

OCTOBER 2019

PULSE

A look at what keeps ISDH ticking

INSIDE THIS ISSUE:

◆ Lesson in nutrition	2
◆ Introducing MediaLab	3
◆ Take time to say thanks	3
◆ Fall LHD symposium	4
◆ ISDH staff gets protected against flu	4
◆ SECC campaign comes to ISDH	5
◆ Staffing updates	5



FUN FACT

It would take 134 minutes of walking (or trick or treating) to burn off a tall Starbucks pumpkin spice latte (380 calories).

SOURCE: Daily Burn



**Indiana State
Department of Health**

Mission:

To promote, protect, and improve the health and safety of all Hoosiers

IT'S ALL FOR A GOOD CAUSE

This year I had the privilege of hosting week three of the State Employee Community Campaign (SECC). ISDH raised nearly \$1,000 for Gleaners Food Bank through a Blue Jean Week, Book Sale/Bake Sale and Pet Contest. We also contributed to the week by sponsoring a team for the 3-on-3 basketball tournament at the Governor's residence on Oct. 18.

I chose Gleaners because one of the basics of good health is nutrition. Too many Hoosiers face food insecurity and don't have access to fruits and vegetables that can prevent some of our state's chronic health problems, such as obesity and diabetes.

I want to thank SECC committee members Kim Rief (chairwoman), Tami Barrett, Jessica Cobb, Becky Haywood, Kristy Holzhausen, Elloise Johnson and Teresa Watson for their help pulling off the week's events. Our hoops team of Eric Hawkins, Eldon Whetstone, Brian Busching and Paul Krievins also deserves our gratitude.

As we head into the holiday season, let's keep the spirit of giving to others going, but also remember to take care of our own health and avoid spreading ourselves too thin.

Here are a few ideas:

- Aim for seven to nine hours of sleep each night. Not getting enough sleep can lead to health problems. To get more sleep, set a bedtime, exercise regularly, limit caffeine and don't use electronics before you go to bed.



**Kris Box,
MD, FACOG**



ISDH SECC members Kristy Holzhausen, Kim Rief, and Elloise Johnson staff the Book Sale / Bake sale Oct. 18 in Adams Auditorium.

- Food is a key part of any holiday celebration. Remember to practice balance and moderation, offer some healthy options, and don't go to an event with an empty stomach.

- Find a way to relieve stress. That could include exercise, writing down things that are on your mind and focusing on the present instead of worrying about the future.

While the holidays are an incredibly joyous season, they can also be an anxious time. Remember that the state offers an employee assistance program, or EAP. You and your family can receive eight free face-to-face counseling sessions per issue with a licensed therapist. I encourage you to take advantage of this resource if you feel in need of help.

Remember that it's fun to dress up like a zombie, but you don't want to feel like one!

**Yours in health,
Kris**

CENTER IS ONE OF A KIND

By Bethany Colson

In Indiana, two of every 1,000 babies born are identified as deaf or hard of hearing, with that statistic rising to five per 1,000 by school age. Most of these children are born to hearing parents and into families with lack of knowledge of deaf-

ness.

After their hearing needs are identified, these children and families need timely information and services to support the child's communication development and educational success. The Center for Deaf and Hard of Hearing Education (CDHHE) was established in

2012 as a one-stop shop for information and resources from the time they're born to when they leave school. Our vision is for deaf and hard of hearing children to have the resources and support to reach their full potential. The CDHHE is

► Continue to HEARING, page 2

► HEARING, continued from page 1

unique to Indiana, and many states are looking to us as a model.

What services does the center offer? We have three main program areas: Audiology, Early Intervention and Deaf Education. Our Audiology programming includes comprehensive hearing assessments, hearing aid fitting and management birth to age 3, as well as educational audiology consultations and training. The State of Indiana implemented a Hearing Aid Assistance Program (HA-API) to provide hearing aids to children 3 years of age through school exit. Our center oversees this program. Additional information for HA-API can be found [here](#).

