

# PROFILES

For the employees and retirees of Health and Hospital Corporation and the Marion County Health Department

## Food Drive An Overwhelming Success

**A SENSE OF TEAMWORK WITH A COMMON GOAL OF HELPING FAMILIES IN NEED OF FOOD LED TO A SUCCESSFUL HEALTH AND HOSPITAL AND MARION COUNTY HEALTH DEPARTMENT EMPLOYEE FOOD DRIVE. A TOTAL OF 1,794 POUNDS OF FOOD WAS COLLECTED DURING THE MONTH-LONG EFFORT.**

An extension of Indianapolis Mayor Greg Ballard's "Pack the Pantry" campaign, headquarters and health department employees formed 18 teams and were challenged to collect as many food items as possible. The victorious team, announced during the May 15 Staff Day, will receive a free catered lunch.

Team captains volunteered to assist in promoting the effort and encouraging fellow employees to support the campaign.

A half-dozen environmental pick-up trucks were needed to deliver the food items to Gleaners Food Bank. As Gleaners enters its 29th year, the food bank has distributed more than 230 million pounds of food and critical grocery products to 400 hunger relief charities that serve the people in need of emergency food assistance.

"Gleaners, Health and Hospital and the Marion County Health Department share the same mission and serve a community with many needs. It is amazing to see how the employees have responded to help those in need of food," said Pamela Altmeyer, president and CEO of Gleaners.

Greg Porter, vice president of External Affairs for Health and Hospital Corporation, said the outpouring didn't surprise him. "What we see in this donation to Gleaners is another reflection of the goodness, generosity and



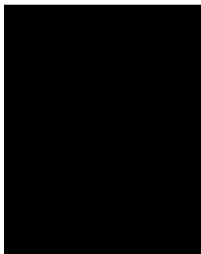
Boyd Currin, administrator, environmental control (L); Pamela Altmeyer, president and CEO of Gleaners Food Bank, and Greg Porter, vice president of External Affairs, discuss the importance of community support for Gleaners Food Bank as donations from Health and Hospital and the Marion County Health Department are delivered.

commitment our employees show through their work in the community every day."

Organized by the public relations department, the food drive is destined to become an annual tradition for headquarters and health department employees.

## MCHD social worker promotes preparedness

After participating in several of the health department-sponsored emergency training programs and witnessing first hand the devastation of tornadoes that hit the Eastside, social worker Faizah Mawusi, like many in the health department, clearly understands the importance of preparing for an emergency.



So, Faizah invited seven family and friends

over to her home for a preparedness party brunch. The informal gathering allowed Faizah to use the information gained through the training programs together with the experience of helping tornado victims to encourage her family and friends to be prepared.

"We have all heard the message about the importance of being prepared. But there is so much information and it can be overwhelming. So, I thought it would be a good idea to take what I know and share it in an informal way," said Faizah. Based on information from ready.gov, a Homeland Security-based resource

site, Faizah felt like her friends and family had a better understanding of the importance of planning.

"This was not work related, but based on what I learned from my work, I knew my friends and family were not aware of keeping key documents in safe places because at any time any of us could face an emergency," said Faizah.

And if the brunch wasn't enough, Faizah used another creative approach to spread the emergency preparedness message by giving emergency prep kits to her friends at Kwanzaa.

**DR. CAINE**  
**RECOGNIZED**  
**DR. VIRGINIA**  
**A. CAINE,**  
**DIRECTOR OF**  
**THE MARION**  
**COUNTY**  
**HEALTH**  
**DEPARTMENT**  
**HAS RECEIVED**  
**THE FOREST**  
**MANOR MULTI-**  
**SERVICE CEN-**  
**TER, INC. 2008**  
**CHAMPIONS**  
**AWARD, AND**  
**THE AMERICAN**  
**PUBLIC HEALTH**  
**ASSOCIATION**  
**2008 HEALTH**  
**ADMINISTRA-**  
**TION SECTION**  
**AWARD FOR**  
**EXCELLENCE.**

