



A Message from Our CEO

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Hello Everyone and Happy New Year!

No, I am not recycling the New Year's message from January! April 1st marks the beginning of a new budget year for Sixteenth Street, and I have some updates I wanted to share.

First of all, at last week's Board of Director's meeting, an agency budget for the new year was approved. Despite the fact that our agency health insurance cost increased by 5%, the Board decided that the agency would absorb this cost, rather than passing the increase along to employees. The Board also allocated up to a 3% increase for merit raises this year – this is the same rate as last year. At a time when other organizations are facing budget shortfalls, we need to take a minute to be grateful for our situation.

The Board also voted to start the process of selling some of the excess land around Parkway. Now, no need to panic. We are not selling Parkway or changing any of our operations in any way. The entire lot where Parkway is located is about 13 acres. We have decided to keep roughly five acres - the land that the building is on, plus a little extra to allow us to expand at that site if we want to in the future. The remaining eight acres north of the building would be sold to a non-profit development group called Common Bond. Common Bond would develop 85 affordable housing units on the site, including duplexes and townhouses. In order to do the project, Common Bond will be applying for tax credits to help with their financing. Assuming everything goes as planned, and the development is completed, some of our employees who meet the income requirements may be able to rent units there. There might also be the opportunity for us to be able to use the party room or common area built into the development for some of our education classes.

Please note that I said "if everything goes as planned". If Common Bond doesn't get the tax credit support they need, the deal won't go forward. Also note that if the sale does go forward, any money we make will have to be applied toward the debt that we owe on the Parkway land. Working with Common Bond, we hope to get some vacant land into a more productive use and create a new asset for the neighborhood.

In other news, the recent grant award from GE Healthcare to expand access to care offers both new funding and an opportunity to have GE employees work with us to share their expertise – on any project we can identify that would be a good fit. Remembering that 'expanding access' is the key element, everyone should feel free to share ideas with their managers about how we can leverage this opportunity with GE.

Finally, according to our recently filed UDS report, we had nearly 3,000 new patients, 150,000 encounters and delivered 1,000 babies in 2009. These are big numbers, and they only tell part of the story. Nobody knows better than you all do, that each one of these numbers is an individual person, with their own individual story. The real story is told in the good work and the compassionate care that is provided here every day. Thanks for all you do.

Sincerely,
John Bartkowski, DrPH
President & CEO



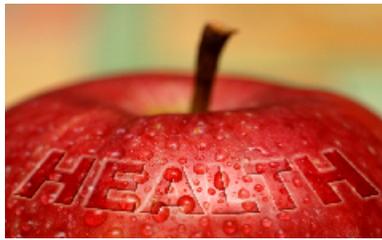
SSCHC: Building a House of Wellness



As we celebrate the commemoration of 40 years of service to diverse, low-income communities of Milwaukee's southside, Sixteenth Street Community Health Center (SSCHC) recognizes the need to nurture the well-being and overall health of our nearly 300 passionate workers. By forming a Wellness Committee of staff from a variety of fields of health care and administrative backgrounds, SSCHC has laid a foundation to build a house of wellness within our employee base.

The idea is simple. If we are healthy and thriving as employees at SSCHC, we can only do better in improving the health of the nearby community as well. As we learn from each other as co-workers whose expertise varies from behavioral health and social services to environmental health, human resources, nutrition and beyond, the house of wellness gains ground in its continuing development of structure and function.

SSCHC's Wellness Committee has experienced numerous successes in its naissance. Utilizing the results of data analysis and surveys of employee perspectives, the Wellness Committee created a variety of programming opportunities. The most noteworthy accomplishments have been the annual 5k Run/Walk for Employee Wellness, an employee health fair, providence of an on-site community health garden, a healthy recipe contest for the



chance to win a free market basket of fresh vegetables and the completion of a Health Risk Assessment pilot program. Other successes include a frequently updated staff wellness website, wellness articles published in the quarterly staff newsletter and showing the documentary "Super Size Me" during staff lunch. The future of SSCHC's employee wellness campaign is vibrant and living. As a means of growing further as an agency, the

Wellness Committee anticipates providing the Health-risk Assessment to the entire workforce utilizing the momentum provided by our pilot group. The results of such an assessment can provide a framework for creating further programming or connecting our employees to the most appropriate resources that can improve their vitality and overall level of satisfaction in

the working environment.

As employees begin to see a culture of wellness developing, we develop an overall awareness and compassion for our fellow employees' well-being, building the house of wellness one brick at a time. Mutual growth as employees provides stability to the communities we serve, while also further developing and nurturing ourselves as workers from within. The house of wellness may always be growing and need fixing from time-to-time but SSCHC's Wellness Committee will strive to make further synergistic progress for our employee base.

