

# PROFILES

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

## Human Resources announces 2009 wellness challenge

### GRAND SLAM CHALLENGE

**JUST IN TIME FOR SPRING, THE GRAND SLAM IS A BASEBALL-THEMED WELLNESS CHALLENGE FOR EMPLOYEES OF HEALTH AND HOSPITAL CORPORATION.** Any activity (walking, biking, mowing the yard, housework, gardening, etc.) can be converted into steps. Employees' goals will be to achieve at least 10,000 steps per day. "Every day that an employee gets 10,000 steps counts as a 'win,'" says Human Resources Manager Andy Scott. "Less than that is a 'loss.'" The log sheets will be used to keep track of total minutes as well as total steps and number of wins.

Just like baseball, the Grand Slam Challenge is all about percentages. Participants who achieve at least a 60% win/loss ratio will be entered into a drawing for prizes. According to Scott, "We want to offer other incentives to motivate employees to have an active lifestyle."

New to the wellness challenge this year is a friendly competition between divisions. When employees sign up for the Grand Slam, they will identify what division (headquarters or one



Check out  
more wellness  
information on page 2.

of the public health bureaus) they belong to.

Opening day is Monday, April 6, 2009 and the season concludes on Friday, September 25, 2009 for a total of 173 days. Watch the Nexus

for more information about the Grand Slam Challenge and instructions on signing up.

SAVE THE DATE!

## 2009 Staff Day

Friday, May 15

Primo South, 2615 E. National Ave.

Employee Appreciation • Great Speaker • Food • Surprises

SAVE THE DATE!

## Pam Thevenow receives award

Pam Thevenow, administrator of the Marion County Health Department's water quality and hazardous materials management program, has received the 2009 John Kassis Memorial Award from the Marion County Hazardous Materials Responders organization. Thevenow, who has been with the health department for 31 years, has served as treasurer for the responders' organization during the past 14 years. "Pam's dedication to her job and to the Marion County Hazardous Materials Responders certainly has made a positive impact on how our community plans, prepares and responds to hazardous situations," said Virginia A. Caine, M.D., director, Marion County Health Department. Thevenow is the fifth health department employee to receive the award since its inception in 1994. The award is named after John Kassis the former Indiana Department of Environmental Management employee recognized for his concern for first responders and the environment.

# Mountain of Wellness open

## EMPLOYEES ON THE MEDICAL BENEFITS MAY NOW SIGN UP FOR THE MOUNTAIN OF WELLNESS.

The Mountain of Wellness is a voluntary, confidential, free, points-based wellness program that encourages healthy behaviors and lifestyles. Sponsored by Advantage Health Solutions, employees must be on the Advantage medical insurance plan to sign up for the Mountain of Wellness program. Visit Human Resources on the Nexus and click on Mountain of Wellness to learn more about the program and complete the wellness agreement. After that, participants complete a personal wellness profile, which enrolls them with Advantage and earns them 25 points automatically. Employees can complete the personal wellness profile once every 365 days and earn 25 points each calendar year. Points earned in a calendar year may be redeemed in the form of gift cards after the end of the year.

For more information about the Mountain of Wellness, contact Steven Johnson in Human Resources, 221-2010.

## Weekday Wellness Options to Help Staff Get Fit

Looking for a good workout that you can do on your break? Every weekday, join your co-workers for 2 o'clock Stretch for a neighborhood walk or meet Monday through Thursday at 10 AM or 3PM in the Hasbrook 2nd floor break room for an exercise video. On Fridays, exercise videos are at 9 AM and 10 AM.

Stacie Hurrle, diabetes educator in the Chronic



Diseases Dept. and one of the 2 O'clock Stretch coordinators, says, "I can't wait to get back to walking outside. Each day that employees participate in the 2 O'clock Stretch during the kick-off week they will get a raffle entry for a grand prize. We will start up again

the week of March 30th, so mark your calendars now – from 2:00 – 2:15 Monday thru Friday. So, get up, get out, and get walking!"

Dora Day, support staff in the Lead Safe and Healthy Homes Dept., has promoted the exercise video routines as

a means to lose weight. An average of 15 employees participate in the exercise video sessions, with as many as 25 people attending.

