize winner.

Anne Edwards, a native of Indianapolis, has demonstrated her compassion for humanity. Not only is she a nationally registered paramedic with Indianapolis EMS - Medic 10, one of the busiest ambulances

in Indianapolis, but she also serves as a field training officer for new employees as well as a preceptor for numerous paramedic students at the Indiana University School of Medicine.

"Anne is a veteran paramedic who is described by both her patients and coworkers as professional, willing and compassionate," said Dr. Charles Miramonti, chief of Indianapolis EMS. "She has proven to be a true advocate for her patients and lends her skillful hand and voice to the teaching of future paramedics."

In addition, to further unite EMS services throughout Marion County, Edwards has been instrumental in instituting a new field

training program, developing policies and procedures crucial to its implementation. Last year, Edwards was named the 2011 National Association of Emergency Medical Technicians (NAEMT) Paramedic of the Year. She was also recognized April 13 at the Indiana Pacers game as an Indiana Hero.

Each year, the television program "America's Most Wanted" highlights several public service professionals across the nation who work tirelessly to keep their communities safe. This year, six total finalists were chosen for the America's Most Wanted All-Star Award, and Edwards was among the lucky few.

Avondale Meadows Revitalization Project Benefits Community

The mission of the Meadows Community Foundation, Inc. is to support quality education, renew pride and confidence, promote reinvestment and revitalize the Meadows neighborhood by creating collaborations among residents, businesses, community leaders, foundations and governments.

In the 1950s and 1960s, the Meadows area was the place to live, work and play. Then, in the 1970s, poverty seemed to take over many urban areas and the Meadows was not spared. The community has been challenged ever since. The concentration of poverty in five low-income apartment complexes, high crime and the absence of quality retail business led to urban decline.

Plans for a 100-acre site within the neighborhood include a supermarket, additional retail space and up to 900 apartments, townhomes and single-family homes (with units available for seniors). The project also has plans for a five-acre multi-use park, green spaces, community gardens and a multi-purpose community center. The community center would include a health clinic, area non-profit and social services groups and possibly a YMCA branch.

The goal of the Meadows Community Foundation is to work toward creating a community modeled after partner Purpose Built Communities, an Atlanta-based non-profit consulting group. A holistic approach includes the following benefits:

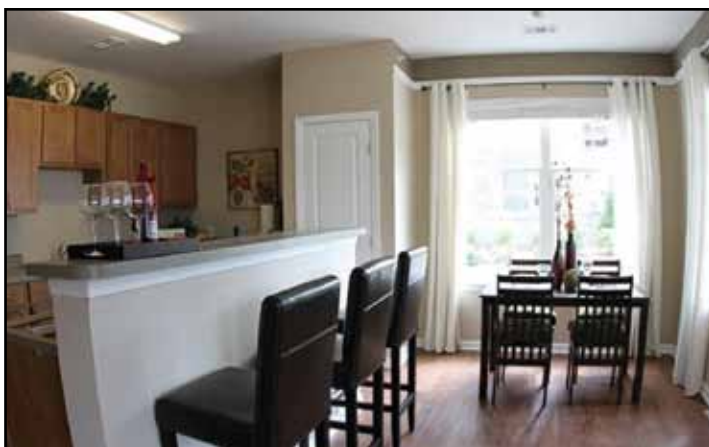
- Reduces crime
- Boosts employment
- Builds student achievement
- Fosters involvement and civic pride
- Benefits the local economy
- Enhances neighborhood sustainability

Purpose Built Communities began in the early 1990s by making over an area called East Lake in Atlanta, a community similar to the Meadows, which was known for decayed housing, failed schools, unemployment and widespread crime and drugs. The community has since completely turned around. In 1995, the crime rate in East Lake was 18 times the national crime rate. By 2011, the area had a 50 percent lower crime rate than the city of Atlanta.

