

# 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*  
*Healthy Communities of LaPorte County, IN*

Volume 3 Issue4: September 2003

*This issue features: HealthVisions Midwest - Lake County, IN*  
*Living for Life - Starke County, IN*  
*Chicago Health Collaborative - Chicago, IL*  
*Healthy Communities - LaPorte County, IN*

## Get Healthy Starke County

**Free**

**10-week program**  
**Program**

**Focusing on weight**  
**control, exercise,**  
**stress reduction**

**Every Thursday from**  
**Sept 11 - Nov. 13**  
**5:30pm**

**Knox Community**  
**Center**

**Sponsored by HVM and**  
**Starke Memorial Hospital**



## HELPING HANDS

Many people have been generous in giving us materials for our projects. Two outstanding people who have a heart for mothers and children are Karen Teeter from Chicago, the niece of Sr. Mary Ellen Goeller and Janice Ryan, PHJC Associate from Findlay, Ohio.

Karen always seems to be able to find those “much-needed” items for pregnant mothers—from baby cribs to diaper bags. There have been many trips to Gary with these useful items. They benefit women in our Maternal Child Health Network of Lake County, IN

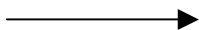
Janice Ryan is sharing her creative gifts with us by making and donating 36 baby quilts and 12 dolls. These quilts and dolls have been given to HealthVisions Midwest (Maternal Child Health Network) at Great Beginnings, NATALE, for pregnant moms and Nazareth Home. These beautiful quilts are a welcomed gift to these new mothers. Janice’s philanthropy was aided by donations from hometown, after an article about her appeared in their local paper.

Our heartfelt thanks go out to Karen and Janice—without their help, and the generosity of others, we would not be able to meet the needs of many mothers-to-be in the communities we serve.

We are developing a project to improve the overall food system of Northwest Indiana. A proposal is under consideration for a one year pilot project, which, if successful will be expanded to other Northwest Indiana communities. The project will create vital linkages between growers of Northwest Indiana and low-income residents. Through these critical, and mutually beneficial linkages, the market will be improved for growers, and low-income residents will have access to affordable fruits and vegetables, sustainable agricultural methods will be promoted, and entrepreneurial opportunities will be enhanced for low-income residents of Gary. The overall target area for this project will be the Gary market and the Growers of District 10 of the Purdue Cooperative Extension services, which includes growers in Starke, Porter, Kosciusko, LaPorte, Lake, Marshal, and St. Joseph counties.

## Food Project for Northwest Indiana

HVM has been very involved in the implementation of the new PHJC ministry model. Don Barnes, Melissa Piazza and Sr. Annemarie are active on a number of the committees. Some exciting possibilities are emerging, with future collaborations with Earthworks, Ancilla Farms and (HVM) HealthVisions Midwest.



## Healthy Communities of LaPorte County



HealthVisions Midwest is very pleased to partner with Healthy Communities of LaPorte County (HCLC) to serve unmet needs for area residents.

Representatives from HVM met with Healthy Communities' Board of Directors, and jointly addressed HCLC and Step Ahead's Health Councils to begin targeting priority collaborative projects.

The first priority for collaboration will be maternal health. Other areas of concern in the county are providing medication assistance for low-income and uninsured residents, and healthy homes issues.

In addition to health-related projects, Healthy Communities, chaired by Sr. Judian Britenbach, PHJC also addresses the following needs in LaPorte County: child safety (including car seat inspections); racial harmony study circles and multi-cultural activities; county transportation expansion; maintenance of a social services web database; and anti-tobacco projects underwritten by Master Settlement funds.

### **GOOD NEWS!**

HVM receives  
Indiana State Department of Health  
grant to continue, and expand prenatal care services and the

#### Maternal Child Health Network of Lake County

This project will continue to recruit and enroll women into prenatal care services, particularly medical care, within the first trimester of pregnancy in Lake County. Women in Gary will continue to be a primary focus of the project, while also expanding the program to Hispanic women in East Chicago. This past year we helped 300 women receive medical care.

## *A Lifetime of Fitness*

### **“Children and Youth Program”**

The **Chicago Health Collaborative** has developed a new program to reduce childhood obesity, and promote child and family wellness in targeted low-income minority communities. This program will educate participants on wellness, healthy eating, physical fitness, and long-term behavior modification.

We will pilot this project in two “Kids Kafe’s”, an after school program sponsored by parishes and Catholic Charities. It is our intent to create a stable, replicable program structure that can be implemented at other after school sites throughout Chicago.

Joline Bowers, from HealthVisions Fort Wayne, is working with the exercise portion of the program. We are also collaborating with Sr. Joellen Tumas who works with the “Kids Kafe” at Holy Cross parish, one of the pilot program sites.

The Chicago Health Collaborative is a partnership of HealthVisions Midwest, St. Joseph Services (Daughters of Charity), Catholic Charities of Chicago, and Primecare Health Clinic. This program also provides health education to the Northwest Clinic patients and the surrounding neighborhoods near St. Elizabeth’s Hospital.



Sponsored by the  
Poor Handmaids of Jesus Christ  
Visit our website:  
[www.hvusa.org](http://www.hvusa.org)