For information about wellness, contact Steven Johnson in Human Resources, 221-2010.

## Public health accreditation coming to MCHD

In order to improve the health of the public, the Public Health Accreditation Board (PHAB) is developing and implementing a national voluntary accreditation program for state, local, territorial and tribal public health departments. Beginning in 2011, these departments will be able to apply for accreditation.

The goal of the accreditation program is to improve and protect the health of every community by advancing the quality and performance of public health departments.

When surveyed, public health leaders identified the following as the most important benefits of accreditation: High Performance and Quality Improvement. Among state and local public health departments there is a high value placed on performance improvement and continuous quality improvement. A successful accreditation program should provide a transforming process that supports these goals. A successful accredita-

tion program should result in improved health outcomes.

Recognition and Validation of the Public Health Department's Work. A successful accreditation program should be credible among governing bodies and recognized by the general public, providing accountability to the public, funders and governing bodies. The accrediting entity has established an information program which promotes the value of accreditation to the public and key stakeholders. Accredited public health departments should receive rights to use credentials in promoting their work to their constituencies and in seeking access to grants, contracts and reimbursement preferences. The accrediting entity will provide documentation, promotional materials for customized use, and specialized support to accredited public health departments. In addition, the accrediting entity will maintain an active program promoting the value of quality and per-

formance improvement in public health and the role of accreditation in encouraging and documenting continuous improvement in public health departments.

### Improved Access to Resources. These can include:

- Access to funding support for quality and performance improvement;
- Access to funding to address gaps in infrastructure identified in the accreditation process;
- Opportunities to pilot new programs and processes based on proven performance levels;
- Streamlined application processes for grants and programs; and
- Acceptance of accreditation in lieu of additional accountability processes."

Please refer to the PHAB web site for complete information about the accreditation process. Information provided by: [www.phaboard.org](http://www.phaboard.org).

# Top 10 ways to save on your grocery budget!

**WHEN MONEY IS TIGHT AND TIME IS SHORT, IT MAY SEEM DIFFICULT TO MAINTAIN A HEALTHY DIET. BUT DURING NATIONAL NUTRITION MONTH®, THE AMERICAN DIETETIC ASSOCIATION AND YOUR COMMUNITY NUTRITION DEPARTMENT REMINDS YOU THAT MEALTIME DOESN'T HAVE TO BE COSTLY WHEN TRYING TO EAT RIGHT. HERE ARE SOME WAYS TO TRIM YOUR GROCERY BUDGET DURING THESE TOUGH ECONOMIC TIMES:**

## Save on protein foods.

When possible, substitute beans, eggs or nuts for more expensive meat, fish or poultry. Eat vegetarian once or twice a week to increase your consumption of healthy plant foods while saving money. Eggs are an excellent source of protein

coupons. Check out [www.coupons.com](http://www.coupons.com) for good deals. Recent coupons offered \$1 off paper towels and .75 off yogurt.

## Brown-bag it

Making lunch and taking it to work is a great money saver and an excellent use of leftovers. Packing lunch not only saves money but you can control the ingredients to allow for a healthy lunch. If you pack a \$2 lunch and skip the average \$6 restaurant meal, you will save over \$1,000 per year!

## Buy generic or store brands

Ever wonder the difference between generic or store brands and the name brand? It is usually dollars and cents. The generic almost always costs less and usually tastes the same. Compare the main ingredients

Displays on the end of grocery aisles may make you think you are getting a bargain on those foods. Usually, you aren't. More expensive items are usually located at eye level. Look up and down to save money. Beware of "free" samples. Of course, these are intended to get you to buy something you were not planning to buy. Stick to the perimeter of the store. This is where you will find the healthiest, less processed foods, more economical foods.

## Grow your own

Packets of seeds are sold for next to nothing and you don't need a big plot of land to grow some of your own food. Try a pot of tomatoes or peppers on your patio. Plant some green beans or sugar snap peas along your fence. Plant some Swiss chard in a bed usually reserved for flowers.

