Wishard breaks ground on new West 38th Street clinic

Wishard broke ground on the Eskenazi Health Center on October 10, 2012. The planned 70,000 square foot primary care facility, located at West 38th Street and Moller Road, will offer prenatal care, senior care, health and wellness programs, physical therapy, radiology and other diagnostic testing services. The construction of the new Sidney & Lois Eskenazi Hospital and Eskenazi Health Center is creating 4,400 jobs and will transform the landscape of health care in Indianapolis.

(Right) Artist’s rendering of the planned Eskenazi Health Center, which is projected to open in December 2013.
The Marion County Public Health Department is pleased to welcome Janelle Kaufman as its new administrator in the Department of Food and Consumer Safety and James Dix as administrator for Health Education, Promotion and Training.

Janelle Kaufman received her bachelor’s degree in environmental health from Indiana State University, a Master of Arts degree in executive development from Ball State University and a Master of Public Health from Indiana University School of Medicine. Previously, she worked as an environmental health specialist in the Housing and Neighborhood Health department and served as an environmental health specialist in the Department of Food and Consumer Safety, inspecting the Broad Ripple area.

As administrator, Kaufman will be responsible for providing administrative direction of the department, management of activities and outcomes related to the regulation of all retail food establishments in Marion County. In addition, she will be responsible for devising food protection policies and program procedures, and analyze data reports related to program outputs and outcomes, budget expenditures and staff activities.

James Dix received his Bachelor of Arts in organizational communication and a Master of Public Affairs in public management from Indiana University Northwest in Gary. Dix is currently attending Capella University for a Ph.D. in education. Prior to joining Health & Hospital Corporation, Dix worked as a manager for organizational development and training at St. Francis Hospitals in Indianapolis and as an adjunct professor at IUPUI in the Kelley School of Business.

In his new role as administrator for Health Education, Promotion and Training, Dix will be responsible for steering the department’s focus as well as identifying needs to support the strategic plans, goals and measurable outcomes for the Marion County Public Health Department.

Indianapolis Healthy Start (IHS) is excited to partner with Walgreens to bring the Parenting Plus Project to the Indianapolis community. With the first location at 16th and Meridian streets, an IHS health educator will be on-site at the Walgreens Health Corner, adjacent to the pharmacy, to provide individual and group classes on how to be a better parent and answer parenting questions. The health educator will be available at this store location every Tuesday from 10 a.m. to 12 p.m. All health education is free and walk-ins are not only welcome, but encouraged.

“In order to reach the general public, we need to expand our services and get into the local neighborhoods,” says Dane Nutty, Outreach & Health Education Coordinator for Indianapolis Healthy Start. “We believe that providing vital health education on demand while a mom waits for her prescription to be filled or during a father’s quick visit to the store for a gallon of milk will be a unique asset to the community.”

Indianapolis Healthy Start and Walgreens are already planning on expanding the project, which served five families in need on its first day. For more information on this project and other free health education provided by IHS, visit freehealtheducation.eventbrite.com or call 317-221-2317.

High school senior works for tobacco-free future

Colin Gresham (center), a senior at Perry Meridian High School in Indianapolis, won this year’s Smoke-Free Indy Tobacco-Free Future Video Contest. Colin’s video will be played on monitors in Circle Center Mall for three weeks and can be viewed at mytobaccofreefuture.com. Also pictured: Amie Clemens (right) and Earnest Davis (left).
Carolyn Palmer donates time and talent to help the Wishard NICU save lives

Grants Coordinator Carolyn Palmer doesn’t consider herself a superstar at knitting or crocheting, but when a co-worker told her about an opportunity to assist hospitalized infants, she knew she could help. After a few years of practice and lots of experimenting, she’s now making and donating about 85 knitted or crocheted hats every year to Wishard’s Neonatal Intensive Care Unit.

“I like knowing that these little babies have something warm for their heads,” said Palmer as she displayed a selection of bright-colored bonnets bound for Wishard.

During the last few weeks of gestation, babies grow a layer of body fat to help them maintain a consistent body temperature after birth. Without this critical layer of fat, pre-term and critically ill infants often have difficulty regulating their body temperature, which can lead to a variety of serious complications, including compromised immune systems and slower metabolisms. Hats and booties in hard-to-find preemie sizes can make a world of difference for these tiny patients and provide a little bit of comfort for their families.