**2009 SERVICE**  
**AWARDS**  
**THE EMPLOY-**  
**EES WHO WILL**  
**CELEBRATE**  
**THEIR 15 YEAR**  
**ANNIVERSARY,**  
**WERE INAD-**  
**VERTENTLY**  
**LEFT OUT**  
**OF THE LIST**  
**PUBLISHED IN**  
**JANUARY:**

**Pamela Averill**  
 Nutrition Services

**Eleanor Fultz**  
 Community-Based  
 Care

**Lawrence**  
**Humes**  
 External Affairs

**Carolyn Jones**  
 Infectious Disease

**Sonja Marion**  
 Health Promotion

**Susan Mitchell**  
 Finance

**Crystal**  
**Montgomery**  
 Adolescent Health

**Joanne**  
**Velezcollazo**  
 Foreign Born  
 Health

**Donnie Wheeler**  
 Rodent Control

**Gloria Yates**  
 Adolescent Health

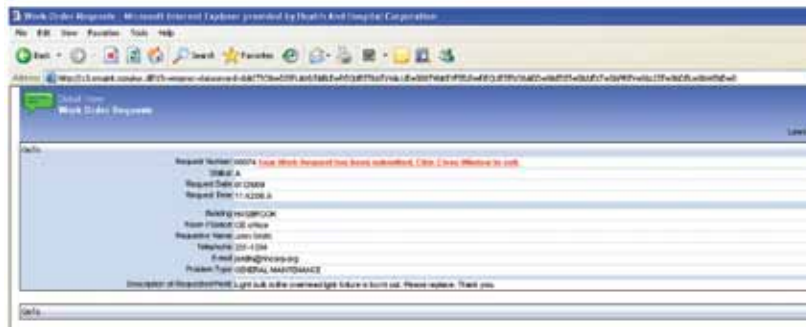
# Need a Light Bulb Changed?

## New FMWorkorder System Coming Soon

In February 2009, HHC Facilities will be initiating a new FMWorkorder and Custodial Request system called eMaint.

You will use a convenient eMaint link on the front page of the Nexus to submit your requests for all maintenance, repairs, custodial and housekeeping needs. Sim-

ply fill out the brief form, click Save, and your request will be automatically sent to Facilities. An email acknowledgment will be sent to you notifying you that your request has been delivered. When the requested work is completed, you will receive a confirmation that the work has been finished, including a description of the work and the date completed.



You will no longer be able to use the FMWorkorder email address to submit your requests. Phoned in work order and custodial requests will not be accepted (with the exception of emergencies). For emergency repairs or after hour emergency repairs, please call 221-3023, and then submit an eMaint work order request as a follow up to your call.

The new eMaint work order request system will allow the Facilities department to better manage the ever increasing workload of preventive maintenance, repairs and housekeeping requests for all of the organization's locations. We think you will find the system easy to use and we appreciate your patience and understanding for any glitches you may encounter during the early stages of this system.

## PBS show highlights Mosquito Control

The Marion County Health Department's Mosquito Control program was featured during a February 5 Public Broadcasting System "Indiana Expeditions" program looking at mosquito control through the eyes of biologist Jim Erwin.

WFYI Channel 20 spent several hours with Erwin last summer. Erwin, who has been with the health department for 27 years, explained the various methods of mosquito collection, monitoring and control. He also highlighted the

non-chemical ways the health department has developed as part of the overall mosquito population control effort.

"This was an interesting topic to cover and I think our audience will find the information useful—I learned a lot from talking with Jim and touring the mosquito facility," said Eric Hartvig, WFYI program producer.

"Indiana Expeditions" is a locally produced science program developed for elementary and middle school-aged children.

## Reclaiming the Village participants create quilt



Reclaiming the Village is a citywide Rites of Passage program that provides opportunities, knowledge and skills to young males ages 8-15 years. Reclaiming the Village conducts weekly activities with faith-based organizations, community programs and schools that are based on seven life principles. The young males of Indianapolis Public School #70 (above), as one of the Reclaiming the Village activities conducted by subcontractor Oda Enterprises, Inc., made this quilt depicting the Rites of Passage principles. The quilt will hang in IPS #70.