## Learn to cook

Eating out is a huge budget buster. Even seemingly inexpensive fast food can add up. Cooking your own meals can save you a small fortune. Set a limit on the number of meals your family will eat out each month. Cooking at home and eating as a family is important for family unity.

## Fruits and vegetables-all forms count

When the budget is tight, many families sacrifice fresh fruits and vegetables. Buying out-of-season fruits and vegetables can be costly but remember that canned, frozen and dried are a great, healthy substitute!

## Plan ahead

You've heard it before. Make a list of what you need and stick to it! It works. While making your list, check your cabinets to avoid buying items you already have on hand. Shop during non-peak hours and get in and get out. The longer you stay in the store, the more money you will spend. Leave the kids at home if possible.

For more information, contact your district nutritionists at 221-7403.

**March is National Nutrition Month – this year's theme is: EAT RIGHT.**

**NATIONAL NUTRITION MONTH® IS A NUTRITION EDUCATION AND INFORMATION CAMPAIGN CREATED ANNUALLY IN MARCH BY THE AMERICAN DIETETIC ASSOCIATION. THE CAMPAIGN FOCUSES ATTENTION ON THE IMPORTANCE OF MAKING INFORMED FOOD CHOICES AND DEVELOPING SOUND EATING AND PHYSICAL ACTIVITY HABITS.**

**CHECK OUT THESE UPCOMING EVENTS HOSTED BY MCHD NUTRITION SERVICES.**

**MARCH 17**  
**Feeling Fine in '09 1K walk**  
**9:30 a.m.**  
**SDHO**

**MARCH 25**  
**Feeling Fine in '09 for men**  
**10 a.m.**  
**Mosquito Control**

**Noon**  
**Hasbrook**

**MARCH 26**  
**Feeling Fine in '09 5K walk**  
**8:30 a.m.**  
**Pecar**



that can be eaten at breakfast, lunch or dinner. When including meat, make it the side dish. Filling your plate with mostly plant foods and a smaller portion of meat is a heart-healthy, wallet-sparing way to eat.

## Use sales and coupons.

Planning meals using the weekly store circular can mean big savings. Clip coupons but only for items usually bought anyway. Watch for double coupon specials. Check online for some valuable

of your favorite brand and the generic. Chances are, they will be very similar.

## Make your own latte

That daily \$4 cup of coffee is costing you \$120 per month or more than \$1,400 per year! Make your own at home and save, save, save.

## Beware of hidden persuaders

Groceries are in the business of selling groceries. Here are some strategies to avoid spending more than you intended.

## 2009 Indy Homeless Connect

The 2009 Connect will take place on March 20 at the Indiana Convention Center.

This is the fourth Indy Homeless Connect. Hundreds of people experiencing homelessness or in a housing crisis are served at the Indy Homeless Connect, a community outreach event sponsored by the City of Indianapolis and the Coalition for Homelessness Intervention and Prevention. This event is scheduled to run from 9 a.m.-4 p.m. on Friday, March 20. The event focuses on care and outreach made accessible through free, coordinated transportation for the homeless adults and children. Services include acute medical; vision and dental care; legal assistance; and specialty services such as haircuts, free calls to family, internet access, book give-away, massages, veteran services, ID cards, birth certificates and mainstream benefit applications.



## Social Services gathered last month to begin planning activities for Social Work Month.

(left to right) Faizah Mawusi, MSW, LCSW, clinical coordinator; Iris Vaughn, office assistant; Darcy Milner, MSW, LSW; Rachael Reed, MSW, LSW; Kimberly Gray, office assistant; Frankye E. Johnson, MSW, LCSW, Social Services Administrator; Rolanda Jones, MSW; Taiyan Richmond, MSW, LCSW; Chesney Coleman-Miller, MSW, LSW; Katy Baily-Oles, MSW, LSW; Renee Brooks, MSW, LSW; Natalie Summers Henson, MSW; Geri Wagle, MSW, LCSW; Heather Smith, MSW; Melissa Crawford, MSW, LCSW; Odessa Shobe, BSW; Billie Howard, MS, LMHC; and Beverly Riddle, MS, LMHC.

