

# PROFILES

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

Staff Day 2009 • May 15

## Start your engines ... Team work in action!

STAFF DAY 2009 PLANNING IS WELL UNDER WAY WITH SOME OLD FAVORITES AND SOME NEW ITEMS. THIS YEAR, STAFF DAY WILL BE HELD AT 11 A.M. ON FRIDAY, MAY 15 AT PRIMO SOUTH. REGISTRATION WILL BEGIN AT 10 A.M.

The goal of staff day is to recognize all of the employees and departments for their contributions and hard work throughout the year in making the city a better place.

The keynote speaker is Scott Greenberg, who has inspired thousands of people with his unique blend and style. With his own personal story of having to drop out of film school because of an aggressive form of cancer, Scott draws from his inner-reserves of strength that he inherited from his grandmother, a Schindler's List holocaust survivor, and his unfailing sense of humor. Instead of making films, he found greater joy in telling stories in person for the betterment of others.



with his own personal story of having to drop out of film school because of an aggressive form of cancer, Scott draws from his inner-reserves of strength that he inherited from his grandmother, a Schindler's List holocaust survivor,

### Staff Day Favorites are back

In addition to the speaker, the event will feature many of the staff day favorites from the year's past including the Corporation Singers, door prizes, annual staff gift and employee recognition awards.

This year the H&H's Got Talent competition will allow departments to team up together to perform a skit or song about HHC or the Marion County Health Department. Videos for the contest will be taped on Monday, May 4 at Pecar

STAFF DAY 2009



**“START YOUR ENGINES!”  
TEAMWORK IN ACTION!**

Health Center and voted on by all employees at Staff Day.

The history review and trivia contest will return and department photos will once again be shown. on the big screen.

### A few surprises

Not only is Staff Day an all around fun time, but there will also be a few surprises ... so rev up!

For more information or questions contact Collette DuValle, director of communications at 221-2463.

## Mass prophylaxis preparedness and planning training course

THE MARION COUNTY HEALTH DEPARTMENT WILL BE HOSTING FOUR TWO-DAY COURSES THIS MAY AT THE IMPD TRAINING ACADEMY. THREE OF THE COURSES WILL BE FILLED BY KEY MCHD EMPLOYEES, THOSE WHO HAVE BEEN IDENTIFIED TO BE PART OF THE POD MANAGEMENT TEAM, AND THE FOURTH COURSE WILL BE FILLED BY OUR COOPERATING COMMUNITY PARTNERS.

The course is a guide for local health officials and their partners in the local public health system to coordinate plans to provide mass distribution of pharmaceuticals for the jurisdiction as they relate to the Strategic National Stockpile Program. The purpose of the course is to enhance a jurisdiction's preparedness and emergency response efforts by developing (or revising) a plan addressing an all-hazards approach toward mass prophylaxis.

The course will be presented by two public health professionals and consists of lectures, small group activities and a tabletop exercise/game. Each course is fully funded by a grant from the Department of Homeland Security and addresses Emergency Support Function #8 issues. NERRTC provides the instructors and the training materials, and the host jurisdiction (MCHD) provides the course participants and classroom facilities.

## Safe Sitter Classes

### JUNE 10

Wednesday  
North Arlington  
Health Center  
2505 North  
Arlington Ave.

### JUNE 18

Thursday  
Action Health  
Center  
2868 North  
Pennsylvania  
Ave.

### JULY 9

Thursday  
Pecar Health  
Center  
6940 North  
Michigan Road

### SEPT. 26

Saturday  
Hasbrook  
3838 North  
Rural Ave.

### CLASS TIMES

8:30 a.m.- 4 p.m.

### COST

\$20

Registration is  
required.

### REGISTRATION DEADLINE

One week prior  
to each class  
date.  
Class size is  
limited.

For more  
information,  
contact Darcy  
Milner at  
X7417.