## Emergency Preparedness Director named

Gregory Hall, Sr., former assistant administrator for the city of Indianapolis emergency management planning division, is the new coordinator of public health preparedness for the Marion County Health Department.

Hall will oversee all aspects of the health department's emergency planning program.

"The health department has a genuine concern for healthy living and delivering world-class service to the citizens of Marion

County. I'm proud to be here and look forward to working on public health preparedness for the community," said Hall.

Hall spent more than six years with the city's emergency preparedness program where he was responsible for assisting in emergency management operations for the city of Indianapolis and Marion County.

"Greg Hall's experiences in preparedness, response, resource management, leadership and team building will offer significant leadership for our program. We are pleased to have him join our staff," said Virginia A. Caine, M.D., director, Marion County Health Department.

# BRIEFS

News of Health and Hospital Corporation and the Marion County Health Department



## Stacie Hurrel named Employee of the Month

Stacie Hurrel, diabetes educator in the Chronic Disease Program is the Employee of the Month for February 2009. The diabetes classes are better promoted and have better participation under Stacie's coordination. She was also instrumental in making the Health by Design conference a success and regularly promotes physical activity as a means of achieving a healthy lifestyle.

## Start cleaning out closets

It's not too early to start your spring-cleaning. The 2009 Dress for Success Send One Suit Week will take place April 13-16. During this annual campaign, professional business suits along with separates (blouses, jackets, pants, skirts and blazers) are collected. Don't miss out on this opportunity to make women from our local community feel great as they seek employment.

## Advantage coordination of benefits form coming

Be on the lookout for a coordination of benefits form in your mail from Advantage Health Solutions, if you have any dependents on your medical insurance. This form is to determine primary and secondary medical coverage when employees or dependents have more than one group insurance carrier. Whether or not there is coverage from an additional insurance carrier, the form must be completed and returned within 10 days of the date of the letter.

Advantage is unable to process health care claims unless they receive your coordination of benefits form. If you have any questions regarding benefits, please contact Rachel Hill at x2013.

## Free Colorectal cancer risk assessment and screening offered

Did you know that in the United States, someone is diagnosed with colorectal cancer every 3.5 minutes and someone dies of colorectal cancer every 9 minutes? In our country, colorectal cancer is the third most common visceral cancer and the third most frequent cause of cancer death.

During March 2009, the American Cancer Society in collaboration with the Marion County Health Department, area hospitals and colon centers will be offering free colon cancer risk assessments and free screenings for those who qualify.

- Central Indiana area residents will have the opportunity to go through a pre-screening process and receive a free risk assessment by calling 317-344-7800, March 1-31, 2009. The risk assessment takes 10 minutes and is done over the phone.

- Qualified callers who are over the age of 50, average risk and who have not been screened recently will receive a free fecal occult blood test and flexible sigmoidoscopy exam.

- Above average risk individuals will be encouraged to talk to their primary care physician about scheduling a colonoscopy.

- To receive a free risk assessment and to see if you qualify for a free screening, please call your American Cancer Society, March 1-31, 2009, 317-344-7800.

- To learn more about Colorectal cancer, visit our web site at [www.cancer.org](http://www.cancer.org) or call 1-800-227-2345.

## New Employees

Dec. 15, 2008



Jaclyn Mogenstern, WIC  
Joshua Brutan, WIC  
Ivory Avant, Advantage  
James Simpson, Finance  
Lakisha Wren, Healthy Families

Dec. 29, 2008



Chauna Holder, Ryan White HIV/AIDS program  
Amber Collins, Food Safety  
Jameela Ali, Grants  
Greg Hall, Public Health Administration  
Paul Brevard, CIS

Jan. 12, 2009



Alexandra Williams, WIC  
Maisha Wade, Healthy Start  
Cynthia Budyn, Tobacco Prevention  
Jodi Tafoya, WIC  
Andrea Liegibel, WIC  
Cheryl Pettrie, Substance Use

Jan. 26, 2009



Theresa Schwartz, Legacy House  
Deborah Kleisser, Community-Based Care  
Christopher Clark, Housing and Neighborhood Health  
Jeri Rozzell, Future Promises  
Ann Forunto, Future Promises

# COMING

# EVENTS

## FEBRUARY 13

### Abstracts Due

IPHA will accept abstracts for oral and poster presentation up to this date. For more information, contact Melissa Swan at X3005.