East Village at Avondale Meadows is the first development in a multi-phase neighborhood revitalization. The community features a



LIVING ROOM, ABOVE, OF AN APARTMENT AT EAST VILLAGE AT AVONDALE MEADOWS. KITCHEN IN PHOTO BELOW. PHOTOS FROM EAST VILLAGE WEBSITE.



swimming pool, 24-hour fitness center and floor plans to suit any family. The one, two and three bedroom apartments have walk-in closets, wood-grain and ceramic tile flooring, plantation blinds and a washer/dryer. For more information on renting an apartment at East Village, visit www.discovereastvillageapts.com.

Diabetes Program Gets Accreditation

In October 2011 the ABCs of Diabetes program applied for and was granted accreditation through the American Association of Diabetes Educators (AADE). The AADE focuses on the following seven self-care behaviors that can be tailored to each individual's needs:

- **Healthy Eating**
- **Being Active**
- **Monitoring**
- **Taking Medication**
- **Problem Solving**
- **Reducing Risks**
- **Healthy Coping**

Countless studies show the benefits of diabetes self-management education in helping people manage the disease and decrease their risk of complications. Poorly controlled diabetes can lead to heart attack, stroke, kidney failure, blindness and amputation. National survey data indicates only about half of individuals diagnosed with diabetes receive diabetes education.

The Marion County Public Health Department offers the ABCs of Diabetes program free of charge to adults who have diabetes, pre-diabetes and their families and significant others. In addition to four two-hour group classes, participants are encouraged to meet individually with a registered dietitian, registered nurse and health educator.

For more information or to request program brochures and posters, contact Stacie Hurrell at 221-2104 or shurrell@hchcorp.org. Registration online at www.mchd.com/diabetes.

MCPHD Welcomes Administrator of Vital Records

The Marion County Public Health Department welcomes Darren Klingler as the administrator for Vital Records in the Bureau of Population Health.

Klingler brings more than 15 years of government management experience from the State of Indiana (Office of Medicaid Policy and Planning/FSSA) and from the City of Indianapolis (Marion County Emergency Management – now known as Indianapolis Homeland Security/DPS) along with more than 10 years working in program management for a non-profit organization (Indiana Dental Association). He earned a master's degree in public administration from Indiana University at the Indianapolis (IUPUI) campus and has earned several certifications.

Administrator of Social Services Department Sets Social Work Standard

Frankye E. Johnson-Shelby, administrator of Social Services for the Marion County Public Health Department, has been chosen Region 7 Social Worker of the Year. Shelby-Johnson was nominated for her "mission to equalize access to services by persons who are marginalized, underserved and overrepresented in the struggle to improve their mental and physical well-being. She has been a career-long member of the National Association of Social Workers and exemplifies the Code of Ethics in her practice."

As a regional winner, Shelby-Johnson is among finalists for Indiana Social Worker of the Year. State winners then represent Indiana for national awards. Indiana has had a national winner in three of the last seven years.

"We are very proud of Frankye Shelby-Johnson and her work on behalf of the citizens of Marion County. She leads by example and serves as a wonderful resource for our community and is recognized statewide and nationally for her leadership," said Virginia A. Caine, M.D., Director, Marion County Public Health Department.

"Dr. B. Healthy" Makes Debut at Indy Earth Day Event



WATER QUALITY AND HAZARDOUS MATERIALS MANAGEMENT HAS REPURPOSED THE "AL B. FRIENDLY" COSTUME TO "DR. B. HEALTHY." ERIC KAUFMAN, OF WQHMM, SUITED UP ON EARTH DAY TO CREATE SOME BUZZ ABOUT THE MARION COUNTY PUBLIC HEALTH DEPARTMENT'S RADON PROGRAM. KAUFMAN SAID DR. B. HEALTHY WAS A HIT WITH CHILDREN DURING THE EARTH DAY FESTIVITIES!

