

# HealthVisions Update

*HealthVisions Midwest, Inc.—Lake County, IN*  
*Health Ministry Partnership— St. Joseph, Marshall, Elkhart County, IN*  
*HealthVisions Fort Wayne—Allen County, IN*  
*Living for Life—Starke County, IN*  
*Chicago Health Collaborative - Chicago, IL*

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This issue features: HealthVisions of Fort Wayne, IN

## Congratulations



Renetta Williams, Executive Director of Health Visions of Fort Wayne has been selected to the top 50 Most Influential African Americans in Northeast Indiana.

This honor is given to individuals who have made a great impact on the African American Community. Renetta received this award because of her organization's ability to initiate, coordinate, and facilitate community based health improvement activities to the minority communities. We are proud of her accomplishment and her work with us at HealthVisions.

## MOVE TO IMPROVE

HealthVisions of Fort Wayne is pleased to announce a partnership with the Parks and Recreation Department of the City of Fort Wayne. The City of Fort Wayne will implement its new comprehensive physical activity program, *MOVE TO IMPROVE* in June 2003. This is a citywide program to improve the physical activity of the community by using all the city parks, community resources, and businesses to encourage a healthier lifestyle. Participants will register through the Parks Department and receive a self-reporting card to track their progress. When the cards are returned to the Parks Department, participants will receive a coupon from one of several local businesses supporting the program. The City will have a media campaign and website. Printed material will be located in accessible areas of the community.

HealthVisions will present a seminar on "Arthritis and the Importance of Exercising" on Saturday, August 23, 2003 at Memorial Park, from 12:00 to 2:00p.m. Joline Bowers, ACSM GEL, P.A.C.E. will address the importance of exercise and demonstrate the PACE class (People with Arthritis Can Exercise).



## Outreach Program

The Chapter Two Outreach program offers exercise classes for adults age 40 and over. Participants are given pre- and post- fitness assessments. Classes range from 6 to 40 per class. Sessions are 12 weeks in duration and meet twice per week. Participant's heart rate, blood pressure, body fat, body mass index, weight, height and lower body strength are tested to determine improvement in health. Six community health sites are participating as partners. To date, 605 individuals are enrolled in the program, of which 184 (30.5%) are new people, and 333 (55%) are returning people. Presently, 170 adults are enrolled in the community exercise classes.



Dr. Robert Ross, President and CEO of the California Endowment, says there are no easy answers when it comes to solving the healthcare crisis facing racial and ethnic minorities in this country. With the help of organizations like HealthVisions of Fort Wayne efforts are being made across the country and state to make quality healthcare more accessible and affordable. We have found that community based programs have made great progress in increasing access to care and improving the deliver of quality health care services.



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## The Faith in Action® Program

The Faith in Action® program (FIA) brings together religious congregations of many faiths and other community organizations, such as clinics and hospitals in a common mission to provide volunteer care to their neighbors in need.

The Development Committee of Faith in Action® sponsored a Valentine Prayer Breakfast. The purpose of the Prayer Breakfast was to introduce the Faith in Action Program® to the community and to raise funds. Prayers of support from the Interfaith Church Coordinators and the Advisory Committee highlighted the program. All in attendance enjoyed an old fashion breakfast. Over 70 people participated in the event. To date, 33 people have been served, with each client receiving up to 3 hours of service, and 73% of the clients are 65 and older. Presently, 30 volunteers are enrolled in the program through nine religious congregational partners. Most recently, FIA, in collaboration with Healthy Neighbors and Mt. Calvary Baptist Church, offered free physical exams to adults that were uninsured.



## Healthy Homes in Allen County

The Allen County Coalition for Healthy Homes, a program coordinated by HealthVisions, is educating the community on how to reduce home environmental issues. Homes contain moisture, dust, lead, cleaning products, pesticides, and gas heating appliances, which can trigger such health conditions as asthma, allergies, sinusitis, or even emphysema or lung cancer. These irritants are harmful to adults and children, and can be extremely harmful to pregnant women and the unborn child. If environmental triggers are present in the home, someone with asthma or allergies can have set backs from the trigger. Many of these products also contribute to lead poisoning, if used or stored inappropriately. The Coalition is writing monthly informational articles to publish in local newsletters. If you are interested in receiving the articles or information, please send e-mail to [tleatherman@hvusa.org](mailto:tleatherman@hvusa.org).