Palmer’s handmade bonnets came in handy for her own granddaughter, who had difficulty regulating her own body temperature shortly after birth. Thanks in part to a couple of these special hats, the baby girl recovered and is now happy and healthy.

Palmer, who has been with Health & Hospital Corporation for 12 years, plans to continue making hats for NICUs and hopes to donate some of her work to other charities that serve critically ill and pre-term infants in the developing world.

Lacy Johnson joins Board of Trustees

Lacy M. Johnson has been appointed to the Health and Hospital Corporation of Marion County Board by the Board of County Commissioners replacing Lula M. Journey. Johnson is a partner at the law office of Ice Miller. Previously, Johnson served as an attorney with Government Relations Services, Sagamore-Bainbridge, Inc.; director of security for the Indiana State Lottery; liaison with the Indiana General Assembly and Lt. Colonel and deputy superintendent for Support Services for the Indiana State Police. Johnson is a former Lt. Commander of the United States Naval Intelligence Reserves.

Johnson’s primary areas of practice focus on public affairs services where he serves as co-chair to the Public Affairs and Gaming Group.

Johnson holds professional memberships in the Indiana State Bar Association and the Federal Southern District, Indiana Federal Court. He has received recognitions as The Best Lawyers in America, Gaming Law, 2009; Who’s Who in Black Indianapolis; Indiana Super Lawyer; and Sagamore of the Wabash. Johnson was responsible for the development of the $1.3 billion new Indianapolis International Airport – the first post-September 11 aviation facility in the U.S.

A life-long resident of Indianapolis, Johnson received a Bachelor of Arts from Purdue University and his Juris Doctor from the Indiana University Robert H. McKinney School of Law.

New Hoosier access to immunization records

State and federal officials announced on Monday, July 23 that Hoosiers will now be able to directly access their immunization records from any computer thanks to the new groundbreaking online tool “MyVaxIndiana.” The Indiana State Department of Health hopes that the online tool will help improve immunization rates, empower Hoosiers to become a partner in managing their healthcare and reduce the burden of doctor’s office visits.

The secure MyVaxIndiana website allows individuals to download, print or fax their immunization histories in addition to the Centers for Disease Control and Prevention’s ACIP Immunization Schedule. Individuals may access their immunization records by entering their date of birth and a personal identification number (PIN), which must be requested from their healthcare provider or local health department in advance.

For more information about MyVaxIndiana, visit www.MyVaxIndiana.in.gov or the Indiana State Department of Health’s website at www.StateHealth.in.gov.

Federal grant to benefit area refugees

The United States Department of Health and Human Services has awarded a $100,000 grant to strengthen and expand surveillance and treatment of tuberculosis and latent tuberculosis and expand primary care services among newly arrived refugees. The majority of Indianapolis’ refugee population originate from Myanmar and come from resettlement camps in Malaysia and Thailand. The camps’ crowded conditions are ideal breeding grounds for tuberculosis bacteria and as a result, this population experiences a high rate of tuberculosis and latent tuberculosis infection (LTBI).

With this funding, the MCPHD will retain a community health worker to assist with directly observed therapy for LTBI, contract with a pediatrician to provide care for children and adolescents and to purchase supplies for the Smile Mobile to provide basic dental care.
Learning about ourselves and others
The 2012 Reclaiming the Village Etiquette Luncheon

How many gentlemen do I have this in this room? Raise your hands!” said etiquette consultant John Scott to the group of young men. “I want to see every hand raised!”

Dressed in crisp shirts and ties, about 55 young men, ranging in age from seven to 17, assembled at the Indianapolis-Marion County Public Library’s central location on October 20 to participate in the second biennial Reclaiming the Village Etiquette Luncheon. The young men were visibly excited, frequently straightening their ties and collars and gazing up at Scott with wide eyes throughout the program.

Over the course of the program, Scott, owner of the Etiquette and Leadership Institute of Indianapolis, addressed the young men about positive decision-making skills and discussed issues varying from career goals to how to apply the appropriate amount of cologne. After a two-hour seminar, the group sat down for a four-course meal. Scott demonstrated a number of points of fine dining, including how to fold napkins, which utensils to use, the right way to eat soup and how to seat a female dining companion.