Program Assists Incarcerated Moms

Mary Bullock, domestic violence coordinator for Indianapolis Healthy Start, has been instrumental in implementing the Indianapolis Healthy Start Wee Ones program, which allows qualifying mothers to keep their babies in prison with them after they give birth. The Wee Ones program, developed in 2008, is designed to keep inmates with their children during a crucial stage of development. Indianapolis is one of only six states that allow women to keep their babies with them while in prison.

"Some experts maintain that mothers benefit from staying with their babies, even when bonding takes place behind bars," Bullock said. "These women and babies need and want services." Wee Ones allow the women to learn from their prison experience and use it to make a stronger life for themselves and their children once released from behind bars.

Qualifications for entering the program include: women must be pregnant when entering prison, be the legal custodian of the baby, have no previous convictions of violent crimes or child abuse and have a release date no later than 18 months after delivery. Inmates who typically qualify for the Wee Ones program have records of theft, forgery, prostitution, selling and/or trafficking of drugs, and aiding and abetting. Once the women are accepted into the program, Bullock and other IHS case managers provide services to the women until their babies are 2 years old.

"Healthy Start is a safety net for them, so they don't end up back in prison," said Bullock.

Wee Ones provides classes for the mothers including: parenting, relationships, prenatal care, postpartum depression, nutrition, exercise, safe sleep, breastfeeding, child development and fun activities. Women also go through a counseling program that Bullock developed called "Ten Questions to Ask Before You Fall in Love" to address the fact that many women are incarcerated as a result of bad relationships. Bullock was recently featured in a documentary on The Learning Channel (TLC) "Babies Behind Bars," in which she led a discussion with incarcerated women on the "Ten Questions to Ask before You Fall in Love."

"Some of [the women] really don't have a place to go when they get out. I connect them with resources after prison so they don't have to prostitute, they don't have to sell drugs to support themselves and their babies," said Bullock.

Bullock, who has worked as a social worker for more than 30 years, has always worked with high-risk women and children. Her



experience in fields such as Child Welfare, Sisterfriend Program, Mom Project, Community Health Advocacy Program (CHAP) and Workone Metro Center has enabled her to provide imprisoned mothers with an opportunity for success once they are released. Bullock also recently spoke about her experience at the National Healthy Start Association Conference in Washington D.C.

For more information, contact Mary Bullock at mary.bullock@wishard.edu or 317-630-6629.

Ask your potential partner these questions before your first date:

(from "Ten Questions to Ask Before You Fall in Love")

Questions to ask a male:

1. Are you married or living with someone?
2. Are you involved with another person?
3. Is anyone pregnant by you?
4. Are you currently on probation?
5. What happened in your last relationship? Why are you not in that relationship?

Questions for as a female:

1. Are you married or living with someone?
2. Is anyone paying your rent or other bills?
3. Are you currently pregnant?
4. Are you currently on probation?
5. What happened in your last relationship? Why are you not in that relationship?

Pros and Cons of Babies in Prison

Supporters of Babies in Prison

- Children separated from their incarcerated parents run a higher risk of school failure, behavioral and emotional disorders and trouble with the law, according to a Columbia University Study.
- Prison nursery programs facilitate bonding between mothers and babies.
- Allowing women to keep their babies with them has the potential to reduce recidivism.
- Ten-year study from University of Nebraska shows that prison programs reduce crime by helping the mother to reform.
- It is better than foster care.

Opponents to Babies in Prison

- Many feel that the baby is being punished for the crimes of the mother.
- Victims Rights Advocates say criminals should not get special treatment and nice surroundings just because they happen to be mothers.
- Some feel that women may start to get pregnant when they know that they are going to prison so that they can have the benefit of this homelike environment while doing time.