Early Intervention programming includes specialized services offered throughout the state as an agency within Indiana's First Steps system. We have also recently become involved in First Steps' intake process for families with deaf and hard of hearing children to ensure they have knowledge and understanding of these specialized services prior to determining services for their child. We offer monthly opportunities for families to interact and meet others along the journey.

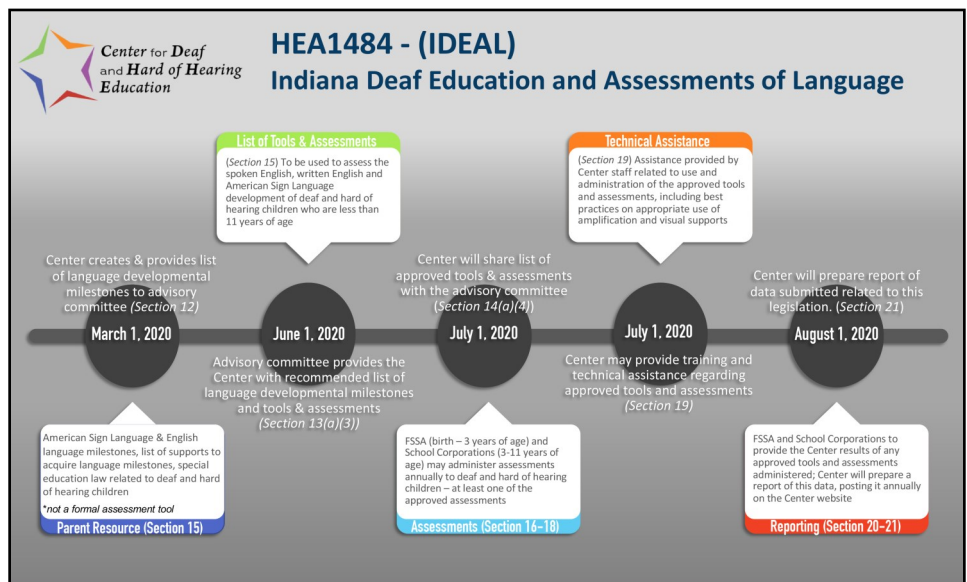
Deaf Education programming includes training and consultations with educational personnel, as well as provisions for ongoing services in districts without specialized personnel on staff. We are recognized by IDOE as part of their Indiana Resource Network (IRN), working collaboratively with schools. Consultations with families and multidisciplinary assessments are offered for eligibility determination, monitoring pro-

gress and goal planning. Referrals for assessments and consultations can be found on our [website](#).

Our most recent initiative originated during the 2018-19 legislative session via House Enrolled Act 1484, better known as Indiana Deaf Education and Assessments of Language (IDEAL). This act regulates annual language assessments of deaf or hard of hearing children up to 10 years of age. Throughout fiscal year 2020, CDHHE is working with an advisory committee to determine the framework for these assessments.

By July 1, 2020, a parent resource including language milestones, a list of assessment

tools and technical assistance will be available as this regulation goes into effect. The center will ensure availability to families and educational professionals statewide. In addition, we will monitor assessment results and report those annually.



This infographic shows a timeline for implementation of the Indiana Deaf Education and Assessments of Language, which will regulate annual language assessments of deaf or hard of hearing children up to 10 years of age. Click to see a larger image.

READ THE LABEL

Jessi Dickerson and Amy Rupp, Snap-ed coordinators in the Division of Nutrition and Physical Activity, explain the basics of how Hoosiers are eating and how you can improve you and your family's diet, break down and explain what to look for on nutrition labels and why we should eat whole grains, and talk about tips and tricks to make sure you're buying the best food for you and your family.



INTRODUCING MEDIA LAB

Have you ever lost an important policy? Have you ever missed a contract termination date or forgotten to renew a policy? Is it hard to find the latest version of documents? We have the solution for you!