# April is Counselor Awareness Month

**APRIL IS NATIONAL COUNSELOR AWARENESS MONTH. THE CONTRIBUTIONS OF COUNSELING ARE MANY AND ALONG WITH OTHER HELPING PROFESSIONS SUCH AS CLINICAL PSYCHOLOGY, PSYCHIATRY AND SOCIAL WORK, COUNSELING IS AN INTEGRAL PART OF THE SOCIAL SERVICE PARADIGM.**

Counseling is theory-based and regulated by legal and ethical standards. The American Counseling Association is the professional organization that represents the counseling profession. There are several professional organizations, which fall under the ACA umbrella, that uniquely represent the variety of specialty areas that exist in the counseling profession.

Counseling is a diverse profession with several sub-specialties which include, but are not limited to: marital and family counseling, mental health counseling, school counseling, college counseling, ad-

ditions counseling, rehabilitation counseling, gerontology counseling and career counseling. The length of involvement is dependent on the type of counseling requested.

Counselors work with individuals, groups, families, and communities in schools, churches, mental health facilities, hospitals and other diversified settings. The focus of counseling is problem solving, intervention and prevention. Counseling influences growth and behavioral modification for those person(s) served.

Licensed Counselors work within the Social Services Department, of the Marion County Health Department, contributing to the social service framework that helps to meet the needs of the population of Marion County.

"The Licensed Counselors of the Social Services Department offer a unique and valued perspective to service delivery

and interventions to our clients and the department as a whole; and contribute to the professional diversity and expertise within our department," said Frankye E. Johnson M.S.W., L.C.S.W., L.M.F.T., L.M.H.C. – administrator of the social services department of the Marion County Health Department.

Contributing information for this article obtained from: "The American Counseling Association" and "Silver Springs Health" at [www.counseling.org](http://www.counseling.org) and [www.silverspringhealth.com](http://www.silverspringhealth.com).

Submitted By: Beverly Riddle M.S., L.M.H.C., Board Certified Professional Counselor, and Action Center Clinic Counselor, and Billie Howard M.S., Psychology, L.M.H.C., Action Center and School Based Adolescent Counselor, Social Services Department /Marion County Health Department.

## Board of Trustees has important role

**THEY ARE SEVEN INDIVIDUALS FROM DIVERSE BACKGROUNDS APPOINTED TO OVERSEE THE DIRECTION OF THE HEALTH AND HOSPITAL CORPORATION OF MARION COUNTY AND ITS TWO ENTITIES, WISHARD HEALTH SERVICES AND THE MARION COUNTY HEALTH DEPARTMENT.**

Dr. Jim Miner, Lula Journey, Joyce Irwin, Dr. David Crabb, Gregory Fehribach, Marjorie O'Laughlin and Robert Pfeifer make up the 2009 Health and Hospital Corporation of Marion County Board of Trustees. The Mayor of Indianapolis appoints three members, two members are appointed by the City-County Council and the Marion County Board of Commissioners appoints two board members. Board members are appointed to four-year terms.

"The Board of Trustees is the ultimate and final authority for the Marion County Health Department, Wishard Health Services and the Health and Hospital Corporation. The Board sets policy, provides guidance and ensures that all of us are meeting our mission. We are fortunate to have an incredibly talented, experienced and accomplished Board. Each Board member is a tremendous help to our work and is an advocate for our vision," said Matthew Gutwein, president and CEO of Health and Hospital.

The Health and Hospital Corporation of Marion County is a Municipal Corporation authorized by the Indiana General Assembly to exercise legislative powers. The Corporation was established in 1951 and remains a subdivision of the State of Indiana.

The Corporation, through the Board of Trustees, has the power to enforce the provisions of the legislation it enacts. It not only makes the laws, it enforces those laws. Legislation enacted by the Board of Trustees includes the general areas of environmental regulation, communicable disease and corporate and administrative matters.



MARION COUNTY  
HEALTH DEPARTMENT  
*Making a difference*



The Board of Trustees meets monthly with a designated subcommittee structure that includes audit, hospital, planning, public health/healthy babies and nominating committees. A Board of Trustees representative also serves on the Midtown Advisory Board.

