

HealthVisions Update

HealthVisions Midwest, Inc.—Lake County, IN
HealthVisions Fort Wayne—Allen County, IN
Healthy Communities of LaPorte County, IN
HealthVisions East St. Louis, IL

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Living a Healthy Life

East St. Louis completed its third “Living a Healthy Life-Live Well, Be Well Workshop” Thursday, October 6, 2011. The site for the workshop was Pilgrim Temple CME Church located at 1800 Trendley Avenue in East St. Louis, Illinois.

Living a Healthy Life is a six week education workshop series for adults living with a chronic condition. The Patient Education Research Center at Stanford University developed the program to help people with chronic conditions gain self-confidence in their ability to manage their health. The sessions provided information about issues related to a variety of conditions – diabetes, heart disease, stroke, asthma, arthritis, emphysema and many others.

We are proud to report that thirteen participants including Pastor Hattie Loving Smith completed the workshop and received certificates of completion. The participants were very eager to learn different ways to manage their chronic conditions and showed it by their attendance and completing their “actions plans” each week. By the end of the workshop participants reported improvement in their mobility, lowering of their blood pressure and blood sugar, weight loss from changing eating habits and exercise.

Participants who completed the Living a Healthy Life-Live Well, Be Well at St. Augustine Church had their six month reunion. The participants shared their success stories in how they continue to use the self-management tools learned in the workshop. Members reported they lost anywhere from 10 to 26 pounds, lowered their blood pressure and blood sugars and had an overall improvement in their general health. Their physicians were very pleased with their progress and encouraged them to continue using the tools. Another reunion is planned in six months and members renewed their commitment to improve self-management of their chronic condition.



Sponsors and cooperating partners include Area Agency on Aging of Southwestern Illinois, St. Louis Area Agency on Aging and HealthVisions of East St. Louis.

Our Values In Action

Openness to the Spirit • Community
Dignity and Respect for all • Simplicity

Our Lady of Perpetual Help parish in Hammond, IN had a diaper drive for our maternal child health program.

Connie Leal at Promotores describes how this donation helped her.

“The diapers that you gave us came right on time. As much as I support and push for breastfeeding, there are some moms that will have no part of it. So if we need too, we will give them formula if we have it. The other day a young lady came in with a good amount of formula that her baby refused to drink. So, she started to exclusively breastfeed. She was in dire need of size 3 diapers. Unfortunately we had no size 3. So when you gave us the diapers we called the mom and gave her the size three. Again, thanks.”

Mother's Appreciate Support Group



On Thursday December 22, 2011 the REACH/Alcance Program's Mother Support Group held their Annual Christmas party. The mothers were presented with many gifts sponsored by Manage Health Services, Poor Handmaids of Jesus Christ and HealthVisions Midwest. Each Mother learned about "Stress Management" by Nurse and Health Educator Maria Zendejas of Healthy Start in East Chicago. The Mothers enjoyed a potluck lunch and also received a lesson in Zumba to help with stress management.

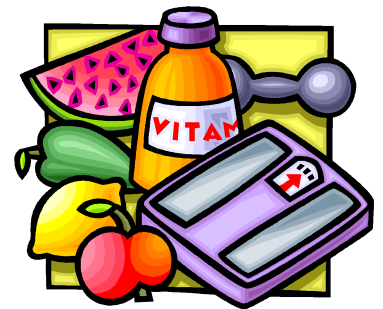
Women who are pregnant have a long list of stressors, from first trimester morning sickness to third trimester swollen ankles. This is in addition to the emotional stress of preparing to add a new little person to the family and all the changes brought about in the life of an individual, in the life of a relationship, and in the life of a family. The REACH/Alcance Program provided them with Prenatal Classes during the Holiday Season.

Empowering Fort Wayne Communities To Self-Manage Diabetes

The Self-Manage Diabetes class is designed to reach the African American population in selected regions of Fort Wayne. HealthVisions of Fort Wayne partnered with churches, senior citizens housing, and organizations to offer the program.

Community Health Workers facilitate the educational sessions and support groups, providing one-on-one attention and follow-up with program participants. The program utilizes the Stanford Diabetes Self-Management Program (DSMP) curriculum and materials. The curriculum is designed to reach adults 18 years and older, and includes topics on diabetes self-management and chronic disease in a six week session.

A young woman that attended the class had just been diagnosed with type 2 diabetes. She was very much in denial and thought this was like a death sentence, due to all the uncertainty and challenges she was facing. Three weeks into the six week session, Maria shared a heartwarming testimony; a success story that reflects the benefit of setting small goals and developing a personal "Action Plan." Maria's action plan consisted of exercise by walking in the mall once a week for 30 minutes. She was exuberant as she shared her progress with the group. She and her sisters had visited the mall and walked for 2 hours, without stopping. She was surprised when she was not short of breath nor had any pain in her legs. Not only had she exceeded her exercise goals, she incorporated healthy eating into her action plan, lost 15 pounds in three weeks and also got a job. She admitted that when she first came to our class, she was without a job had no resources to sustain the family. Her son had lost his job and she felt the world problems on her shoulders.



Now Maria is on a mission to inspire the young ladies she mentors and be a role model showing them what can be done when you have the tools needed and are empowered to change your life.



Sponsored by the Poor Handmaids of Jesus Christ
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