Covering the Uninsured Week

Poverty Simulation Exercise



THE POVERTY SIMULATION EXPERIENCE PRESENTED BY COVERING KIDS AND FAMILIES AS PART OF COVERING THE UNINSURED WEEK ACTIVITIES AND FACILITATED BY ST. VINCENT HEALTH IS DESIGNED TO HELP PARTICIPANTS UNDERSTAND WHAT IT MIGHT BE LIKE TO BE PART OF A TYPICAL LOW INCOME FAMILY TRYING TO SURVIVE FROM MONTH-TO-MONTH. THE OBJECT IS TO SENSITIZE PARTICIPANTS TO THE REALITIES OF LIFE FACED BY LOW INCOME PEOPLE. THERE WERE 56 PARTICIPANTS IN THIS POVERTY SIMULATION EXPERIENCE HELD AT THE 4012 BUILDING. THE PARTICIPANTS ASSUMED THE ROLES OF FAMILIES LIVING IN POVERTY. THE TASK OF THE FAMILIES IS TO PROVIDE FOR BASIC NECESSITIES AND SHELTER FOR ONE MONTH CONSISTING OF FOUR 15 MINUTE WEEKS. THERE WERE TABLES SET UP TO REPRESENT COMMUNITY RESOURCES SUCH AS: A BANK, A FOOD PANTRY, AN EMPLOYMENT OFFICE, A PAWN BROKER, A GROCERY STORE, A WELFARE OFFICE, A CURRENCY EXCHANGE AND A SCHOOL. THERE WAS ALSO A COMMUNITY POLICE OFFICER, UTILITY COLLECTOR AND LANDLORD/RENT COLLECTOR.



Burmese Family Enrollment Fair

COVERING KIDS AND FAMILIES OF CENTRAL INDIANA KICKED OFF COVERING THE UNINSURED WEEK WITH THE BURMESE FAMILY ENROLLMENT FAIR AT THE CHIN COMMUNITY CENTER ON THE SOUTHSIDE OF INDIANAPOLIS. APPROXIMATELY 150 INDIVIDUALS ATTENDED THE EVENT AND 71 HEALTH ADVANTAGE APPLICATIONS WERE COMPLETED AND EIGHT HOOSIER HEALTHWISE APPLICATIONS WERE COMPLETED.

B.A.B.E. Store Diaper Drive



COVERING KIDS AND FAMILIES OF CENTRAL INDIANA WRAPPED UP COVERING THE UNINSURED WEEK WITH THE ANNUAL DIAPER DRIVE FOR THE B.A.B.E. PROGRAM. THERE WAS \$177 CASH DONATIONS COLLECTED TO PURCHASE WIPES AND DIAPERS AND A TOTAL OF 624 DIAPERS AND 748 WIPES WERE COLLECTED.

Bullying: Know the Signs

Bullying among children is aggressive behavior that is intentional and involves an imbalance of power or strength. Bullying can take many forms, such as hitting or punching; teasing or name-calling; intimidations using gestures or social exclusion; and sending insulting messages by phone, email, social networking or texting. Children and youth who are bullied are more likely than other children to be depressed, have low self-esteem, be absent from school, feel sick and think about suicide. Children and youth often do not tell their parents that they are being bullied because they are embarrassed, ashamed or afraid of the children who are bullying them or being seen as a "tattler." If a child tells you that he or she is being bullied, it has taken him or her a lot of courage to do so and he or she needs your help.

WHAT TO DO IF YOU YOUR CHILD IS BEING BULLIED

Focus on your child. Be supportive and gather information about the bullying.

- Never tell your child to ignore the bullying. What the child may hear is that *you* are going to ignore it. If the child were able to ignore it, he or she likely would not have told you about it. Often, trying to ignore bullying allows it to become more serious.
- Don't blame the child who is being bullied.
- Listen carefully to what your child tells you about the bullying. Ask him or her to describe who was involved, how and where the bullying happened.
- Empathize with your child. Tell him or her that bullying is wrong, not his or her fault, and that you are glad that he or she had the courage to tell you about it.
- Do not encourage physical retaliation as a solution.

Contact your child's teacher or principal.