**18**  
**Nexus hands-on workshop**  
12:30-1:30 p.m. - Hasbrook  
4th floor training room

**25**  
**EAP awareness training**  
9-11 a.m. - Hasbrook 1st floor  
conference room

**MARCH  
3,10,17**  
**Cessation Classes**  
Noon-2 p.m.- Wishard Hospital  
To register call 287-3717.

**4**  
**Family Meal Time**  
5:30 p.m. - NEDHO  
National Nutrition Month event

**4, 11, 18, 25**  
**Diabetes Classes**  
1:30 - 3:30 p.m.  
Haughville Public Library  
2121 West Michigan Street  
Registration is required. Please call (317)  
221-2094.

**5,12,19**  
**Cessation Classes**  
5-7 p.m.  
Cottage Corner Health Center  
For more information about these  
classes or future classes call 221-2084.

**5, 12, 19, 26**  
**Diabetes Classes**  
1:30 - 3:30 p.m.  
Marion County  
Health Department  
3838 North Rural Street  
Registration is required. Please call (317)  
221-2094.

**6**  
**IU School of Medicine  
Sexually Transmitted Dis-  
ease Lecture- "Drivers of  
the HIV epidemic among  
African Americans"**  
Noon-1:15 p.m.  
Myers Auditorium, Wishard  
Hospital

**10**  
**Hospital Day  
at the Statehouse**  
To register go to:  
[www.regonline/iha2009hospsday](http://www.regonline/iha2009hospsday)

**17**  
**Feeling Fine in '09 1K walk**  
9:30 a.m. - SDHO  
National Nutrition Month event

**18**  
**HIV Rally at the Statehouse**

**25**  
**Feeling Fine in '09 for men**  
10-11 a.m. - Mosquito Control  
Noon - Hasbrook  
National Nutrition Month event

**26**  
**Feeling Fine in '09 5K walk**  
8:30 a.m. - Pecar  
National Nutrition Month event

## February is National Heart Month

**Did you know**, 1 out of every 5 Americans will die from cardiovascular disease?

**Did you know** nearly 1 million Americans will die from cardiovascular disease this year?

**Did you know** about every minute someone will die from a coronary event, according to the American Heart Association?

**Did you know** you can do something about it?

February is National Heart Month, and to raise awareness of heart disease you are encouraged to take an online risk assessment at [www.americanheart.org](http://www.americanheart.org). Search Risk Assessment to take this free online assessment. Knowing the risk factors for heart disease and following a healthy lifestyle can drastically reduce your odds of getting heart disease. You only get one body and one heart, so treat it right. Here are 10 ways to reduce your risk for heart disease.

### 10 Ways to Love Your Heart

- ♥ Get regular checkups
- ♥ Know your blood pressure and cholesterol numbers.
  - Blood pressure <120/80 mmHg.
  - Cholesterol < 200mg/dL
  - HDL (good) > 40mg/dL
  - LDL (bad) <100 mg/dL
- ♥ Exercise. Aim for 30 minutes most, if not all, days of the week.
- ♥ If you smoke, quit. Limit exposure to secondhand smoke.
- ♥ Eat a heart-healthy diet including fruits and vegetables, whole grains, fiber and fish which contains omega 3 fatty acids. Limit consumption of saturated and trans fats. These are the main culprits of high cholesterol.
- ♥ Limit sodium intake to 2300 mg per day.
- ♥ Take prescribed medications as directed.
- ♥ Manage your weight. A Body Mass Index (BMI) over 25 greatly increases your risk for heart disease.
- ♥ If you drink alcohol, keep in moderation.

### For more information visit:

[www.goredforwomen.org](http://www.goredforwomen.org)  
[www.americanheart.org](http://www.americanheart.org)

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