In the coming months, Profiles will introduce each board member and highlight their goals for the Corporation.

# Promoting healthy families in your community

APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH. WE WOULD LIKE TO BRING AWARENESS TO A COMMUNITY ISSUE THAT COSTS THE NATION OVER 100 BILLION DOLLARS PER YEAR.

Only 10% of federal money is dedicated to child welfare, and approximately 741.9 million is used to prevent child abuse and neglect. National Child Abuse Prevention Month is a time for the community to come together and encourage one another to support our children and families.

Here is what you can do to promote healthy families in your community:

- Be a nurturing parent. Children need to know that they are special, loved and capable of following their dreams.
- Help a friend, neighbor or relative. Being a parent isn't easy. Offer a helping hand and take care of the children, so the parent(s) can rest or spend time together.
- Help yourself. When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your child.
- If your baby cries... It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.
- Get involved. Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
- Help to develop parenting resources at your local library.
- Promote programs in school. Teaching children, parents and teachers prevention strategies can help to keep children safe.
- Monitor your child's television and video viewing. Watching violent films and TV programs can harm young children.
- Volunteer at a local child abuse prevention program. For information about volunteer opportunities, call 1-800-CHILDREN.

## RESOURCES

Prevent Child Abuse Indiana • [www.pcaain.org](http://www.pcaain.org)  
The Annie E. Casey Foundation  
The Indiana Youth Institute  
Reporting Child Abuse • State of Indiana 1-800-800-5556

- Report suspected abuse or neglect. If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.

## Protective Factors

Prevent Child Abuse Indiana and the Marion County Health Department support the five protective factors that promote healthy families.

### The five factors include:

- Nurturing and attachment – Parents/caregivers who bond with and respond to the basic needs of their babies and young children lay the foundation for a positive and loving relationship.
- Knowledge of parenting and of child development – Helping parents learn about normal developmental stages will help them understand what to anticipate as their children grow and develop, and what types of support and discipline may work best at each stage.
- Parental resilience – Parents who have support and skills for managing stress will be better able to cope with day-to-day challenges.
- Social connections – When parents have the support of family, friends, and neighbors, their children benefit.
- Concrete supports for parents – Assistance with food, clothing, and shelter in times of financial challenge may reduce the stress that parents feel in difficult circumstances, giving them more energy to nurture and support their children.

## Routh featured in news article

Roger Routh, program manager of public health emergency preparedness, was highlighted recently in Crawfordsville's Journal Review for his role as Walnut Township Fire Chief. The volunteer fire department is examining the possibility of county government being streamlined by the state to see if it will be an advantage or a hindrance. Routh, concerned that this may result in some volunteer fire departments closing, is meeting with other county fire chiefs regularly to initiate agreements of cooperation between the departments. The biggest challenges facing Routh as fire chief are recruitment, retention and training. He said the time and dedication commitments are greater than they used to be. Now, many people have to work overtime or take second jobs to make ends meet which limits their volunteer time. Routh has been in the fire service for 25 years and is a third generation member of the Walnut Township department. His grandfather was a charter member in 1954 and his father also served on the department.

## PCA-IN Indiana Child Abuse and Neglect Data

2007 Deaths: 36

### Top Characteristics of Maltreatment

- Family or Marital Discord/Violent Relationships
- Lack of Knowledge/Parenting Skills
- Substance Abuse

2006 Child Abuse Reports:

- **Total Reports** = 84,707 children reported.
- **Substantiated or Indicated Reports** = 20,857 children.

Substantiated Reports by Type:

- Neglect 64.6%
- Sexual Abuse 21.4%
- Physical Abuse 14%

2006 Child Fatalities by Age:

- 53 Children
- 66% were 0-3 years of age
- 33% over 3 years of age

The Healthy Expressions Room, located on the fourth floor at Hasbrook, is available for MCHD and HHC female employees. Breastfeeding employees needing a private location to express milk now need to reserve the room using iNotes calendar as you would reserve a conference room. The Healthy Expressions Room has been added to the reservation schedule by CIS.

