

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*

Volume 2 Issue4: July 2002

This issue features: HealthVisions of Fort Wayne, IN

Welcome!

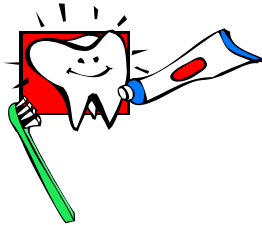
Joan Baines

Joan is the new Program Coordinator at HealthVisions Fort Wayne. Joan will provide administrative assistance to the team. She is the first person to greet you when you call our office. Joan comes to us from Lincoln Financial Advisors 401 (k) program. She was an Administrative Assistant support person for (11) field sales people. Before going to Lincoln, she worked 22 years at Verizon/GTE, as a Manager Assistant, clerk typist, payroll input clerk, and data entry keypunch operator.

When she is not working or attending church you can find her at the bowling alley. She is an avid bowler and active in the local bowling association. Joan is originally from Champaign, Ill. She has been a member of First Street United Methodist Church for 27 years. She is the mother of two daughters, and has two grand children, ages 5 and 16. Her email address is: jbaines@hvusa.org

SMILE your way to good health!

On May 10, 2002, HealthVisions and Love Community Center presented a seminar on dental and oral health. Demonstrations were given on effective brushing, flossing, regular check-ups, and information on proper nutrition. HealthVisions and dental stakeholders developed and piloted a Standardized Dental Teaching plan (STDP). Suzy Beard, RDH, B.S., Director of Dental Services at the Matthew 25 clinic presented the plan to a gathering of 30 community leaders, stakeholders, and residents of the central and southeast areas. Vendors provided printed information, free toothbrushes, and dental floss to participants. Information was also shared on dentists who provide sliding fee scale for services. All enjoyed a healthy lunch.



HealthVisions' goal for this Dental Health program is to increase oral health education and promote good health behaviors to adults 18 and older by the end of 2002. HealthVisions partners are: Matthew 25 Health & Dental Clinic, Neighborhood Health Clinic, Indiana Purdue Fort Wayne (IPFW) Dental Education Program, and local dentists.

This partnership works with twenty transition houses, mental health transitional living, homeless shelters, churches, and community organizations. We have thirty – seven (37) locations, including church sites and Chapter Two Outreach sites.

HealthVisions uses volunteer instructors to present the SDTP. The program offers a pre and post survey and a follow up survey after 2 to 6 months to identify behavior changes. Preliminary surveys indicate individuals learn a great deal and are able to improve their dental and oral health.

HealthVisions of Fort Wayne



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Funded by the St. Joseph Community Health Foundation
Sponsored by the Poor Handmaids of Jesus Christ

Faith in Action

This new program is modeled after the Robert Wood Johnson Foundation's national program *Faith-In-Action* founded on the ideal of community volunteerism, and neighbors helping neighbors. HealthVisions Fort Wayne partners with five interfaith congregations:

St. Mary's, St. Henry's and Sacred Heart Catholic Church, St. John Missionary Baptist, Union Baptist Church, and Bethlehem Evangelical Church

to provide supportive services to individuals who are homebound, frail, elderly, or have long-term health conditions.

Volunteers do supportive services such as visiting, telephone reassurance, plant and pet care, light housework, respite care for care givers, minor repairs, shopping or reading.

Within the first six months of the program we have trained nine volunteers who in turn have served fifteen people. The volunteers average one hour of service per person per week. Each volunteer is given fourteen hours or more of training prior to entering into homes. The volunteers are 80% female and 20% male and 44% are between the ages of 26-64. Approximately 50% of the volunteers are recruited from the coalition and 50% come from the community.



Healthy Homes

HealthVisions is part of a community coalition working to eliminate home environmental health hazards. The Allen County Coalition for Healthy Homes focuses on indoor air quality and safety. Poor indoor air quality can be associated with asthma, allergies, lead poisoning, and carbon monoxide poisoning. Family home indoor air quality may be poor because of lead, dust, mold, mildew, and carbon monoxide. Safety issues, such as poisonings, many times are preventable by properly storing and using cleaning agents and chemicals. The goal is to eliminate the source of exposure. HealthVisions' role is to coordinate the coalition, build partnerships, and identify potential funding for the project.

HealthVisions just submitted a HUD Healthy Homes Demonstration Program grant for one million dollars. If the grant is awarded the demonstration project will provide home renovation for low-income families to eliminate environmental hazards. Another component of the program included individual and community-wide education on the affects of home environmental hazards on health, how to identify the hazards, and cost-effective methods to reduce exposure. The partners involved with the project are Allen County Coalition for Healthy Homes, Community Action of Northeast Indiana, EPA Region V, Fort Wayne-Allen County Department of Health, HealthVisions, Neighborhood Health Clinic, The Fort Wayne Neighborhood Housing Partnership, and Purdue University Cooperative Extension.

Exercise program reaches poor and underserved Community

HealthVisions has 173 people enrolled in exercise programs at six sites on the Central and Southeast areas of Fort Wayne. Seventy-nine percent of the participants returned to the program and fifty-one percent are new to the program. Additional partnerships are with Purdue Extension Office of Fort Wayne, to provide nutrition education, and Sunshine Home Health Care for blood pressure checks. Each participant is assessed every eight weeks to document health improvement. All classes include a pre and post assessment of heart rate, blood pressure, body fat, body mass index, weight, and a standardized measurement for psychological and physical well-being. Preliminary findings show there is a reduction in blood pressure by 10-15 points for the population served and 46% of the people we serve have achieved weight loss.

We have given presentations on "The Importance of Exercise" to the American Association of University Women, "Managing Chronic Disease through Exercise" to Minority Health Coalition, and "Living an Active Life" to the Wayne Township Trustees.

HealthVisions and Fort Wayne African American Cancer Alliance are producing an exercise video as a resource for those who have no access to exercise, or are homebound. We hope to make copies available by September of this year!