“This event is geared toward teaching the young men the art of dining etiquette, chivalry and the overall concept of carrying oneself as a man,” said Ron Jackson, Reclaiming the Village coordinator.

“It’s the first time that a lot of these young men have had a fine dining experience,” Jackson added. “They look forward to everything from wearing a shirt and tie to sitting down for the meal.”

After a positive reception and high turnout for 2010 and 2012 events, Reclaiming the Village looks forward to hosting another etiquette luncheon in 2014.
Zombie Run inspires emergency preparedness

Fans of the movie Zombieland will tell you that the first rule of the zombie apocalypse is cardio. The Run for Your Lives 5k held in Knightstown on June 23 combined exercise and entertainment as zombies chased runners along the course.

The Centers for Disease Control and Prevention has used the popularity of zombies as an entertaining way to reach new audiences with messages about disaster preparedness. What started out as a tongue-in-cheek campaign became a highly effective outreach tool. The Marion County Public Health Department decided to try the same approach, using the Run for Your Lives 5k as a way to educate people about the importance of being prepared for an emergency.

“We were able to touch on three of the 10 essential public health services: Inform and educate, link, and research,” said Bonny Lewis Van, director of the public health laboratory at the Marion County Public Health Department.

Health department employees informed participants about emergency preparedness by handing out education materials as well as buttons that promote hand-washing.

“Because you never know how the zombie apocalypse will start, it is always safer to have clean hands for health,” said Van.

Volunteers linked participants who lived in Marion County to various health services by discussing what the health department does and how it can help them. They also conducted some basic research with participants of the event, asking them where they get emergency information, if they have an emergency kit and if they would be willing to volunteer in their community in an emergency.

“I have participated in other 5k races in the past, but never with zombies,” said Van. “While I’m sure the zombie theme is a fleeting one, I hope that some of the preparedness lessons learned will stick with people long past the time the theatrically undead cause 5k participants to hasten their step.”

MCPHD documentary segment wins Emmy

Gary Weir, Health Information Specialist in the Epidemiology department, was honored with an Emmy for his segment “Different Voices” in the documentary “Indy in the 60s.” The segment, which won “Best Nostalgia Program,” originally aired in March 2011 and features Indianapolis and the Vietnam War.

The award was received Saturday, June 2 at the 43rd Annual Emmy Awards at the Indianapolis Motor Speedway. For more information about additional 2012 Emmy winners, visit http://www.lwamys_winners2012. More information about the documentary as a whole is also available at http://www.nuvo.net/indianapolis/wfyis-indy-in-the-60s/Content?oid=2109370.

MCPHD department name changes

A few departments within the Bureau of Population Health have been renamed in order to more accurately convey meaning and department purpose for both employees and the public. The Public Health Committee of the Health and Hospital Corporation Board approved these changes at their June meeting.

The “Acute Diseases Department” is now called the “Infectious Diseases, Immunizations and Refugee Health” department with Dr. Christine Hadi serving as the Medical Director/Administrator. The TB Control Program is now a separate organizational unit and is led by Dr. Eva Muloma, Medical Director/Administrator. “Social Services” has been changed to “Social Work” giving greater clarity of the professional discipline of those providing these services.
Hazmat specialist teaches first responders about chemistry

During July, local first responders learned how to use chemistry when dealing with hazardous materials incidents. Dr. Amanda Shirar, a hazardous materials specialist, spent three hours helping responders realize the importance of understanding chemistry as it relates to HazMat incidents. The class covered basic chemistry concepts, such as the periodic table and molecular bonds, as well as job-relevant topics like acid/base chemistry and the pH scale. For example, the concept of polarity helps responders understand how to deal with diesel fuel in streams and waterways. The class included classroom time as well as hands-on activities and demonstrations.