ISDH is rolling out a user-friendly document management system called MediaLab. Don't let the name fool you ... MediaLab is not just for labs. The system not only assists in creating and maintaining up-to-date documents, but also supports compliance with laws, regulations, grant and contract obligations, and key dates that might otherwise get missed. ISDH's goal is to have all commissions, divisions and programs working within MediaLab by the end of March 2020.

As part of the agency-wide roll-out, the Office of Public Health Performance Management (OPHPM) is managing two pilot groups that comprise 13 divisions and programs. These groups will know how to navigate the system, upload documents, perform searching and reporting, and create automated workflows within MediaLab by the end of the year.

Sounds good, right? Contact OPHPM Regulatory Compliance and Policy Liaison Barb Killian with questions, to schedule a demo and to begin using MediaLab at bkillian@isdh.in.gov or (317) 234-9572. You can also check out MediaLab's [website](#) for more information.

APPRECIATION CORNER

Did you know the Center for Deaf and Hard of Hearing Education (CDHHE), the ISDH Laboratory and Maternal and Child Health (MCH) have been participating in a peer-to-peer recognition and appreciation program?

Agency data show that staff at ISDH have high levels of trust, communication and respect among themselves and their co-workers. Here are six examples of staff recognizing each other for the little things.

In CDHHE:

- Linda Evans for hard work keeping track of referrals, intakes and more.
- Jackie Katter for helping with a complex early childhood assessment case.

At the Lab:

- Michael Cross for helping with fluo-ride samples and saving Mandy valuable time.
- Rachelle Prasetya for sharing supplies when an order took slightly longer than expected to arrive.

In MCH:

- Sara Lane for crushing all of the community events.
- Casey Kinderman for always having a smile during difficult situations.

Sometimes it is the little things that make a difference in our day. Who made a difference in your day?

**Thank
You**

ACCREDITATION SITE VISIT

SAVE THE DATE

FEBRUARY 5 & 6, 2020

LinkedIn Learning is now available!

Unlock access to 10,000+ on-demand courses to help you learn more and achieve success.

Visit www.in.gov/spd/2331 for details.

Indiana State
Personnel Department

in LEARNING
WITH Lynda.com CONTENT

Attention State of Indiana Employees

**2020 BENEFITS
OPEN ENROLLMENT**

Oct. 30 - Nov. 20

**Deadline: Wednesday
Nov. 20 by noon EST**

Learn more about your benefits options at www.in.gov/spd/openenrollment. Webinars will be available to learn more about your 2020 benefit options. Watch for more information coming soon.

CONTACT THE BENEFITS HOTLINE WITH QUESTIONS

- Monday - Friday 7:30 a.m. to 5 p.m. (EST)
- Outside Indianapolis: 1-877-248-0007 (toll-free)
- Indianapolis area: 317-232-1167
- Or email INSPD Benefits Division: SPDBenefits@spd.IN.gov



SYMPOSIUM BRINGS LHDs TOGETHER

ISDH held the fall Local Public Health Leadership Symposium Oct. 23 at Fort Harrison State Park. The meeting included an update from Dr. Box (left), as well as presentations on CBD oil, youth tobacco and vaping, vital records, immunizations and more. Above, Klaudia Wojciechowska and Madeline Tatum staff the Division of Trauma and Injury Prevention's table at the event. They were sharing information about the division, as well as handing out medication disposal bags and handwashing mirror clings.

THERE'S STILL TIME TO COMPLETE SCREENING

Don't miss your chance to earn e-gift cards just for completing your health assessment and biometric screening!

Complete your health assessment in the [ActiveHealth portal](#) by Nov. 30 to earn a \$50 e-gift card. Biometric screening results also need to be loaded into your ActiveHealth portal by Nov. 30, in order to earn the \$100 e-gift card. Note: It can take up to four weeks for biometric results to be loaded into your ActiveHealth portal.

If you can't make it to one of the screenings at Indiana Government Center, you can still get your \$100 e-gift card. Your primary care physician can complete the [biometric provider form](#) with results from any visit you've had this year. You can also complete a screening at one of Quest Diagnostics' seven Indianapolis area locations. For instructions, check out the [Biometric Screening Guide](#).