# Social Workers recognized during March

**MARCH IS NATIONAL SOCIAL WORK MONTH, A TIME TO CELEBRATE THE MORE THAN 600,000 SOCIAL WORKERS NATIONWIDE. THIS YEAR'S THEME, "SOCIAL WORK: PURPOSE & POSSIBILITY," HIGHLIGHTS THE MANY WAYS THAT SOCIAL WORKERS PROVIDE SUPPORT TO THOSE WHO NEED IT MOST. FINDING HELP THROUGH A SOCIAL WORKER SHEDS LIGHT ON THE GREAT POTENTIAL AND COUNTLESS POSSIBILITIES IN EVERY PERSON'S LIFE.**

The Social Services Department of the Marion County Health Department is currently comprised of 13 Master's prepared Social Workers, 2 Master's prepared Counselors, 1 Bachelor prepared Social Worker, and 2 office assistants. Frankye E. Johnson, MSW, LCSW, LMFT, LMHC, administrator reports per the "NASW Standards for Social Work in Health Care". "Social Workers and Counselors in public health settings focus on the promotion of positive health behaviors in the development of lifestyles by individuals, families and groups; and the enhancement of their environment."

"Furthermore, it is our goal as a department to promote well-being, advocate on behalf of our clients, assure access to health care, assess the health and psychosocial needs of our clients, and then develop preventative measures and intervention strategies to insure proper health maintenance. We will also con-

tinue to play a vital role in the MCHD Emergency Response and Preparedness plans and initiatives."

"I am appreciative to the dedicated staff of individuals working in our department, as well as the collaborative relationships we have with other departments within the MCHD, along with many external agencies and organizations which indeed assist us in providing services to the citizens of Marion County."

Faizah Mawusi, MSW, LCSW, clinical coordinator, adds, "As the tough economic times continue, social work services provided by our staff, are paramount to the health and well-being of our over-stressed community."

Social workers serve individuals, families and communities. They are consultants, managers, supervisors and administrators. They serve at all levels of government. They are educators. They are therapists and researchers. They are elected political leaders and legislators.

The social work profession has its own body of knowledge, Code of Ethics, practice standards, credentials and a nationwide system of accredited education programs.

To be a social worker, you must have a degree in social work from a college or university program accredited by Council on Social Work Education.

The undergraduate degree is a Bachelor of Social Work (BSW).

Graduate degrees include the Master of Social Work (MSW) and the Doctorate in Social Work (PHD or DSW).

## According to the Bureau of Labor Statistics:

- Social workers held about 595,000 jobs in 2006.
- About 5 in 10 social work jobs were in health care and social assistance industries and 3 out of 10 are employed by state and local govern agencies.
- Employment by type of social worker in 2006:
  - Child, family and school social workers-282, 000
  - Medical and public health social workers-124, 000
  - Mental health and substance abuse social workers-122, 000
  - Social workers, all other- 66,000

The need for social workers is expected to grow twice as fast as any other occupation, especially in gerontology, home healthcare, substance abuse, private social service agencies and school social work.

Contributing information for this article and statistics obtained from the National Association of Social Work (NASW).

For more information, please contact the Social Services Department at: 221-2364.



## March Employee of the Month

**DAVID CZERNY, MANAGER, ENVIRONMENTAL LABORATORIES, IS THE EMPLOYEE OF THE MONTH FOR MARCH 2009.**

David ensures that the labs are efficiently and effectively run and that the lab clients' needs are met. His leadership and teamwork, along with his sense of humor and optimistic outlook improve the work environment and enhance productivities of the lab's employees.

# BRIEFS

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

## National Public Health Week set for April 6-12

**EVERY YEAR SINCE 1995, THE COUNTRY CELEBRATES NATIONAL PUBLIC HEALTH WEEK BY HIGHLIGHTING SUCCESSES AND CHALLENGES FACING THE HEALTH OF OUR NATION.**

This year the American Public Health Association (APHA) in collaboration with partners across the country have chosen National Public Health Week to launch the theme Building the Foundation for a Healthy America. According to APHA, the US faces a number of public health crises, including HIV/AIDS, obesity, and health disparities, but we can greatly improve the nation's health by recommitting to supporting public health. Events across the country and in Marion County will highlight the successes of public health and celebrate the continued positive impact it makes on our communities. The website [www.nphw.org](http://www.nphw.org) has more information and interactive features for interested parties.