HazMat specialists in the MCPHD work closely with firefighters and the idea for the class came after an Indianapolis Fire Department (IFD) battalion chief learned of Dr. Shirar’s background in chemistry. She recently obtained her Ph.D. in chemistry and others were eager for her to share her knowledge with other departments. The class was held at two locations (Cities of Lawrence and Avon) a total of twelve different times to ensure that multiple shifts could attend. A total of 194 students attended the classes from ten different departments including fire, police, environmental and private industry. (IFD, Wayne Township Fire Department, MCPHD, Avon Fire Department, Lizton Fire Department, Indiana Department of Environmental Management, Indianapolis Metropolitan Police Department Bomb Squad, CSX, Pike Township Fire Department, Indiana Alliance for Hazardous Materials Responders)

Dr. Amanda Shirar (top photo, right) and a volunteer from Avon Fire Department demonstrate the dangers of dust explosions using powdered coffee creamer. (bottom photo) As part of a hands-on activity, first responders looked at the pH and hazards of some common household items.

AVONDALE MEADOWS UPDATE
Excel Center provides educational opportunities for adult learners

The Excel Center, located at 3919 Meadows Dr., provides support and opportunities for adults who have not yet earned their high school diploma. The Excel Center is operated by Goodwill Education Initiatives, Inc., and is a mayor-sponsored public charter school. The mission of GEI is to prepare young people and adults for productive lives. The Excel Center offers year-round enrollment with small classes and high quality online and distance learning opportunities. Students enjoy a high level of personal attention from teachers and the assistance of a life coach who monitors each student’s individualized learning plans and addresses any concerns. All students have the opportunity to earn certifications in healthcare, logistics, and information technology careers or begin college credits before graduation. Students can receive assistance with free childcare, transportation support, and academic tutoring in order to achieve their academic goals.

For more information, contact Brent Freeman at bfreeman@excelcenter.org or visit www.excelcenter.org.

HHC to perform health impact assessment in the Meadows

With funding from a $20,000 grant from the Indiana Minority Health Coalition, Chronic Diseases will team up with the IU Fairbanks School of Public Health to assess the potential impact of a full-service grocery store in the Meadows neighborhood of Indianapolis.

The Meadows currently lacks a grocery store and food choices are limited to convenience stores, fast food restaurants and a few “sit-down” restaurants. This health impact assessment project will examine if a full-service grocery store and the availability of fresh fruits and vegetables, low-fat dairy products and other nutritious foods will encourage residents to make healthier food choices and as a result, positively impact their health and lives.

The final assessment will be completed in spring 2013 and is expected to inform developers, city administrative personnel and policy makers in ongoing discussions about redevelopment efforts in the Meadows.
Are you interested in taking an active role in the community? Join the Medical Reserve Corps!

The Marion County Medical Reserve Corps (MRC) is actively recruiting volunteers who want to make a difference in the community, both in assisting first responders during public health emergencies and supporting local events.

Medical and non-medical volunteers are needed to help in several key response positions. Marion County MRC volunteers are trained by the Marion County Public Health Department to supplement public health personnel during a crisis or disaster response.

Informational meetings are held periodically at the Marion County Public Health Department’s community center, 4012 N. Rural St. This orientation includes information about the MRC’s mission, goals, volunteer roles and responsibilities, and volunteer training requirements.

Persons interested in attending should call Marion County MRC coordinator Jessica Fleming at 317-221-2090 to make a reservation. The Marion County MRC is one of 27 Medical Reserve Corps units in Indiana.

Medical Reserve Corps. Orientation Dates

January 16
February 13
March 20
April 17
May 15
June 12

All orientations will take place from 6:30 to 7:30 p.m. at 4012 N. Rural St.

2013 ABCs of Diabetes Class Schedule

JANUARY
Marion County Public Health Department
3838 N. Rural St., 46206
Tuesdays - 8, 15, 22, 29
1:30 - 3:30 p.m.

FEBRUARY
Central Library
40 E. St. Clair St., 46204
Wednesdays - 6, 13, 20, 27
1:30 - 3:30 p.m.
Speedway Public Library
5633 W. 25th St., 46224
Thursdays - 7, 14, 21, 28
1:30 - 3:30 p.m.

MARCH
Pike Branch Library
6525 Zionsville Rd., 46268
Wednesdays - 6, 13, 20, 27
5:30 - 7:30 p.m.

