

IMPACT

Public health news and information for the Marion County Community

Fall 2016

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 @Marion_Health

HHC/MCPHD sends kids back to school in 2016!

Over 8,000 people visited 3838 N. Rural St. on July 30 for Covering Kids and Families annual Back-to-School Family Day and the Indianapolis Fire Department's Fire Safety Festival. Kids and families enjoyed a day of fun activities and took advantage of a variety of available services from the Marion County Public Health Department and other vendors. Attendees received free school supplies and backpacks. Dental screenings, athletic physicals, immunizations, vision screenings, birth certificates and health insurance enrollment assistance were all available on-site. For more information about Covering Kids and Families, call 317-221-2041.



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Legacy House named 2016 Prosecutor's Crime Fighter of the Year

Legacy House recognized for critical support to victims of violence

Marion County Prosecutor Terry Curry has announced that Legacy House has been selected as the 2016 Prosecutor's Crime Fighter of the Year. Prosecutor Curry presented this award to Michael Hurst, Executive Director of Legacy House, on behalf of the Marion County Prosecutor's Office. The presentation took place today at the Annual National Night Out Kick-Off and Crime Fighter of the Year Award Ceremony hosted by the Indianapolis Metropolitan Police Department.

Prosecutor Curry said Legacy House was selected in recognition of the critical support provided to victims of violence in Marion County through crisis intervention, trauma counseling and advocacy services. Established in 2001 to provide free counseling and advocacy services to victims of trauma caused by violence, Legacy House counselors provided nearly 7,300 contacts and services to more than 1,000 clients in 2015.

"Legacy House has proved to be an invaluable resource and partner for public safety by helping victims become survivors," Prosecutor Curry stated. "Our mission to preserve the rights of victims and seek justice on their behalf can only be achieved with support from the community. Legacy House provides that critical support to victims and those affected by violent crime."

"The trauma from violence invades every domain of a victim's life well after the crime, and we know that it is our clients who do the hard work of healing. We are humbled every day by the trust placed in us by our clients and by the partners who refer them to us," Legacy House Executive Director Michael Hurst commented. "We are especially honored by today's recognition of the work our counselors and advocates do with victims of



violence."

Legacy House provides counseling and advocacy services to men, women and children who are victims of trauma including sexual assault, childhood sexual abuse and domestic violence. Their services also extend to family members of suicide and homicide victims. Legacy House has also proved invaluable to the public safety community by extending counseling and therapy services to first responders who experienced traumatic events in the line of duty. The organization's advocacy programs include courtroom support, social service referrals, assistance with preparing petitions for emergency protective orders, assistance with applying for victim compensation, and shelter and social service referrals.

Call 317-554-5272 for more information about Legacy House or to access services.

MCPHD's Sodium Reduction program brings nutritious meals to kids

The Marion County Public Health Department, as a participant in the Centers for Disease Control and Prevention's Sodium Reduction in Communities Program, partnered with Family Development Services (FDS) to reduce sodium in food served to children and staff at all ten Head Start sites in Marion County. Over the course of three years, MCPHD and FDS were able to reduce sodium by a daily average of 35 percent in meals served at Head Start sites.

In order to make the changes, which were designed to comply with the 2015-2020 Dietary Guidelines for Americans, MCPHD and FDS collaborated to identify lower sodium products that are components of four specific meals, such as using smaller buns, removing cheese, switching to lower sodium sauces and removing some sauces entirely. In addition, the project team created lower sodium meals, such as chicken ratatouille to replace chicken bites and substituting zucchini for cheesy potatoes. FDS also switched to lower sodium soup bases, salad dressings and more fruit and vegetable options to reduce sodium levels in eight meals and two sides.

Marion County's Head Start program serves nearly 2,000 low-income families, many of whom have compromised access to nutritious foods. Children served by the program eat at least a third of their meals at Head Start, which means that sodium



Above: MCPHD and Head Start staff tour Head Start's kitchens with representatives from the Centers for Disease Control and Prevention's Sodium Reduction program.

reduction can make a substantial difference in their overall sodium intake. Congratulations to the Sodium Reduction team for the great work at Eskenazi and Head Start over the last three years!