## Help benefit Wishard by purchasing Indiana Ice Tickets

See the Indiana Ice hockey team go up against the Lincoln Stars on March 13 at 7:30 p.m. at the Pepsi Coliseum in the Indiana State Fairgrounds. Tickets for that night are \$12 each, and half of the proceeds will go to benefit Wishard Foundation. Tickets must be purchased by March 11 in order

to benefit Wishard. For more information or to purchase tickets, please contact TJ Davis at 925-4423, extension 208, or [tjdavis@indianaice.com](mailto:tjdavis@indianaice.com). Tickets may also be purchased online at <http://marketmail.sportsfanusa.com/indianaice/groups/wishard>. The group ID is "health."

## Upcoming Public Health Conference and continuing education

Building the Foundation for a Healthy Indiana--An Indiana Joint National Public Health Week Conference

Don't miss this one-stop-shop, offering exhibits, poster sessions, and over 25 concurrent sessions!

### Topics include:

- Social Marketing
- Accreditation
- Emergency Preparedness
- Role of Oral Health in Public Health
- Lead and Healthy Homes
- Crisis Communication Planning
- Community Barriers and Assets Mapping

### Public Health Cafes

These FREE networking meetings are a great opportunity to meet public health professionals and learn more about topics related to the field. The Cafes are also available by webstream. Upcoming topics include:

**March 10--Time Management:** This course is designed specifically for public health professionals!

**April 14--Food Safety Update:** Co-hosted by ISDH. Information for personal and professional use will be shared.

## New Employees • February 9 & 23



**Anthony James**  
Environmental Control

**Sue Ford**  
Bell Flower Clinic

**Molly Osgood**  
WIC

**Autty Ahanchian**  
Dental Services

**May 12: Nursing Update:** This course will cover issues specific to public health nurses.

### Half Day Seminars

Our half-day seminars offer a detailed look at specific issues and topics. The fee is \$20, which includes materials, break service, and a certificate.

**March 25--Epidemiology 101:** Take a look at the basics of epidemiology with Dr. Greg Steele.

**May 21--Epidemiology 102:** This course is designed to be the next step from Epi 101.

**Ready to register? Visit [www.publichealthconnect.org](http://www.publichealthconnect.org)!**

## Free Health Insurance Information Offered

As part of Cover the Uninsured Week, Covering Kids and Families of Central Indiana will answer questions and enroll eligible children and adults needing health insurance at the east and west WorkOne locations.

Staff from the Covering Kids and Families program will be at the WorkOne location at 2525 North Shadeland Avenue March 24, 8:30-11:30 a.m. and 1 to 3:30 p.m.

Staff will be at the Work One location at 805 Beachway Drive on March 26, 8:30 - 11:30 a.m. and from 1 - 3:30 p.m.

Individuals will be able to gain information on Hoosier Healthwise, Healthy Indiana Program and Health Advantage.

Those interested in enrolling should bring proof of address, proof of income, social security numbers, birth certificates for family members and a picture identification card.

Those unable to attend of the WorkOne opportunities can call Covering Kids and Families at (317) 221-3178. Additional information is also available at [www.cf-kindiana.org](http://www.cf-kindiana.org) and click on "Central Indiana."

Covering Kids and Families is an organization committed to ensuring that all children and families eligible for Medicaid and the State's Children's Health Insurance Program (SCHIP) are enrolled.

Covering Kids & Families of Indiana is a partnership of more than five hundred organizations and individuals "Advocating Health Coverage for All."

## MCHD EC staff helps out during snow storm

During the worst snowstorm in recent history, members of the Marion County Health Department's Environmental Control staff cleaned snow from sidewalks and streets in the Haughville area on the city's near Westside. Environmental Control staff also made certain the parking lot and sidewalks leading to The Lords Pantry at Anna's House were clear. The Lord's Pantry is a community center for the homeless and those who need food started by community activist Lucius Newsome. Anna's House, another initiative lead by Newsome, opened on Thanksgiving Day in 2006 and remains a safe haven for the homeless, hungry, children in need of tutoring and those who need job training. Mr. Newsome passed away last August. In his place, those close to him have continued to assist those in need. "We were pleased to help our neighbors and to ensure that even with a record-setting snowfall, those who need of the resources offered by The Lord's Pantry at Anna's House could safely get in and out," said Boyd Currin, administrator, environmental control.

