

# IMPACT

Public health news and information for Marion County

Summer 2009

[www.hhcorp.org](http://www.hhcorp.org)

[www.mchd.com](http://www.mchd.com)

## Stimulus funding to help make homes more healthy



Virginia A. Caine, M.D., director, Marion County Health Department, addresses the media at a news conference announcing the Healthy Homes grant funds for the Martindale-Brightwood Neighborhood area.

**HEALTH AND HOSPITAL CORPORATION OF MARION COUNTY HAS RECEIVED MORE THAN \$874,000 IN FEDERAL STIMULUS FUNDING TO ADDRESS HEALTH HAZARDS AND RESIDENTIAL SAFETY IN THE MARTINDALE-BRIGHTWOOD NEIGHBORHOOD AREA. THE FUNDING WILL ALSO PROMOTE JOB CREATION IN THE FUNDING AREA.**

The \$874,565 will be used to assist up to 400 homes. All participating homes will receive a healthy homes assessment and low-cost intervention tools aimed at reducing home hazards. These tools include: electrical outlet covers, fire extinguishers, protective baby gates, mattress covers for asthma sufferers, pest control

measures, tub rails, shower chairs, rug grippers, CO/smoke detectors and other home safety items. Up to 150 homes will receive additional needed repairs to the home such as radon remediation, wheelchair ramps, handrails, door widening, bathroom and kitchen modifications and other identified safety needs for elderly or disabled residents.

The Marion County Health Department will oversee the local stimulus money through its Lead Safe and Healthy Homes department. All homes serviced through the Healthy Homes stimulus funding will be further assessed for lead-based paint hazards. If hazards are identified, qualified homes will be enrolled in the lead hazard control program for additional services including window replacement, painting, siding and other hazard reduction measures.

Neighborhood focus groups will be formed to gain local input into health issues and concerns. The health department will combine this information with its priorities of radon awareness, unintentional injury and accessibility issues, mold and moisture concerns, asthma triggers and lead. Actual work is scheduled to begin this fall.

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### Home assessments help area seniors

**MCHD LEAD INSPECTORS ASSESS HOMES AS PART OF PARTNERSHIP WITH MARTINDALE/BRIGHTWOOD GOLDEN AGES NEIGHBORHOOD NATURALLY OCCURRING RETIREMENT COMMUNITY (NNORC)**

A large number of Martindale/Brightwood seniors attended a celebration luncheon June 22 at the Washington Park Family Center to review accomplishments and successes made in homes within the past six months. The seniors participated in a number of activities which helped the NNORC identify the key issues for seniors (age 60 and older) in the community.

“We discovered that for most seniors, the key issue is how to remain in their home and age in place with dignity,” said Dr. Dennis Jackson, project director of NNORC. “The three main areas of focus are accessibility, mobility and safety.”

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NNORC Project Director Dennis Jackson updates area seniors on home modifications.

### INSIDE THIS ISSUE

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#### NEED A JOB?

Find out how to apply for open positions with HHC and MCHD.

#### ARE YOU PREPARED?

Put together a kit with suggested items that may be needed in an emergency.

#### BACK-TO-SCHOOL

Covering Kids sponsors backpack and school supplies donation drive.

#### FRESH FRUITS & VEGGIES

Add nutrition and variety to your meals by visiting Farmers' Markets.

#### MOSQUITO SEASON IS HERE

What you can do to prevent mosquitos from sticking around.

## Need a job?

Finding a job is difficult at any time, but can be especially challenging in times like these because so many others are also looking. Health and Hospital Corporation and the Marion County Health Department offer a wide variety of positions.

To apply for a job with Health and Hospital Corporation and the Marion County Health Department, start by completing an application for employment. An electronic version is available on the corporate Web site, [www.hhcorp.org](http://www.hhcorp.org). You can also apply onsite at 3838 North Rural St. Applications are forwarded to the supervisor or manager of the department that is hiring. These departments review the applications and contact those applicants they want to interview. When the manager identifies candidates for employment, Human Resources begins background checks and schedules drug tests. Successful applicants then receive an offer of employment and are given their start date.