# Legacy House continues to expand services to victims of violence

A 23 percent increase in the demand for services has led Legacy House to establish its first satellite office and to introduce two new client service programs.

The new St. Francis-South satellite office, part of the hospital's Behavioral Health Center, will be open to clients every Friday, with an additional day still to be determined. Counseling and other services will be available at the new site.

"We have learned that it is often challenging for individuals and families wanting and needing our support to get to us on North Arlington Avenue. If our clients can't come to us, we'll come to them," said Shari Bradley, executive director, Legacy House.

Legacy House predicts it will see at least 200 clients in the first year at the St. Francis-South location.

Due to the increasing demand for services, Legacy House is continuing to work to establish additional satellite locations in other areas of Marion County.

Legacy House, located in the North Arlington Community Health Center, 2505 North Arlington Avenue, opened April 25, 2001.

Legacy House is dedicated to serving the physical, emotional, and spiritual needs of adults and children who have been affected by violence. Legacy House promotes healing through intervention, support and understanding.

## A Touch Of Gracie Added to Legacy House

The newest member to the Legacy House team has quickly become the most popular. Gracie is a charming, 4-year-old bichon frise with loving eyes and an infectious, happy demeanor. Gracie is helping initiate the pet therapy program at Legacy House. Gracie, born in Bedford, IN, belongs to Rhonda Arick, director of programming and clinical services.

"Through the introduction of pet therapy, clients are able to feel a sense of safety and comfort. This helps ease the exploration and discussion of painful memories that surface during talk therapy," said Arick.

Gracie's impact on Legacy House has been profound.



Children like 7 year-old Michael Althardt respond to Gracie and allow Legacy House counselors like Rhonda Arick to more effectively assist clients. Counselors at Legacy House have found that adults also respond to having Gracie participate in talk therapy sessions.

"What we have observed is that clients are able to calm themselves, express their concerns and focus on the words of their therapist when Gracie is present," said Arick.

Plans are in place for Legacy House to introduce a full-time therapy dog that will assume primary responsibilities from Gracie, although Gracie will remain part of the pet therapy staff.

Once the new therapy dog arrives, Legacy House staff members will train with the puppy, including carrying the pup in a special sling that will aid in the bonding process.

For now, Gracie seems to be enjoying her role as the new ambassador for Legacy House.

## Foster Pet Parents Needed to Support Legacy House Clients

Individuals and families living in abusive homes may remain in those unsafe environments if there is no place for the family pet to go. While shelters will accept women and children, they do not accept pets. Because of this, some individuals are hesitant or simply will not leave their pets.

In an effort to address this barrier, Legacy House has established a foster pet program. The program is now accepting

applications for those who would be willing to open their homes and their hearts to these pets.

"The program will provide safe housing for animals while their caregivers establish a non-violent, healthy living environment," said Denise Mudd, co-founder of Legacy House and director of administration and finance. "By assuring that their pets will be taken care of, we take one significant concern out of the decision to leave, and the client knows the pet will be in a safe home."

Volunteer host families will be pre-screened and have to pass a home inspection before being approved as a foster program participant. Prior to being placed in foster care the pets will be evaluated by a veterinarian. The length of care will be determined by the time needed for the pet's owner to establish a non-violent and healthy living environment.

The Indianapolis Humane Society offers three weeks of care to pets in abusive homes. However, Legacy House experiences show three weeks is not sufficient time for the owner to establish a safe living environment.

Individuals and families interested in being considered for foster pet parenting can contact Denise Mudd at (317) 554-5273.

# BRIEFS

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

## Former staff member makes dreams come true in NYC

Those who worked with Shimon Barlow while she was an adolescent counselor at the ACTION Health Center and the Arlington High School clinic knew her long-term dreams would take her away from Indianapolis and social work to New York and the world of modeling and acting. Four years after leaving Indianapolis, Barlow has taken significant steps in making her dream come true.