- Bullying may not stop without the help of adults.
- Give factual information about your child's experience of being bullied including who, what, when, where and how.
- Emphasize that you want to work with the staff at school to find a solution to stop the bullying.
- Do not contact the parents of the student(s) who bullied your child. This is usually a parent's first response, but sometimes it makes matters worse.
- Expect the bullying to stop. Talk regularly with your child and with school staff to see whether the bullying has stopped.

Help your child become more resilient to bullying.

- Help to develop talents or positive attributes of your child.
- Encourage your child to make contact with friendly students in his or her class.
- Help your child meet new friends outside of the school. Teach him or her how to seek help from an adult when feeling threatened by a bully.
- Make sure your child has a safe and loving home environment where he or she can take shelter, physically and emotionally.

For more information, visit www.stopbullyingnow.hrsa.gov.

Safe Sitter Classes for 2012



June 21, Thursday
Health and Hospital Corporation
Facility
4012 N. Rural St.

June 26, Tuesday
South District Health Office
505 E. National Ave.

July 13, Friday
North Arlington Health Center
2505 N. Arlington Ave.

July 20, Friday
Pecar Health Center
6940 N. Michigan Rd.

Ages: 11-14
Class Times: 8:30 a.m. - 4 p.m.

Cost: \$20
Registration required

Class size is limited so early registration is recommended.

To register, please contact Darcy Milner at 221-5729.



MARION COUNTY
PUBLIC HEALTH
DEPARTMENT
Prevent. Promote. Protect.



Dr. Caine Receives Recognition



VIRGINIA A. CAINE, MD, DIRECTOR, MARION COUNTY PUBLIC HEALTH DEPARTMENT WAS RECOGNIZED BY THE MINORITY HEALTH COALITION OF MARION COUNTY ON MARCH 29 FOR HER CONTINUOUS SUPPORT AND HELP IN ELIMINATING HEALTH DISPARITIES. DR. CAINE ACCEPTS AWARD FROM BOARD PRESIDENT JOHNNIE WASHINGTON AT THE KICK OFF OF NATIONAL MINORITY HEALTH MONTH.

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.

JULY

2, 16, 23, 30

Warren Branch Library, 9701 E. 21st St.
5:30 – 7:30 p.m.

AUGUST

6, 13, 20, 27

Nora Branch Library, 8625 Guilford Ave.
1:30 – 3:30 p.m.

8, 15, 22, 29

Pike Branch Library, 6525 Zionsville Rd.
1:30 – 3:30 p.m.

SEPTEMBER

5, 12, 19, 26

Southport Branch Library, 2630 E. Stop 11 Rd.
5:30 – 7:30 p.m.

OCTOBER

3, 10, 17, 24

Wayne Branch Library, 198 S. Girls School Rd.
1:30 – 3:30 p.m.

4, 11, 18, 25

East 38th Street Branch Library, 5420 E. 38th St.
1:30 – 3:30 p.m.

Safe Sitter Classes

The Marion County Public Health Department is offering the popular Safe Sitter classes for youth ages 11-14. Cost is \$20 and registration is required. Classes are from 8:30 a.m. to 4 p.m. on the following dates:

June 26

South District Health Office
505 E. National Ave.

July 13

North Arlington Health Center
2505 N. Arlington Ave.

July 20

Pecar Health Center
6940 N. Michigan Rd.

To register, call Darcy Milner at 317-221-5729.

Sharps Disposal Program

The Marion County Public Health Department offers safe, free and legal disposal of home-generated sharps. All sharps must be placed and sealed in sharps containers or other hard, plastic containers for disposal. Drop off locations are:

- **Northwest District Health Office**
Pecar Health Center
6940 N. Michigan Rd.
317-221-7500
- **Northeast District Health Office**
6042 E. 21st St.
317-221-7300
- **South District Health Office**
505 National Ave.
317-221-5700

Water Sampling

The Marion County Public Health Department's Water Quality and Hazardous Materials Management Department can provide you with information on sampling drinking water systems or pools.