All e-gift cards must be redeemed by Dec. 31. Don't miss out on your opportunity to take advantage of this reward!

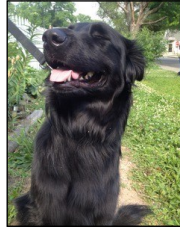


OUNCE OF PREVENTION

Olivia Ridgeway of the HIV/STD/Viral Hepatitis Division was one of the ISDH employees who received a flu shot at the Oct. 7 clinic at 2 North. An annual flu shot is the best defense against influenza, along with practicing the three Cs of covering a cough; keeping clean, including washing your hands with soap and warm water; and containing the spread by staying home when sick. Immunization Strike Team Nurse Missy Layman was also on hand to check anyone's vaccination history in CHIRP.

ALL IN FOR SECC

Dr. Box chaired week 3 of the State Employee Community Campaign (SECC) from Oct. 14-18, and ISDH showed its spirit with several events to benefit Gleaners Food Bank of Indiana. At right, the winner by just two votes of the Pet Contest was Cam Walls's service dog, Stevie Rayven. The Fall Bake Sale/Book Sale on Oct. 18 featured baked goods, books, movies and more. Far right, Cindy Tidd of Vital Records looks through some of the DVDs. Staff could also donate \$5 to wear jeans all week. The ISDH team competed in a 3-on-3 basketball tournament Oct. 18 at the Governor's Residence. Below, team members Paul Krievins, Eldon Whetstone, Eric Hawkins and Brian Busching take a break after winning their first game. Thanks to everyone who helped make the week a success!



STAFFING UPDATES

Welcome to the following new employees who recently joined ISDH:

Nicholas Love, HIV prevention support specialist, HIV/STD/Viral Hepatitis; Christian Udu, Youth Risk Behavioral Survey intern, Maternal and Child Health (MCH); Carrie Cummiskey, MCH intern, MCH; Charity Pearson, public health nurse surveyor, Long Term Care (LTC); Banessa Gutierrez, clerical assistant, Children's Special Health Care; Stacy Carter, LTC nurse surveyor; Jennifer Wilcher, administrative assistant, HIV/STD/Viral Hepatitis; Keyandra Wigfall, program manager, Office of Minority Health; Amanda Cox, nutrition and clinic services consultant, Women, Infants and Children; Melina Hale, laboratory tech, Chemistry Labs; Kristine Etter, education consultant, Center for Deaf and Hard of Hearing Education; Jacob Farber, microbiologist supervisor, Laboratory.

Congratulations go to the follow staff members who were recently promoted:

Shannon Ford-Feist, public health nurse surveyor supervisor, Acute Care (AC); Tamara Tomaszewski, public health nurse surveyor supervisor, AC; Crystal Sinnott, public health nurse surveyor supervisor, AC.



LOOK WHO I MET ON THE ELEVATOR!

Chris Gilbert



NAME: Chris Gilbert

TITLE: South Region Manager (D8, D9, D10), Division of Emergency Preparedness

Brief job description: Gilbert oversees the administration of the LHD Preparedness and Hospital Preparedness Grants. This includes all participating health departments in Preparedness districts 8, 9 and 10 and all 3 of the District Healthcare Coalitions. Gilbert supervises six field staff in this role charged with assisting our health departments and coalitions on a day-to-day basis. In addition to his daily operations, Gilbert is the ISDH DEP primary point of contact for all public health and healthcare partners in an emergency.

Time at ISDH: Five years

What do you like most about working at ISDH: Working in a team environment to help our district and local partners better prepare for disasters and serve the citizens of the state.

Other information: Gilbert is an avid "jack of all trades" dabbling in many different hobbies and interests, including farming, bee-keeping, remodeling/rebuilding his newly purchased old farm house, HAM radio operator, volunteer fireman and the list goes on. Ask him about something, he'll probably have a story or know a little about it, and if he doesn't, he will certainly be looking it up later. Gilbert built a Tiny House in his spare time a couple of years ago on his own.