"I didn't do any acting while in Indianapolis, and I did some modeling at church fashion shows, but my real start came when I moved to New York," said Barlow.

She has already modeled on the NBC "Today Show," wearing a holiday dress from renowned fashion designer Vera Wang. She has also appeared on an episode of the hit TV series "Ugly Betty." Along with television, Shimon has appeared in films, music videos and commercials. And this is just the

beginning.

"The coolest thing I have done so far is a compilation of meeting and working with well known actors and actresses," said Barlow.

Now that she has had a taste of modeling and acting, she is ready to do more national commercials and print ads and find a recurring role on TV.

"To my colleagues at MCHD, I want to say thanks for your continued support and keep striving to improve the lives of the citizens of Marion County," Barlow said.

## MCHD services offered at Indy Homeless Connect

The 4th Annual Indy Homeless Connect was held March 20 with the Marion County Health Department represented by Dental Services and Vital Records.

Indianapolis Mayor Greg Ballard and his wife Winnie, and Sharon O'Brien, wife of Indiana Pacers head coach Jim O'Brien, served as the honorary co-chairs for the event.

Indy Homeless Connect is a one-day event which offers dozens of core services to homeless clients such as acute medical care, food,

## New Employees • March 9 & 23



**DONALD AVERITTE,**  
Environmental Control  
**CHRISTINE SADENWATER,**  
Healthy Families



**LESLIE COUGHLIN,**  
Community Based Care  
**HEATHER HAFER,**  
Public Relations  
**JESSICA WELCH,**  
Maternal Child Health  
**THOMAS ALEXANDER,**  
Security  
**KATIE BRISKI,** Healthy Families  
**MORGAN MCCLURE,**  
Community Based Care  
**STACY SHARR,** Foods

mental health counseling, legal advice, employment guidance and housing assistance – all under one roof. Indy Homeless Connect also provides non-essential "extra care" services, like free phone calls, massages, books and haircuts.

Again this year, more

than 450 volunteers and 50 organizations served the needs of more than 600 homeless neighbors.

Dental Services assisted 280 clients, while Vital Records staff were also onsite to provide information.



## April Employee of the Month

**ANGELA SCHICK, HEALTH EDUCATOR, LEAD SAFE & HEALTHY HOMES, IS THE EMPLOYEE OF THE MONTH FOR APRIL 2009. ANGELA COORDINATED THE OUTREACH ACTIVITIES IN THE BURMESE AND HISPANIC COMMUNITIES, AND ENSURES THAT ALL LSHH EVENTS HAVE ADEQUATE STAFFING. SHE ALSO ORGANIZED THE TOY-TESTING EVENTS DURING THE HOLIDAYS AT THE LIBRARIES.**

## Rick Mack recognized for service

The Indiana Vector Control Association has recognized Rick Mack, a supervisor for the Marion County Health Department's Mosquito Control program, for more than three decades of public health service.

The IVCA recognition acknowledges not only the length of service, but also the professionalism, dedication and innovation Rick Mack has shown throughout his career.

"Rick's great personality has given us someone to look up to in the mosquito business, and someone that all in the IVCA, whether health specialist or supplier, respect," said Jim Irwin,

biologist, Marion County Health Department. Mack joined the Marion County Health Department in 1970 and six years later helped in the formation of the mosquito control program. Mack also has served as a regional representative on the IVCA board of directors.