APRIL
Marion County Public Health Department
South District Health Office
503 National Ave., 46227
Mondays - 1, 8, 15, 22
1:30 - 3:30 p.m.
Wayne Branch Library
198 S. Girls School Rd., 46231
Thursdays - 4, 11, 18, 25
1:30 - 3:30 p.m.

MAY
Southport Branch Library
2630 E. Stop 11 Rd., 46227
Tuesdays - 7, 14, 21, 28
5:30 - 7:30 p.m.
Irvington Branch Library
5625 E. Washington St., 46219
Wednesdays - 8, 15, 22, 29
1:30 - 3:30 p.m.

JUNE
Nora Branch Library
8625 Guilford Ave., 46240
Mondays - 3, 10, 17, 24
1:30 - 3:30 p.m.

JULY
Warren Branch Library
9701 E. 21st St., 46229
Tuesdays - 9, 16, 23, 30
5:30 - 7:30 p.m.

AUGUST
Franklin Road Public Library
5550 S. Franklin Rd., 46239
Tuesdays - 6, 13, 20, 27
1:30 - 3:30 p.m.
Glendale Branch Library
6101 N. Keystone Ave., 46220
Wednesdays - 7, 14, 21, 28
1:30 - 3:30 p.m.

SEPTEMBER
Speedway Public Library
5633 W. 25th St., 46224
Mondays - 9, 16, 23, 30
5:30 - 7:30 p.m.

OCTOBER
East 38th St. Branch Library
5420 E. 38th St., 46218
Mondays - 7, 14, 21, 28
1:30 - 3:30 p.m.
Central Library
40 E. St. Clair St., 46204
Wednesdays - 9, 16, 23, 30
1:30 - 3:30 p.m.

NOVEMBER
Marion County Public Health Department
South District Health Office
503 National Ave., 46227
Mondays - 4, 11, 18, 25
1:30 - 3:30 p.m.
Lawrence Branch
7898 N. Hague Rd., 46256
Tuesdays - 5, 12, 19, 26
1:30 - 3:30 p.m.

Presented in partnership with the Indianapolis Public Library.

Register by phone at 317-221-2094 or online at www.mchd.com/diabetes.
2012 Indiana Latino Expo

LEAD SAFE AND HEALTHY HOMES HEALTH EDUCATOR, MARYVONI DUARTE-SHEFIELD POSED FOR A PHOTO WITH SUPPORT STAFF DORA DAY WHILE WORKING THE BOOTH AT THE 2012 INDIANA LATINO EXPO. THE HEALTH FAIR TOOK PLACE SATURDAY, JUNE 23RD AT THE INDIANA STATE FAIR GROUNDS.

COMMUNITY LEADERS AND THE PUBLIC UNITE WITH THE YMCA OF GREATER INDIANAPOLIS TO SUPPORT LONG-TERM PLANS TO MAKE CENTRAL INDIANA ONE OF THE 10 HEALTHIEST COMMUNITIES IN THE UNITED STATES BY 2025. HUNDREDS IN ATTENDANCE AT THE INDIAN BIKE HUB YMCA Participated in the inaugural event promoting a healthy spirit, mind and body. Back row from left - ERIC ELLSWORTH, President/CEO, YMCA of Greater Indianapolis; DAN EVANS, CEO, Indiana University Health; FRED DUNCAN, Executive Director, Little Red Door; KYLE DEPUR, President, St. Vincent Health of Indianapolis; JAY GESHAY, Sr. Vice President, Community Planning & Strategic Initiatives, United Way of Central Indiana; MATTHEW GUTWEIN, President & CEO, Health & Hospital Corporation of Marion County. Front row from left: MAGGIE LEWIS, President, Indianapolis City-County Council; JIM WHITEHEAD, President & CEO, American College of Sports Medicine; VIRGINIA CAINE, MD, Director, Marion County Public Health Department; KAREN HALEY, Executive Director, Indianapolis Cultural Trail.

YFIN College Prep. Classes

FUTURE PROMISES CASE MANAGERS, JESSICA HAWKINS, ASHA SPRINKLES AND EDEN BEZY LED A COLLEGE WORKSHOP MONDAY, JUNE 18 FOR PREGNANT AND PARENTING TEENS. PARTICIPATING IN THE WORKSHOP ALLOWS THE STUDENTS TO GATHER INFORMATION ABOUT POST SECONDARY EDUCATION OPTIONS AND TO ATTEND THE COLLEGE TOURS.