ACTION Health Center hosts Man Up! Conference

The Marion County Public Health Department's ACTION Health Center hosted the Man Up! Conference on July 15 at the Avondale Meadows YMCA. The program was designed to help guide teenage boys in their journey to becoming young men.

Attendees ranged in age from 13 to 18 and breakout sessions covered a range of topics, including social norms and identity, positive male role models, unwritten rules and a keynote address from Health Education, Promotion and Training's James Dix.



Caring for the caregiver



As the population ages, more caregiving is being provided by family members and caring people that choose to help others in needs. These informal caregivers provide a substantial portion of the long-term care in the United States. It is likely many of our employees are informal caregivers.

Caregiving has many rewards and it is rare to hear someone say that they regret the time they spent as a caregiver. However, it's common to feel stressed and overwhelmed when you are serving in the role of a caregiver. Like your loved one, you may feel angry, sad, and/or worried. Following are considerations offered to help you through this important yet taxing time of your life.

Recognize your feelings. You probably have many different, sometimes conflicting, feelings as you take care of your loved one. There is no right way for you to feel because each person is different. Being aware of what you feel will help you to keep perspective.

Know that you are not alone. Other caregivers may share your thoughts and feelings. Make a point to talk with someone if your feelings get in the way of daily life. Maybe you have a family member, friend, priest, pastor, or spiritual leader to talk to. Your doctor may also be able to help.

Ask for help. Take a look at how busy you are now. Be honest

with yourself about what you can do. Think about tasks you can give to others. And let go of tasks that aren't as important right now. Asking for help also helps your loved one.

When you get help for yourself:

- You may stay healthier and have more energy.
- Your loved one may feel less guilty about your help.
- Other helpers may offer time and skills that you don't have.

Take time for yourself. Caring for your own needs and desires is important to give you strength to carry on.

You may want to:

- Find nice things you can do for yourself. Even just a few minutes can help. Be active. Even light exercise such as walking, stretching, yard work, playing with kids or pets, or gardening are helpful.
- Find ways to connect with friends even just over the phone.

Many caregivers find that this experience causes them to look at life in new ways. They think about the purpose of life. And they often focus on what they value most. You and your loved one may question why this illness has come into your lives. You may long for things to be like they were before the disease. But you may also see good things that come out of it, such as it bringing you closer. It's normal to see illness in both good and bad ways. Most importantly, be hopeful. What you hope for may change over time but you can always hope for comfort, joy, acceptance and peace.

Is it time to
crush your
smoking
habit?

1.800.QUIT.NOW
Indiana's
Tobacco Quitline
QuitNowIndiana.com



Protect yourself and your loved ones... GET THE FLU SHOT EVERY YEAR!

Influenza vaccine: \$20
Pneumococcal vaccine (PPV23): \$75
Pneumococcal vaccine (PCV13): \$155
Tetanus (Td) vaccine: \$25
Tetanus (Tdap) vaccine: \$40

Shots for children under two years are free!

Medicare and Medicaid accepted.



2016 FLU SHOT CLINIC SCHEDULE

TUESDAY, OCTOBER 18

Southport Presbyterian Church
7525 McFarland Blvd.
9 a.m. - Noon

THURSDAY, OCTOBER 27

Cathedral Kitchen
1350 N. Pennsylvania St.
9 - 11 a.m.

THURSDAY, OCTOBER 20

Jewish Community Center
6701 Hoover Rd.
3 - 6 p.m.

**For more information or to find
out times for flu shots at District
Health Offices, call the Flu Clinic
Hotline at 317-221-2121.**

CALENDAR OF EVENTS

OCTOBER

13, 20, 27

Free Blood Lead and Consumer Product Testing

Marion County Public Health Department
3901 Meadows Dr., 46205
12 - 5 p.m.

NOVEMBER

3, 10, 17

Free Blood Lead and Consumer Product Testing

Marion County Public Health Department
3901 Meadows Dr., 46205
12 - 5 p.m.

7, 14, 21, 28

ABCs of Diabetes

Free four-part diabetes management education for diabetes patients and friends or family of patients who wish to become more informed. Register by phone at 221-2094 or online at mchd.com/diabetes.

New sessions begin at the start of every month. You must register before attending your first class.

College Avenue Branch Library
4180 N. College Ave., 46205
1:30 - 3:30 p.m.