## Public Health Month 2009

# MCHD hosts screening of "Unnatural Causes"

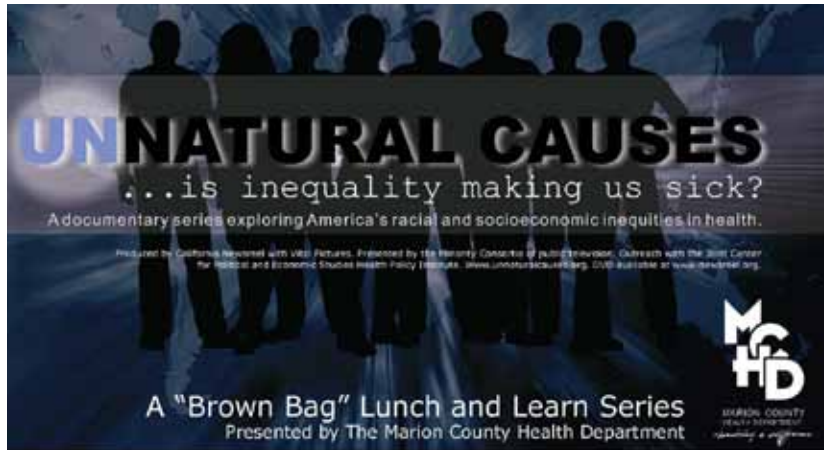
**IN RECOGNITION OF PUBLIC HEALTH MONTH, MCHD WILL BE SHOWING THE ACCLAIMED FOUR-HOUR DOCUMENTARY SERIES, "UNNATURAL CAUSES" EACH WEEK IN APRIL DURING LUNCH IN THE FIRST-FLOOR CONFERENCE ROOM.**

The four-hour series uncovers new findings that suggest inequality can make us sick. The social circumstances in which we are born, live and work can disrupt our physiology as much as germs and viruses.

Today, among industrialized countries, the U.S. has the greatest inequality and the worst health. This is in a nation that has nearly half of all the billionaires in the world. Our wealth is unevenly distributed and the gap between the rich and the rest of us is growing. Forty million Americans have no health insurance and one out of every five children lives in poverty.

"UNNATURAL CAUSES" reveals that an African-American child in some poor neighborhoods can expect to live 15 years less than a white child in a wealthy neighborhood just a few miles away, and that the rest of Americans fall somewhere in-between. The biggest killers are not violence or drugs but rather lifelong chronic stress and deprivation that "weather" the body prematurely and manifest in chronic diseases and, too often, early death.

There is hope for the U.S. health dilemma, the series says, if we create better social policies including wage jobs, paid sick and family leave,



### LOCATION #1

**Indiana Interchurch Center** | 1100 W. 42nd Street | Indianapolis, IN

**IN SICKNESS AND IN WEALTH** APRIL 9 11:30 a.m. - 1 p.m.

What connections exist between healthy bodies, healthy bank accounts and skin color?

Visit <http://mchdunnaturalcauses1.eventbrite.com> to register.

**WHEN THE BOUGH BREAKS** APRIL 23 11:30 a.m. - 1 p.m.

How does racism get embedded in the body and affect birth outcomes?

Visit <http://mchdunnaturalcauses3.eventbrite.com> to register.

### LOCATION #2

**Washington Park Family Life Center** | 3130 E. 30th Street | Indianapolis, IN

**NOT JUST A PAYCHECK** APRIL 14 11:30 a.m. - 1 p.m.

Unemployment takes a toll in Michigan, but not in Sweden

Visit <http://mchdunnaturalcauses2.eventbrite.com> to register.

**BAD SUGAR** APRIL 28 11:30 a.m. - 1 p.m.

Taking a look at diabetes in two Native American communities

Visit <http://mchdunnaturalcauses4.eventbrite.com> to register.

guaranteed paid vacations, universal pre-school and guaranteed health care. More information on the series will be provided electronically.

## PIO Region 5 emergency training

This is a first for Public Information Officers in the 10-county area!! Dr. Virginia Caine, director of the Marion County Health Department; Paul Babcock, emergency preparedness; Greg Hall (pictured, center), director of emergency preparedness; Roger Routh, emergency preparedness program manager and Collette DuValle (pictured, left), director of communications participated in a Region 5 (10 county) PIO table top emergency preparedness exercise on Tuesday, March 24, 2009. The exercise involved a truck spreading anthrax. Players had to respond to modules in pre-incident, initial response and the response.