# MCHD employee honored at Conesco Fieldhouse

**THE WASHINGTON HIGH SCHOOL CONTINENTALS WERE ON THE VERGE OF GREATNESS, POISED TO END AN UNDEFEATED 1968-69 AS INDIANA HIGH SCHOOL STATE BASKETBALL TOURNAMENT CHAMPIONS.** With timing running out and Washington clinging to the lead, sophomore Abner Nibbs approached the free throw line with two shots that would cement the win and secure a place in Indiana basketball history. After hitting both shots, Nibbs and the rest of his Continental teammates celebrated the coveted championship. Now, 40 years later, Nibbs and his teammates are being recognized as one of the greatest teams to ever play high school basketball in Indiana.

Nibbs, who has spent 12 years working for the Marion County Health Department, is cherishing the 40th anniversary of the championship and preparing to be inducted with the rest of his team into the Indiana Basketball Hall of Fame later this month.

While casual Indiana basketball fans have likely heard of George McGinnis and Steve Downing, it was the combined

talent of the 12 players that made the Washington High School Continentals so successful.

"We knew each other, played together in the summer, socialized...we were friends and it was fun," said Abner, who wore number 23.

Abner and McGinnis were the first two freshmen to make varsity, almost unheard of at the time with Indiana high school basketball dominating the state's identity.

"I was the youngest player to play in the State Finals at that time," said Abner who rotated between guard and forward during his four years on the team.

In February, Conesco Fieldhouse hosted a reunion of not only the Washington High School championship team, but players and coaches from what many believe was the pinnacle of Indianapolis high school basketball.

"It really hit me when I walked out on the floor at Conesco with the team and all of those fans, the place was full, were applauding and cheering for us, it was amazing," said Abner who went on to play college basketball at Jackson State and Iowa Lakes.

In the past 40 years many changes have taken place. Former rivals Washington and Attucks both were closed as high schools and have only recently re-opened and renewed the tradition of playing one another.

Abner and his teammates know local high school basketball may never return to the glory days they enjoyed, but then again, Abner and his teammates didn't think they would be State Champions or hall of famers.

"Hall of famer, that's just beginning to sink in. We were just a bunch of guys playing ball. But to be in the Indiana Basketball Hall of Fame, that's something special," said Abner, his voice training off as if he still can't believe it is real.

"At the time we won the championship they told us this would be something we would cherish the rest of our lives. They were right. I am so blessed to be able to share this with my parents, my wife (his high school sweetheart), my three children and my five grandchildren," said Abner.

## Help others by cleaning out closets

Send One Suit Week is April 13-17

The 2009 Dress for Success Indianapolis (DFS) Annual Send One Suit (SOS) Week campaign is quickly approaching and is counting on HHC/MCHD employees to make this year's drive a success!

During this annual campaign, professional business suits and blouses are collected. Dress for Success counts on donations received during this week to replenish their inventory. DFS continues providing interview clothing to hundreds of low-income women annually.

Women...open that door to your closet and start your spring-cleaning early! Take a close look at the suits you have. Find a suit (or suits) that you know would make a woman in our community feel great as she goes to her interview. Can you find a blouse too? Separates (blouses, jackets, pants, skirts and blazers) are accepted as well! Make sure items are ready to wear (no stains, tears or missing buttons), keep them on their hangers and take them to any Send One Suit Week Floor Ambassador during the week of April 13th-April 17th. Most importantly, you will know that you are helping a woman in our community look and feel her best at the crucial moment of her interview!

Men...you can spread the word too! Tell all the women you know about this important campaign!

Everyone...consider making a financial contribution to

support Send One Suit Week. Monetary contributions of \$50 can purchase a suit in a size that is not donated (40% of DFS clients wear size 18 and higher), \$15 buys a purse, \$10 buys a pair of shoes and \$5 buy three pairs of hosiery. Everyone can participate!

