A Safety Net Story

Kim Townsend
Community Health Worker
Madison County Community Health Centers, Inc.
An OASIS in a Food Desert
Collaboration with Second Harvest Food Bank allows us to provide fresh produce to people who do not buy it because of limited finances.
Volunteers consist of board members, staff, and community members.
Produce Distributions are held bi-weekly in Anderson, Alexandria, and Elwood. The line increases with every distribution. (There are no income restrictions.)
Food given away to local residents

The Second Harvest Food Bank was in Elwood Wednesday distributing fresh food to local residents. The food also distributed from the St. Joseph Catholic Church pantry.

In recognition of National Health Center Week, Aug. 11-17, a fresh produce giveaway was also held Wednesday at the northern Madison County Community Health Center.

In recognition of National Health Center Week, Mayor Ron Armer offered the following proclamation:

CITY OF ELWOOD PROCLAMATION

A proclamation by the Mayor of the City of Elwood, Indiana

WHEREAS, each year the second week in August is dedicated to celebrating the services and contributions of Community Magnificence, Home Health and Public Health Centers; and

WHEREAS, National Health Center Week is to raise awareness about the mission and accomplishments of Community Health Centers; and

WHEREAS, Community Health Centers play a critical role in providing affordable, high-quality preventive and primary health care; and

WHEREAS, the City of Elwood is proud to be the home of Madison County Community Health Center and

NOW, THEREFORE, I, Ron Armer, Mayor of the City of Elwood, do hereby

proclaim Aug. 11-17, 2013 as National Health Center Week in the City of Elwood, Indiana and urge all citizens to join me in this special observance.

Signed this 14th day of August in the year of our Lord, 2013.

Mayor Ron Armer, above, and Priscilla Frazier, right, were two of the many who assisted at the food give-aways.
New Research Questionnaire for Produce Distributions

Patient Initials:
Weight: Blood Pressure:

Please choose what best applies to you:
Gender: Male Female Age: 18-25 26-35 36-45 46+

Do you have a health care provider at this health center? Yes No

Do you have any of these medical conditions? Please select all that apply:
Diabetes Obesity High Blood Pressure Depression Anxiety

Do you smoke? Yes No
If yes, how much a day? <pack/day 1 pack/day >pack/day

How important is eating a healthy diet to you? Circle number that applies to you.
Not important Important
0 1 2 3 4

How often do you exercise? (For example walking, jogging, stretching, bicycling).
Never 1-2 x a week 3-4 x a week 5-6 x a week Everyday

How often do you interact with others outside your home?
Rarely 1/week 2-3/week 4-5 x a week Everyday Several times/day
Live Empowered
Diabetes Ambassadors Program
Ribbon cutting Ceremony
Live Empowered – Project Power

Project Power currently has ambassadors teaching Diabetes Self-Management Education in two churches -- Bethesda Missionary Baptist and St. John's Lutheran. Many more ambassadors have been trained and classes will be taught throughout the county.
Diabetes Day
Group Education

Coley Miller, Hoosier Park Chef, teaching about managing Diabetes with food.
Community Health Worker Pilot
Morning Huddle

The Community Health Worker (Kim) is a part of the morning huddle team that discusses the needs of patients to be seen that day. The provider and the Diabetes nurse determine which patients would benefit from interventions provided by Kim.
Community Health Worker Pilot  
One-on-one with patients

Case Study: Mary Doe  
Session I  
• Was referred with an A1C of 13.5 and blood sugar of 300  
• Complained of neuropathy in hands and feet  
• Cried severely at first meeting  
• Complained of stress: work related, personal etc.  
• Set goals for next meeting – refrain from sweets and join produce giveaway  
• PA prescribed new meds and client was able to pick up at the clinic pharmacy at discounted price
Case Study: Mary Doe (cont’d.)

Session II

• Client was in better mood
• Stated she participated in produce giveaway and refrained from eating sweets at work
• Discussed some of the stress related issues; property taxes, harassing phone calls at work
• Discussed some possible intervention methods; make appointment with Township Assessor
• Next goal: Take all meds at the same time each day as prescribed
Case Study: Mary Doe (cont’d.)

Session III
• Had meeting with Township Assessor: Different options were laid out to resolve tax issue

Session IV
• Client stated she has completely stopped eating sweets and been eating more healthy foods
• Blood sugar has dropped to high nineties
• Stated co-workers have noticed a change in behavior and a more positive attitude

Continuing to meet with client on a weekly basis
Thank you for your attention.

Contact information:

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