# MCHD, City partner for Mayor's Bike Ride

LACK OF PHYSICAL ACTIVITY IS A PRIMARY FACTOR IN MORE THAN 200,000 DEATHS IN THIS COUNTRY EACH YEAR – ABOUT 10% OF ALL DEATHS. REGULAR PHYSICAL ACTIVITY LOWERS THE RISK OF EARLY DEATH, HEART DISEASE, STROKE, TYPE 2 DIABETES, HIGH BLOOD PRESSURE, COLON AND BREAST CANCERS. IN MARION COUNTY, ONLY 47% OF US ACTUALLY MEET THE SURGEON GENERAL'S RECOMMENDATION OF 30 MINUTES OF MODERATE PHYSICAL ACTIVITY ON FIVE OR MORE DAYS OF THE WEEK.

Bicycling is one important way to increase physical activity and is gaining attention in Indianapolis – not only for recreation, but also for transportation. Mayor Greg Ballard has announced the striping of 11 miles of on-street bike lanes along New York and Michigan Streets. Having well marked, safe on-street bike lanes can and will invite an increase in biking in Indianapolis. Biking to work or for day-to-day errands can help people meet minimum requirements for physical activity.

In the United States, according to the National Highway Administration, 41%

of all trips in 2001 were shorter than 2 miles, and 28% were shorter than one mile. Almost any person that can ride a bike can easily cover distances up to two miles. Yet, Americans use their cars for 66 percent of all trips up to a mile long and for 89 percent of all trips up to two miles long. Clearly, there is enormous potential for increased walking and cycling during these shorter trip distances. Most people in Indianapolis drive alone to work, while only 2.2 percent walk or bike. Fewer people in Indianapolis walked or biked than in the U.S. on the whole, where 4.4 percent of citizens walk or bike to work regularly.

While the numbers aren't staggering anywhere in the U.S., Indianapolis has about half as many residents using any transportation besides the car. Enhancing the ability for people to choose biking as their choice of transportation is the most effective and sustainable strategy for seeing biking become more prevalent.

"At the MCHD, our hope is to make healthy choices the easy choices. If biking is safe and accessible, it becomes a viable alternative to getting in the car for every trip to the store, friends' homes, and oth-



Dr. Virginia A. Caine presents health information and statistics related to physical activity during the Mayor's news conference March 20.

er close destinations," said Megan Treida, cardiovascular program manager.

The Marion County Health Department, working with the City of Indianapolis, and Health by Design are planning for the "Mayor's Bike Ride" on Saturday, May 16, from 1–3 p.m.. To announce this event, the Mayor's office conducted a news conference on March 20.

For pre-registration, visit [www.healthbydesignonline.org](http://www.healthbydesignonline.org)

1 Heath G, Brownson R, Kruger J, Miles R, et al. The Effectiveness of Urban Design and Land Use and Transport Policies and Practices to Increase Physical Activity: A Systematic Review. *Journal of Physical Activity and Health* 2006;3(S1):S55-S76.

2 Physical Activity stats: <http://apps.nccd.cdc.gov/brfss-smart/PA>

3 National Highway Administration. *Nationwide Personal Transportation Survey (NPTS)*. Washington, DC: US Dept of Transportation; 1995.

4 U.S. Census 2000; *Urban Environment Report Means of Travel to Work - Indianapolis, 2000*

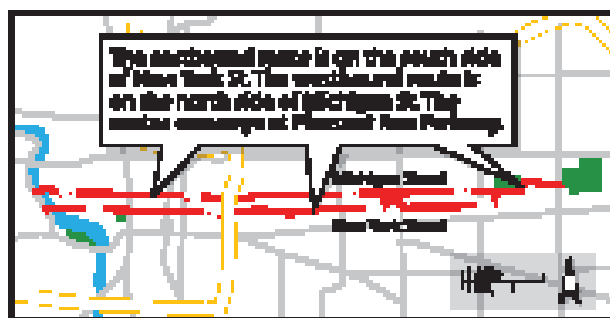
Get on your bike and **RIDE** with Mayor Greg Ballard  
More bicycle traffic on Indy streets creates healthier people, cleaner air and less congestion.