### To learn more about current openings:

Visit [www.hhcorp.org](http://www.hhcorp.org) and go to Employment Opportunities. Call the jobs line at (317) 221-2011.

# Area residents encouraged to have emergency plan in place

**TORNADOES AND OTHER UNFORESEEN EMERGENCIES CAN CREATE A VARIETY OF HEALTH AND SAFETY ISSUES. THE MARION COUNTY HEALTH DEPARTMENT IS ENCOURAGING INDIVIDUALS AND FAMILIES TO TAKE THE TIME TO PLAN FOR SUCH EMERGENCIES.**

"We may not be able to control these events, but we can prepare for them and that's what we want our community to do," said Virginia A. Caine, M.D., director, Marion County Health Department.

The health department suggests families create and discuss a plan in case an emergency event takes place. Establishing a meeting place in the home and a meeting place outside of the home are examples of emergency planning.

Marion County residents should have an emergency kit with supplies that could sustain those living in the home for up to 72 hours. The kit should be placed in the area where the family has predetermined to go in case of an emergency.

## SUGGESTED ITEMS FOR AN EMERGENCY KIT

**WATER** – one gallon per person, per day

**FOOD** – non-perishable, easy-to-prepare items

**FLASHLIGHT or BATTERY POWERED LANTERN**

**BATTERY-POWERED OR HAND-CRANK RADIO** (NOAA Weather Radio, if possible)

**EXTRA BATTERIES**

**FIRST AID KIT**

**MEDICATIONS and MEDICAL ITEMS**

**BASIC TOOLS**

**TOILETRIES** – toilet paper, tooth brushes/toothpaste and other personal hygiene items

**CELL PHONE WITH CHARGERS**

**FAMILY CONTACT INFORMATION**

**EXTRA CASH**

**BLANKET**

**PET FOOD**

**COPIES OF PERSONAL DOCUMENTS** (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies, financial information, ATM card)

# MCHD/HHC staff participate in emergency exercise

**IN AN EFFORT TO PREPARE THE HEALTH & HOSPITAL CORPORATION OF MARION COUNTY FOR A CITYWIDE EMERGENCY, MARION COUNTY HEALTH DEPARTMENT EMPLOYEES HAVE BEEN PARTICIPATING IN TRAINING FOR EMERGENCY SITUATIONS. THE STAFF HELD A POD (POINT OF DISPENSING) EXERCISE AT LAWRENCE NORTH HIGH SCHOOL ON JUNE 25. STAFF SERVED AS EITHER WORKERS IN THE POD OR AS "CLIENTS" BEING SERVED BY THE POD.**

The POD was set up in the morning and a through-put exercise was held in the afternoon, where the clients flowed through.

The POD exercises allowed employees to learn what emergency preparations take place in the case of a citywide health threat.



Volunteer "clients" participate in a POD exercise at Lawrence North High School. Volunteers cycled through the set-up at least five times, under different scenarios that workers might encounter during an actual emergency.

Leading up to the exercise, MCHD staff were required to complete an on-line course which covered selecting and designing a site, staff roles and training, client flow, operations and security. In addition, employees who were assigned a management role at one of the planned 25 POD sites attended a two-day Department of Homeland Security funded course, Bioterrorism: Mass Prophylaxis Preparedness Planning and Management.



Karla Johnson, program manager, Lead Safe and Healthy Homes, explains the program and the areas it will cover to the media.

## » STIMULUS FUNDING CONTINUED FROM PAGE 1

There are qualification requirements and the Marion County Health Department is encouraging those living in the Martindale-Brightwood area to contact the health department at 221-2155 to learn more about the program and services being offered.