12

Too Sweet For Your Own Good: Managing Diabetes Conference

Get the tools and building blocks you need to take control of your diabetes! The Too Sweet For Your Own Good conference provides critical information for diabetes management in a relaxed and friendly atmosphere. Topics this year include diabetes and your feet, dental health, nutrition and an physical activity session that is appropriate for everyone, including individuals in wheelchairs. Please dress comfortably. The conference is free, but you must register by October 28 to reserve your space. Call 1-800-382-9971 for more information or to register.

IUPUI - Fairbanks Hall
340 W. 10th St., 46202
9:15 a.m. - 2:30 p.m.

DECEMBER

1, 8, 15, 22, 29

Free Blood Lead and Consumer Product Testing

Marion County Public Health Department
3901 Meadows Dr., 46205
12 - 5 p.m.

**All Health & Hospital Corporation and Marion
County Public Health Department offices will be
closed on Nov. 8, 24 and 25 for Election Day and
Thanksgiving.**

Long-Term Care safely evacuates 76 residents from storm-damaged facility

When a severe storm moved into Indianapolis on the evening of June 15, residents in the Bethany Village assisted living facility, which is owned by Health and Hospital Corporation, were settling in for a normal night in their home. But as darkness fell and the evening wore on, the storm continued to worsen until finally, the high winds tore the roof from the building, exposing residents and their private rooms to the elements and compromising staff and resident safety. Facility staff and American Senior Communities acted fast and evacuated 76 residents to other facilities that night. Nursing staff also moved quickly to ensure that the residents continued to receive high-quality health care without interruption.

After a few weeks of hard work, the facility was clean, repaired and all residents

were able to safely re-enter their homes.

Thank you to our Long-Term Care staff for their hard work dealing with this emergency and for their commitment to the health and wellbeing of the residents in all of our assisted living facilities!

Right: The facility's roof blew off and landed in the parking lot of the business next door.

Below: Crews came in immediately to assess the damage and begin clean-up.



MCPHD named Role Model by Produce for Better Health Foundation for promoting fruit and vegetable consumption

The Marion County Public Health Department's (MCPHD) Nutrition Services program has been a supporter of the Fruits & Veggies-More Matters® mission for 25 years. In those 25 years, the Nutrition Services program has presented the Fruits & Veggies-More Matters® program, the next generation of the Five-A-Day For Better Health program, to schools throughout Marion County. This year, the reach of Fruits & Veggies-More Matters® expanded to include the Marion County Public Libraries with the Little Farmers' Market program. The mission of Fruits & Veggies-More Matters® is to increase fruit and vegetable consumption for better health.

Each year Produce For Better Health Foundation (PBH) honors various sectors of the retail industry and public health community for their efforts in supporting the mission of Fruits & Veggies-More Matters®.

This year, MCPHD, was honored to accept the award for Role Model, the highest achievement given by PBH, in promoting fruits and vegetable consumption. A spirited and uplifting

three-day national conference provided opportunity to network with retail partners, public health and health care partners, and education partners. Partners presented education in exciting marketing and education venues for promoting fruits and vegetable consumption. The take away message regarding fruits and veggies was to focus the education message to consumers that fruits and veggies are tasty and indulgent, rather than healthy. Most consumers already know how healthy fruits and veggies are. Fruits and veggies provide naturally flavorful tastes and textures that satisfy everyone's palate – alone or in recipes.

MCPHD's Nutrition Services program works to address the nutritional needs of the community through education about healthy habits. The dietitians and nutritionists in Nutrition Services work provide nutrition education to groups and individuals in a variety of settings. For more information about Nutrition Services, call 317-221-2646.

MCPHD In The Community

Legacy House celebrates at annual Outpouring

After its recent recognition by the Marion County Prosecutor's Office, Legacy House celebrated some more at its annual Outpouring fundraiser at the Indianapolis Art Center on August 25. The event includes a silent auction that included art from Legacy House clients, beverages and appetizers, entertainment and speakers that include clients, staff, law enforcement and victims' advocates. Nationally syndicated political cartoonist Gary Varvel served as master of ceremonies.