The Public Health Laboratory is no longer providing water sample bottles. Please purchase sample bottles from Water Quality and Hazardous Materials Management, 3901 Meadows Drive. Bottles cost \$10 each and the lab will only accept pool water samples from Health Department inspectors. For more information, call 317-221-2147.

Lead Testing

Lead Safe and Healthy Homes (LSHH) provides blood lead and product testing.

Every Thursday

Noon to 5 p.m.

**Marion County Public Health Department
3901 Meadows Dr.**

For more information, call 317-221-2155.

Food Safety Classes

Classes are offered from **8:30-10:30 a.m. on the second Tuesday of each month.** **Registration is required.** To register, please call 317-221-2222. All classes are held at the Marion County Public Health Department, 3838 N. Rural St., 1st floor conference room.

MARION COUNTY PUBLIC HEALTH DEPARTMENT SERVICES

ACTION Health Center Clinic	221-3400	Injury Prevention	221-3145
ACTION Health Center Education and Social Services	221-8950	Institutional Inspection	221-2266
Animal Bite Surveillance	221-2222	Mortgage Loan Inspections.....	221-2145
Asthma Screening and Education	221-2094	Laboratory (Public Health)	221-4670
B.A.B.E. (Beds and Britches, Etc.)	221-3050	Lead Safe & Healthy Homes	221-2155
Bell Flower Clinic	221-8307	Maternal and Child Health	221-2312
Birth and Death Registry	221-2400	Mosquito Control.....	221-7440
Birth and Death Registry TTY for Hearing Impaired	221-2410	Mother Baby Healthline	221-BABY (2229)
Certificates of Birth Correction Info	221-2397	Mother Baby Healthline TTY For Hearing Impaired	221-2354
Cancer Detection and Control	221-2101	Newborn Screening.....	221-2331
Cardiovascular Health	221-2097	Nutrition Services.....	221-7401
Child Abuse/Neglect Detection and Prevention	221-2366	Occupational Health.....	221-2266
Childhood Lead Poisoning Prevention Program	221-2155	Rodent Control	221-7588
Children's Special Health Care Services Program	221-2103	Ryan White/HIV Services Program.....	221-3101
Chronic Disease	221-2094	School-Based Health Centers	
Communicable Disease Control	221-2117	Arlington High School.....	226-2992
Community-Based Care (CBC)	221-2366	Crispus Attucks Medical Magnet High School.....	226-2791
Community Nutrition Services	221-7403	John Marshall Community School.....	226-4622
Dental Health	221-2329	Manual High School	226-2000
Diabetes Education	221-2104	School Health Promotion	221-2052
Environmental Health Safety & Management	221-7588	School Health Services	221-2366
Food and Consumer Safety	221-2222	Sewage Regulation (Septic Systems)	221-2147
Foreign Born Health	221-2114	Sexually Transmitted Disease Control	221-8300
Hazardous Materials	221-2266	Smoke Free Indiana.....	221-2084
Health Education, Promotion and Training.....	221-2092	Social Services.....	221-2364
Healthy Babies Consortium	221-2313	Substance Use Outreach Services	221-3045
Healthy Families.....	221-2349	Streams, Groundwater and Solid Waste	221-2266
Healthy Start	221-2317	Swimming Facilities Regulation (Public)	221-2270
HIV/AIDS Prevention Information	221-3101	Tobacco Free Youth Initiative	221-3100
HIV/AIDS Outreach Project	221-4618	Tuberculosis Control	221-2106
Housing and Neighborhood Health	221-2150	Violence Prevention	221-2085
Immunization Program	221-2122	Wellfield Protection	221-2266
Indoor Air Quality	221-2266	Wells and Drinking Water Safety.....	221-2145
Indianapolis Birthing Project/SisterFriend	221-7419	WIC (Special Supplemental Nutrition Program for Women, Infants and Children)	221-7401



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