Contractors receiving stimulus funding will be required to hire local residents to assist in repairs, upgrades and other work. Funds will be available for job training.

## » HOME ASSESSMENTS CONTINUED FROM PAGE 1

The organization assists in home modifications that seniors need in order to remain in their homes but often can't do themselves.

Dora Darden has lived in Brightwood since 1960 and said she is very grateful for the changes in her home. She was previously having a very difficult time getting in and out of the bath since she suffers with arthritis.

Darden, who lives with her 93-year-old mother, has received motion lights, smoke detectors, a grab bar for her shower and a raised toilet seat.

Frances Ray has lived in Brightwood for 18 years and is also on the NNORC advisory committee.

"To be able to be part of this program is a godsend," Ray said.

Ray and her husband are disabled and were both struggling with getting in and out of the bathtub. They have received grab bars on the tub, smoke detectors, fire extinguishers and senior-friendly doorknobs throughout their home.

MCHD's Dan Fries, team leader for Lead Safe & Healthy Homes, said "it is good to be part of assessing homes in a neighborhood that needs assistance."

# BACK-TO-SCHOOL DONATION DRIVE

Covering Kids and Families coordinates the Back-to-School Family Day held at the Marion County Health Department each year. The event is in its 9th year and is considered one of the largest Back-to-School events in the city. This year we anticipate attendance to reach beyond 20,000 participants.

To ensure that each child in attendance has all of the school supplies he or she needs, we need your help! We are asking for school supplies and monetary donations. Please consider giving what you can.

## HERE ARE SOME SUGGESTED ITEMS THAT CAN BE DONATED:

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Backpacks        | <input checked="" type="checkbox"/> Pens                          |
| <input checked="" type="checkbox"/> Notebooks        | <input checked="" type="checkbox"/> Scissors                      |
| <input checked="" type="checkbox"/> Folders          | <input checked="" type="checkbox"/> Glue sticks                   |
| <input checked="" type="checkbox"/> Loose-leaf paper | <input checked="" type="checkbox"/> Crayon boxes                  |
| <input checked="" type="checkbox"/> Spiral notebooks | <input checked="" type="checkbox"/> Individual packets of tissues |
| <input checked="" type="checkbox"/> Crayons          | <input checked="" type="checkbox"/> Hand sanitizer                |
| <input checked="" type="checkbox"/> Pencils          |   |

If you have supplies to donate, please contact Pamela Humes, Program Director of Covering Kids and Families of Central Indiana by email at [phumes@hhcorp.org](mailto:phumes@hhcorp.org) or by phone at (317) 221-3117, for delivery or pick-up arrangements.

Monetary donations are also accepted and are tax deductible. Checks can be made out to the **WISHARD FOUNDATION**.

### MAIL YOUR DONATIONS TO:

2951 E. 38th St., Indianapolis, IN 46218, Attn: P. Humes



## Mosquito Season Facts:

- Mosquito season in Marion County generally begins in mid-April and continues through the second hard frost of the year.
- Precipitation and heat have a major influence on mosquito population and larvae development.
- Mosquito complaints are highest in July, August and September.
- Only the female bites; she draws blood to use as a protein source for her eggs.
- Mosquitoes are most active at dusk.
- Wear long sleeves /long pants if you can; use a repellent with DEET.
- Health department technicians investigated 10,117 larvae sites in 2008, compared to the previous high of 10,052 set in 2001.
- Marion County recorded 1 West Nile virus-related death each in 2008, 2007 and 2006, and 3 deaths in 2002.
- The health department provides mosquito fish, at no charge, that are capable of eating 100-200 mosquito larvae each day.
- Check for any container that can hold water. Even a small styrofoam coffee cup with a few teaspoons of water can be a mosquito breeding site.
- Clean, cover or place indoors any containers that can trap and hold water.
- Old tires, clogged gutters and anything else that can trap and hold water can be mosquito breeding sites.