HHC/MCPHD staff get out of the office for local events



Congressman André Carson of Indiana's fifth congressional district met Indianapolis Healthy Start staff at the Shalom Health Fair on July 23.



HHC/MCPHD staff, along with some friends and family, came out for the Indianapolis Cultural Trail tour on July 16. For more information about Cultural Trail tours, please visit indyculturaltrail.org/tours/.

MCPHD In The Community



Rep. Susan Brooks of Indiana's fifth congressional district visited the Marion County Public Health Department on Friday, Aug. 26 to talk to Dr. Virginia Caine and Mosquito and Rodent Control Coordinator Matt Sinsko about MCPHD's work to protect Marion County's citizens from the Zika virus.



More than 600 area seniors attended MCPHD's annual Healthy Older Peoples' Program (HOPP) Conference on Sept. 9, where they could access information from vendors, educational materials and health screenings to help them live healthier and happier lives. Attendees enjoyed lunch and a discussion with WTHR's investigative reporter Andrea Morehead about protecting themselves from scammers.

Good health was catching at the INShape Indiana Black and Minority Health Fair



HHC/MCPHD staff connected and educated thousands of Marion County citizens at the 2016 Black and Minority Health Fair at the Indiana Convention Center in July. We look forward to seeing everyone again in 2017!



MARION COUNTY PUBLIC HEALTH DEPARTMENT SERVICES

ACTION Health Center Clinic	317-221-3400	Laboratory (Public Health)	317-221-4670
ACTION Health Center Education and Social Services	317-221-8950	Maternal and Child Health	317-221-2312
Animal Bite Surveillance	317-221-2222	Mosquito Control.....	317-221-7440
Asthma Screening and Education	317-221-2094	Mother Baby Healthline	317-221-BABY (2229)
B.A.B.E. (Beds and Britches, Etc.)	317-221-3050	Mother Baby Healthline TTY For Hearing Impaired	317-221-2354
Birth and Death Registry	317-221-2400	Newborn Screening.....	317-221-2331
Birth and Death Registry TTY for Hearing Impaired	317-221-2410	Older Adult Health	317-221-2087
Certificates of Birth Correction Info	317-221-2397	Rodent Control	317-221-7588
Chronic Disease Prevention	317-221-2101	School-Based Health Centers	
Cardiovascular Health	317-221-2097	Crispus Attucks Medical Magnet High School.....	317-226-2791
Child Abuse/Neglect Detection and Prevention	317-221-2366	School Health Services.....	317-221-2366
Children's Special Health Care Services Program	317-221-2103	Sewage Regulation (Septic Systems)	317-221-2147
Chronic Disease	317-221-2094	Sexually Transmitted Disease Control	317-221-8300
Communicable Disease Control	317-221-2117	Sickle Cell Anemia.....	317-221-2105
Community-Based Care (CBC)	317-221-2366	Smoke Free Indiana.....	317-221-2084
Community Nutrition Services	317-221-7403	Social Work	317-221-2364
Dental Health	317-221-2329	Streams, Groundwater and Solid Waste	317-221-2147
Diabetes Education	317-221-2104	Substance Use Outreach Services.....	317-221-4618
Environmental Control	317-221-7588	Swimming Facilities Regulation (Public)	317-221-2147
Food Safety	317-221-2222	Tobacco Free Youth Initiative.....	317-221-3100
Foreign Born Health	317-221-2114	Tuberculosis Control	317-221-2106
Hazardous Materials	317-221-2147	Violence Prevention	317-221-2085
Health Education, Promotion and Training.....	317-221-2092	Wellfield Protection	317-221-2266
Healthy Babies Consortium	317-221-2313	Wells and Drinking Water Safety	317-221-2147
Healthy Homes, Environmental Consumer Management and Senior Care	317-221-2155	WIC (Special Supplemental Nutrition Program for Women, Infants and Children).....	317-221-7401
HIV/AIDS Prevention Information	317-221-3101		
Bell Flower Clinic	317-221-8300		
Housing and Neighborhood Health	317-221-2150		
Immunization Program	317-221-2122		
Indoor Air Quality	317-221-2147		
Indianapolis Birthing Project/SisterFriend	317-221-7419		
Injury Prevention	317-221-3145		
Mortgage Loan Inspections.....	317-221-2147		



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