March for Babies Walkathon

DR. VIRGINIA CAINE JOINED INDIANAPOLIS HEALTHY START, OTHER MCPHD EMPLOYEES AND THE PUBLIC SATURDAY, MAY 12 IN THE MARCH OF DIMES SPONSORED MARCH FOR BABIES WALKATHON. THE WALKATHON BEGAN IN 1970 AND HAS SINCE RAISED $2 BILLION. THE MONEY GOES TOWARDS SUPPORTING PROGRAMS IN THE COMMUNITY THAT HELP WOMEN HAVE HEALTHY, FULL-TERM PREGNANCIES. THE MONEY ALSO FUNDS RESEARCH TO FIND ANSWERS TO PROBLEMS BIRTH DEFECTS, PREMATURE BIRTH AND INFANT MORTALITY THAT THREATEN BABIES.

2012 NUSA Conference Hosted in Indianapolis

THIS YEAR’S NEIGHBORHOODS USA (NUSA) CONFERENCE WAS HOSTED IN INDIANAPOLIS MAY 24-26. DR. VIRGINIA CAINE POSED FOR A PICTURE WITH VOLUNTEER GREG ALLEN, MAYOR GREG BALLARD, DIRECTOR OF INDIANAPOLIS NEIGHBORHOOD RESOURCE CENTER (INRC) ANNE-MARIE TAYLOR AND PRESIDENT OF NUSA TIGE WATTS.
City-Wide Biohazard Safety Exercise

The Indianapolis Fire Department, Indianapolis Metropolitan Police Department, Marion County Public Health Department, City of Indianapolis-Marion County Division of Homeland Security, IndyGo, U.S. Postal Inspection Service and the U.S. Postal Service participated in a mock biohazard exercise at the Indianapolis Main Post Office Tuesday, June 26. The drill’s motto was “Practice is Key to Preparedness,” and the exercise simulated steps that the various agencies would take if a biohazard emergency occurred during the processing of mail at the post office.

2012 Indianapolis Black and Minority Health Fair

The 2012 Indianapolis Black and Minority Health Fair took place July 12-22 at the Indianapolis Convention Center. The popular annual event offered assistance and provided programming for the city on a local level. Visitors were able to talk with representatives from several Indianapolis Health vendors, including the Marion County Public Health Department. Health department booths offered services such as free dental exams, free give aways, educational information, educational games, like the MyPlate Twister game featured in the photo below, and much more. Dr. Virginia Caine was also present at the event to interact with visitors and to be a guest on 1310 The Light Radio with Amos Brown.
Crosstown Cleanup 2012

KIP MIBEY (ENVIRONMENTAL HEALTH SAFETY & MANAGEMENT) WITH VOLUNTEERS FROM BUTLER UNIVERSITY FOR THE OCTOBER 27 CROSS-TOWN CLEAN-UP, A TEAM PROJECT ORGANIZED BY LITTLE BETHEL BAPTIST CHURCH AND ENVIRONMENTAL HEALTH SAFETY & MANAGEMENT. VOLUNTEERS FROM BUTLER, OTHER MCPHD DEPARTMENTS AND SEVERAL AREA CHURCHES PARTICIPATED. FROM LEFT TO RIGHT: KRAIG FOELICH, ANA ANGUIANO, KIP MIBEY, JYLIAN VIGAR AND RACHEL LANAGAN.

Family Day attracts 13,000 visitors

COVERING KIDS AND FAMILIES ANNUAL BACK-TO-SCHOOL FAMILY DAY ATTRACTED 13,000 VISITORS THROUGHOUT THE DAY. NEW THIS YEAR WAS AN ASK-THE-DOC COMPONENT THAT GAVE PARENTS THE OPPORTUNITY TO ASK QUESTIONS ABOUT A VARIETY OF HEALTH CONCERNS. THE EVENT TOOK PLACE ON AUG. 4.