## Local Farmers' Markets offer nutritional variety

THE FARMERS' MARKETS ARE OPEN THROUGHOUT INDIANAPOLIS AND THE MARION COUNTY HEALTH DEPARTMENT ENCOURAGES LOCAL RESIDENTS TO VISIT THESE SITES AS A FUN WAY TO DIVERSIFY SUMMERTIME NUTRITIONAL OPTIONS.

On average, most produce found at a Farmers' Market comes from 50 miles or less. That compares to similar products found in grocery stores that often travel more than 2,000 miles. Farmers' Markets offer a colorful array of fruits and vegetables that are essential to good family nutrition.



"Think color when choosing produce. Each color provides important vitamins and other nutrients. Scientists say your plate should look like a box of crayons with a variety of colors," said Shawn Wellman, administrator of the Marion County Health Department's Nutrition Services program.

Bringing color and added nutrition to your daily routine begins with breakfast. Oatmeal with blueberries, yogurt with

fruit and whole grain cereal and fresh fruit smoothies are examples that include items from the Farmers' Markets, have good color and are good for you.

Fresh fruit, fruit juices and fresh vegetables are good snacks to consider. Tuna salad with grated carrots, red peppers, onion and garlic can be prepared for dinner. Whole grain pasta with tomato sauce and fresh herbs and vegetable soup are also nutritious dinner options.

While prices for various items vary from market to market, consumers can find good deals on the fresh produce and save money by wisely shopping at the Farmers' Markets.

The Indianapolis City Market also shares a variety of new, seasonal produce, meat and other food options that can bring variety, color and new food choices. The market is open Mondays through Fridays from 6 a.m. until 6 p.m. The City Market is also open Saturdays from 10 a.m. until 4 p.m. and is closed on Sundays.

Aside from offering fresh, new food options at an economical price, the Farmers' Markets provide other opportunities. Walking through the market is a great source of exercise. Families can explore the markets together and learn about new foods and the whole family can help in the purchase of fruits, vegetables and other market offerings.

# MARION COUNTY HEALTH DEPARTMENT SERVICES

ACTION Health Center Clinic .....	221-3400	Lead Safe and Healthy Homes Program .....	221-2155
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	
Children's Special Health Care Services Program .....	221-2103	Arlington High School .....	226-2992
Chronic Disease .....	221-2094	Crispus Attucks Middle School.....	226-2791
Communicable Disease Control .....	221-2117	John Marshall Middle School.....	226-4622
Community-Based Care (C-BC) .....	221-2366	Manual High School.....	226-2000
Community Nutrition Services .....	221-7403	School Health Promotion.....	221-2052
Dental Health .....	221-2329	School Health Services .....	221-2366
Diabetes Education .....	221-2104	Sewage Regulation (Septic Systems) .....	221-2147
Environmental Control .....	221-7588	Sexually Transmitted Disease Control .....	221-8300
Food Safety .....	221-2222	Sickle Cell Anemia.....	221-2105
Foreign Born Health .....	221-2114	Smoke Free Indy/Quit Smoking Resources .....	221-2084
Hazardous Materials .....	221-2266	Social Services.....	221-2364
Health Education, Promotion and Training.....	221-2092	Streams, Groundwater and Solid Waste.....	221-2266
Healthy Babies Consortium .....	221-2313	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
Bell Flower Clinic .....	221-8307	Violence Prevention.....	221-2085
Housing and Neighborhood Health .....	221-2150	Wellfield Protection .....	221-2266
Immunization Program .....	221-2122	Wells and Drinking Water Safety .....	221-2145
Indoor Air Quality .....	221-2266	WIC (Special Supplemental Nutrition Program for Women, Infants and Children).....	221-7401
Indianapolis Birthing Project/SisterFriend.....	221-7419		
Injury Prevention .....	221-3145		
Institutional Inspection .....	221-2266		
Mortgage Loan Inspections.....	221-2145		



3838 North Rural Street  
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 317-221-2000