**Saturday, May 16, 2009**  
**Noon-2 p.m.**

Deadline FREE registration beginning at 11 a.m.

Veterans Memorial Plaza, on Michigan St.  
Just north of the Indiana War Memorial

Join us for this inaugural bike ride along the new bike lanes on Michigan St. and New York St.  
Bike helmets are required.



# COMMUNITY EVENTS

## APRIL

**21**  
**Pink Night: Breaking Down the Barriers**  
5:30  
Indianapolis Arts Garden, Circle Center Mall

Please join the Indiana Breast cancer Alliance for an evening of education, networking and recognition of breast cancer survivors and care givers. For more information call 278-2274

**25**  
**Great Indy Cleanup! Meadows Day of Caring**  
8 a.m.-2 p.m.  
Charles A. Tindley Accelerated School

Please join the students of Challenge Foundation Academy and Charles A Tindley Accelerated School, in partnership with Keep Indianapolis Beautiful, Inc. as we care for our community. To be a part of the Meadows Day of Caring, please Call 731-7772. MCHD employees are encouraged to volunteer.

**25**  
**Child Health and Safety Fair**  
10 a.m.-1 p.m.  
5909 Technology Center Drive

## MAY

**5,12,19,26**  
**Diabetes Classes**  
1:30 - 3:30 p.m.  
IMCPL-Franklin Road Branch  
5550 South Franklin Road  
Registration is required. Please call x2094.

**6,13, 20 27**  
**Diabetes Classes**  
1:30 - 3:30 p.m.  
IMCPL-Central Public Library  
40 East St. Clair Street  
Registration is required. Please call x2094.

**5,12,19**  
**Smoking Cessation Classes**  
Noon-2 p.m.  
Wishard Hospital  
1001 W. 10th St.  
For more information about these classes call 287-3717, for future classes call x2084.

**7, 14, 21**  
**Smoking Cessation Classes**  
5-7 p.m.  
Westside Health Center  
2732 West Michigan Street  
For more information about these classes call 287-3717, for future classes call x2084.

**6, 13 20 27**  
**Smoking Cessation Classes**  
5:30-7 p.m..  
IMCPL- East Washington Branch  
2822 East Washington Street  
For more information about these classes call 287-3717, for future classes call x2084.

**15**  
**Water Quality and Human Health in Indiana 2nd Indiana Environmental Health Summit**  
IUPUI  
8:30 a.m. - 2:30 p.m.

**16**  
**MCHD/Health by Design/ City of Indianapolis Mayors Bike Ride**  
Veterans Memorial Plaza  
Noon (registration)  
For more information:  
[www.healthbydesignonline.org](http://www.healthbydesignonline.org)

## JUNE

**2, 9, 16**  
**Smoking Cessation Classes**  
Noon-2 p.m.  
Wishard Hospital  
1001 W. 10th St.  
For more information about these classes call 287-3717, for future classes call x2084.

**3**  
**HR Training: Balancing Work and Home**  
Visit the Nexus for more information or to register, or contact Steven Johnson at X2010

**4, 11, 18**  
**Smoking Cessation Classes**  
Noon-2 p.m.  
Wishard Hospital  
1001 W. 10th St.  
For more information about these classes call 287-3717, for future classes call x2084.

**4, 11, 18, 25**  
**Diabetes Classes**  
1:30 - 3:30 p.m.  
Marion County Health Department  
3838 North Rural Street  
Registration is required. Please call x2094.

## Editorial Board

John Althardt  
Renee Brooks  
Charrie Buskirk  
Jennifer Conner  
Pam Desir  
Collette Duvalle  
Dr. Joyce Gill  
Heather Hafer, chair  
Karen Holly  
Allison Hoyt  
Pamela Humes  
Steven Johnson  
Joan Keene  
Lola King  
Mary McKee  
Christopher Montgomery  
Cathy Sheckell  
Staci Small  
Nicole Spacey  
Katrina Thielman  
Greg Ullrich  
Richard Voller  
Serifatu Walton  
Gary Weir