IU Fairbanks School of Public Health holds naming ceremony

DR. VIRGINIA CAINE JOINS INDIANA UNIVERSITY PRESIDENT MICHAEL MCROBBIE AND OTHER DIGNITARIES AT THE NAMING CEREMONY FOR THE IU FAIRBANKS SCHOOL OF PUBLIC HEALTH AT IUPUI. THE CEREMONY WAS HELD ON OCTOBER 20.
Winter is coming!
Stay safe, be informed and be ready for snow, ice and cold temperatures!

Know what to expect.
Winter Storm Warning: Issued when hazardous winter weather is imminent.
Winter Storm Watch: Possibility of a blizzard, snow, freezing rain or heavy sleet.
Winter Weather Advisories: Issued for anticipated accumulations of snow, freezing rain, freezing drizzle and sleet expected to cause significant inconveniences and possibly life-threatening situations.
Blizzard Warning: Sustained or gusty winds of 35 miles per hour or more and snowfall creating visibilities at or below a quarter mile.
Wind Chill Warning: Wind chill temperatures expected to be hazardous to life within several minutes of exposure.
Wind Chill Advisory: Wind chill temperatures expected to be a significant inconvenience to life with prolonged exposure.
Ice Storm Warning: Significant and damaging ice accumulations are expected.

Heat your home safely.
• Not sure if your heat source is safe? Have a fire inspection conducted.
• If you’re using portable heating equipment, be sure that your source is approved for indoor use.
• Do not use your stove or oven to heat rooms.
• Keep combustible materials such as furniture, drapes and carpeting at least three feet away from heat sources.
• Never drape clothes over a space heater to dry them!
• Always keep an eye on your heating equipment! If you can’t safely monitor it, turn it off.
• If you plan to use a fireplace or wood stove, have your chimney or flue inspected annually.
• Make sure you have a working battery-operated carbon monoxide detector near the area you’re heating.

Drive safely.
• Go slowly and leave yourself lots of room to stop. You should leave substantially more space in icy conditions than you would in normal conditions.
• Don’t use cruise control when the roads are slippery.
• Brake gently to avoid skidding on ice.
• Keep your lights and windshield clean to maximize your visibility and turn your headlights on to make yourself visible to other drivers.
• Maintain at least a half tank of gas to prevent freezing of condensation in the fuel lines.
• Regularly check and maintain your tire pressure.
• Don’t slam on your brakes if you lose control. If you have regular brakes, pulse them gently. If you have anti-lock brakes, apply steady pressure.
• If you get stuck:
  - Don’t spin your wheels - this will only dig you in deeper.
  - Turn your wheels from side to side a few times to push snow out of the way.
  - Hit the gas lightly to try and ease your car out.
  - Pour sand or kitty litter in the path of the wheels to help gain traction.
DECEMBER

18
Weigh To Go Baby
Weigh To Go Baby offers parents the opportunity bring in their babies for a free walk-in clinic staffed by public health nurses, where they can receive a weight check, ask questions related to infant issues and receive coupons for the B.A.B.E. store.

Marion County Public Health Department
Northeast District Health Office
6042 E. 21st St., 46219
9:30 - 11:30 a.m.

25
Offices Closed
The Marion County Public Health Department will be closed for the Christmas holiday.

NEW HOURS FOR VITAL RECORDS

Extended Wednesday hours for Vital Records has ended. Vital Records hours will now be as follows:

Monday 8 - 5
Tuesday 8 - 5
Wednesday 9 - 7
Thursday 8 - 5
Friday 8 - 5

JANUARY

1
Offices Closed
The Marion County Public Health Department will be closed for New Year's Day.

8, 15, 22, 29
ABCs of Diabetes
The Marion County Public Health Department offers FREE four-part diabetes self-management classes. Plan to attend all four classes. Registration is required. Please call (317) 221-2094.

Marion County Public Health Department
3838 N. Rural St., 46205
1:30 - 3:30 p.m.

8, 15, 22, 29
Weigh To Go Baby
Weigh To Go Baby offers parents the opportunity bring in their babies for a free walk-in clinic staffed by public health nurses, where they can receive a weight check, ask questions related to infant issues and receive coupons for the B.A.B.E. store.

Marion County Public Health Department
Northeast District Health Office
6042 E. 21st St., 46219
9:30 - 11:30 a.m.

21
Offices Closed
The Marion County Public Health Department will be closed for Martin Luther King, Jr. Day.