Thanks in advance to the employees of HHC/MCHD for helping make the Send One Suit Week a success!

### SEND ONE SUIT WEEK AMBASSADORS AND DROP OFF SITES

#### Hasbrook (Floors 1-3)

Lola King (x2313)/Hasbrook Room #604

#### Hasbrook (Floors 4-6)

Collette Duvalle (x2463)/Hasbrook Rm #603

#### Hasbrook (Floors 7-8)

Human Resource Office/Hasbrook-7th Floor

#### For pick-up @ other service sites:

Lola King (x2313)

For additional information, contact Lola King: 221.2313/LK-ing@hhcorp.org

# Grants adds new staff, restructures

WITH RECENT CHANGES IN HHC'S GRANTS DEPARTMENT, WE WOULD LIKE TO SHARE WITH YOU SOME INSIGHT TO NEW AND OLD EMPLOYEES AND WHAT GRANTS CAN DO FOR YOU AND YOUR DEPARTMENT.

## Two new grants writers

**Jameela Ali** relocated to Indianapolis in August 2008 to attend graduate school, from northwest Indiana. She is currently pursuing a Masters of Public Health (MPH) and a Master of Health Administration (MHA) at IUPUI. Her previous volunteer experiences including Hurricane Katrina relief work and assisting indigent populations in Pakistan have encouraged her to focus career interests in domestic and international healthcare settings. Jameela spends her free time rock-climbing, making sushi, and traveling to the greater Chicago-area to see her family.

**Emily Barker-Krueger** is from Indianapolis and is a graduate student working on her thesis at IUPUI in the field of bioethics. She received her bachelors in

## Promotion

**Charrie Buskirk** has recently been promoted to grants manager of resource and development. She now manages the pre-award functions of the Grants Department, leading the writing and prospecting processes. Recently completing her Masters of Public Health and now seeking her Masters of Business Administration with a concentration on Healthcare Management, Charrie stays busy with her one-year-old son, grad-student husband, and her admitted addiction to TV dramas (House, SVU, and Grey's Anatomy).

## Rounding out the Grants Department

The Grants Department's post-award team is headed by grants manager of fiscal oversight, Carol McCarroll. Carol has been the backbone of Grants Department for nearly 25 years and the department is greatly indebted to her for her history, dedication, and ability to oversee so many awards. Second to reminiscing of

education and feels strongly that "it's never too late to learn." Carolyn will be earning her bachelor's degree from IUPUI this year and hopes to retire sometime before Carol!

**Dana Hurt** is the latest addition to the post-award grants team and serves as a grants coordinator. Her ability to multi-task grant subcontracts, oversee invoices, and prepare financial reports is impeccable. Dana will be earning her bachelor's at IUPUI in behavioral health this year and is considering continuation of her education in business. Wearing the hats of PTO mom, band mom, and Girl Scout mom, Dana is the proud mother of three: a future NBA All-Star, a 2016 Olympic Volleyball Medalist, and the next George Lucas.

As we recently highlighted in Profiles, Grants Director, **Nina Brahm** is working diligently to ensure that HHC secures sustainable funding in these tough economic times. As a graduate of Indiana University Law School, Nina is comfortable reviewing grant contracts and grant and program-related federal regulations. When Nina isn't thinking about grants, she enjoys rooting for the Colts, attending her children's athletic events, and avoiding her housework.

## What can the Grants Department do for you?

Other than assisting with homework, kids' school projects, and planning for retirement, the Grants Department is here to help you in your funding needs! During initial phases, we can help to identify prospective funders, strategically plan a winning proposal, and assist in writing and editing needs. When awarded funds, Grants can help in post-award functions including subcontract management, fiscal compliance, and reporting. If you have funding needs, please speak to your administrator about working with grants to seek funding. Once you have obtained approval, please download the "Intent to Apply" form from the Nexus and submit to [grants@hhcorp.org](mailto:grants@hhcorp.org).

Questions or comments, please contact Nina Brahm at 221-3112 or [nbrahm@hhcorp.org](mailto:nbrahm@hhcorp.org).



The Grants Department showed their support National Heart Health Month by participating in Wear Red for Women day. Pictured are (front, left to right) Carol McCarroll, Carolyn Palmer, Emily Barker-Krueger, (back, left to right) Dana Hurt, Nina Brahm, Charrie Buskirk and Jameela Ali.

philosophy from IUPUI in 2006 and is currently working as a graduate assistant, helping to instruct first semester bioethics students. She volunteers with Vista Care and Indy Fringe and served as an AmeriCorps member in 2008. Her ultimate goals include attaining a PhD in Applied Ethics and continuing to travel with her husband. Oh yeah... she's not shy to admit she dressed as the human hot dog on Hot Diggity Dog Day!!!

her many years with HHC and MCHD, Carol enjoys reading, hearing from her two children who recently completed their degrees from Rose-Hulman and Purdue, and planning her fine farewell for April 2017!

**Carolyn Palmer** has been the post-award Grants Coordinator since 2006 and works closely in Contract Management, utilizing her tech-savvy skills and ability to analyze and route time-sensitive documents throughout the corporation. Carolyn is extremely passionate about ed-

# COMMUNITY EVENTS

# COMMUNITY

## MARCH

### 10 PERF General Information Presentation

12:30-2 p.m.  
Hasbrook  
1st floor conference room  
To register, go to [nexus/humanresources/trainingclasses](http://nexus/humanresources/trainingclasses)

### 10 Hospital Day at the Statehouse

To register go to:  
[www.regonline/iha2009hospday](http://www.regonline/iha2009hospday)

### 11 Sam's Club onsite enrollment

Noon-2 p.m.  
Hasbrook  
1st floor conference room

### 14, 15 Clean Out Your Medicine Cabinet day

9 a.m.-5 p.m. (March 14)  
11 a.m.-5 p.m. (March 15)  
All Central Indiana Marsh  
Pharmacies

### 16 Hot Topics in HIV & STDs

8:45 a.m.-5 p.m.  
Riley Outpatient Center  
702 Barnhill Drive  
This is a free conference, register at  
[www.matec.info](http://www.matec.info)

### 17 Feeling Fine in '09 1K walk

9:30 a.m. - SDHO  
National Nutrition Month event

### 18 HIV Rally at the Statehouse

24  
Covering the Uninsured  
8:30-11:30 a.m.  
1-3:30 p.m.  
Work One - 2525 N. Shadeland Ave.

25  
Covering the Uninsured  
8:30-11:30 a.m.  
1-3:30 p.m.  
Work One - 805 Beachway Drive

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

### 25 Top Tips for E-mail and Internet Usage Essential Troubleshooting Techniques

10:30 a.m.-12:30 p.m.  
Hasbrook  
1st floor conference room  
To register, go to [nexus/humanresources/trainingclasses](http://nexus/humanresources/trainingclasses)

### 26 Feeling Fine in '09 5K walk

8:30 a.m. - Pecar  
National Nutrition Month event

## APRIL

### 7 Minority Health Coalition hosts a Town Hall: Access- ing Health Care

6 - 7:30 p.m.  
Julia Carson Building  
300 Fall Creek Parkway

### 1, 8, 15, 22 Diabetes Classes

1:30 - 3:30 p.m.  
IMCPL- Wayne Branch  
198 S. Girls School Rd.  
Registration is required. Please call  
x2094.

### 2, 9, 16, 23 Diabetes Classes

1:30 - 3:30 p.m.  
IMCPL- Glendale Branch  
6101 N. Keystone Ave.  
Registration is required. Please call  
x2094.

### 7,8 IPHA/MAPHTC/ISDH Annual Conference Building the Foundation for a Healthy Indiana

IUPUI Campus Center  
For more information or to register got to  
<http://www.inpha.org>

### 7, 14, 21 Smoking Cessation Classes

Noon-2 p.m.  
Wishard Hospital  
1001 W. 10th St.

### 9, 16, 23 Smoking Cessation Classes

5-7 p.m.  
IMCPL-Warren Branch  
9701 E. 21st St.  
For more information about these  
classes call 287-3717, for future classes  
call x2084.

## Editorial Board

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