- by **Evan McDoniels**
(Wellness Team)



Fun Facts About the Earth

- Earth's surface area is approximately 196,935,000 square miles.
- It is made up of approximately 70% ocean. Land mass is approximately 30%.
- Circumference is 24,901.5 miles.
- The Earth's diameter is approximately 8,000 miles.
- Water is 3% fresh and 97% salt water.
- Earth will travel 1.6 million miles in its annual journey around the Sun, the 4.6-billionth such round-trip. It will rotate about its axis exactly once.
- The Sun will travel 13.5 million miles around the center of the Milky Way Galaxy.

By: Julie Urlaub

Taking the 'Welcome' Mat Away From Thieves



As spring and summer approaches, those of us with cabin fever are itching to get out of the house. As expected, our surrounding neighborhoods are starting up with outdoor activity and recreation. This involves more people out and unfortunately, not all of these people have the best intentions. Especially with the economy the way it is and the job market not looking all that good, more and more people have become desperate to make money, including stealing. A way we can prevent ourselves from becoming victims is taking the 'Welcome' mat away from these potential thieves. This can be as easy as looking over our shoulder while at the ATMs or even being careful as to where and who we are counting our money in front of. Let's be careful as to what we leave visibly exposed in our cars. Fortunately we have Security Officers patrolling the lot, but we should also do our part to minimize risk of becoming a 'car break-in' victim. Before we leave our cars parked, whether in the lot or on the street, we should make it a habit to walk around our vehicles to see if we've left ourselves with items exposed. GPS, MP3s gym bags, laptops, briefcases, and even loose change should all be taken out of exterior view. These items should be put under seats, in the trunk, or even carry them in with you. We work hard for our possessions and deserve to keep them.

- by **Carlo Cervantes**
Security Manager



April 22, 2010 marks the 40th anniversary of **Earth Day**. Take some time to learn about our planet and how to take care of it!

Green Living Simplified

Do you want to have a positive impact on the environment, but are not sure where to start? It's easy—right from your own home you can make small waste-reduction and recycling efforts that will help conserve the earth's resources. And the concepts are simple: use less, trash less, and pollute the earth less.

How to Start Living Green Today

Green living won't cost you more money; in fact, it might help you save. When trying to make green living changes at home, consider these four basic principles of conservation and waste reduction:

- **Recycle.** Recycle paper, plastic, electronics, batteries, and everything else you can, curbside or at a local drop off.
- **Reduce.** Overall, reduce the amount of material you buy, use, and throw away, and reduce your chemical impact on the environment by cutting back on household cleaners,

pesticides, and more.

- **Reuse.** Think of how many disposable products are cluttering landfills—paper plates and napkins, plastic cups, disposable razors. Stick to reusable materials and skip single-use products whenever possible.
- **Re-buy.** You don't always have to buy everything new. Purchase used items, borrow materials from someone else instead of buying your own, or buy goods made from recycled materials as often as you can.

Living by these environmentally sound principles will get you thinking about—and changing—how you use consumer products and treat the environment.



By: Diane Rodriguez

How to Reduce Air Pollutants at Home and at Work



As people become more concerned with healthy living, they start to focus on how they can reduce harmful air pollution that is found in their homes and their work place. Fortunately, reducing these air pollutants is quite easy and takes very little effort.

Natural Cleaning Products

One of the first steps that a person should take when attempting to reduce air pollutants is to change the type of cleaning products that they use. One of the number one causes of home air pollutants are the chemicals found in most home cleaners. These days, it is very easy to find "green" cleaning products that are not full of these chemicals and will help to remove harmful air pollution.

No Smoking

If there are smokers in your home, you should make sure the house remains a smoke-free environment. Tobacco smoke is extremely toxic and dangerous to you and your family, and making your home smoke free is one of the best ways to reduce air pollutants. This includes all forms of tobacco smoke including cigarettes, cigars, and tobacco smoked out of pipes.

Air Filters

Even after you have removed many of the sources of air pollutants that are in your home, there are still everyday air pollutants that will find their way indoors. So the next step in reducing the level of air pollutants is to buy a high-quality air filter. There is a

large selection of air filters for you to choose from, from whole house air filters to filters that will work in a single room. Many people find that HEPA filters are the best choice and are most effective at thoroughly removing toxins from the air.

Houseplants

One easy way to reduce the amount of pollution in the air that many people may not be aware of is to put plants in your home that naturally clean the air. Plants are not only beneficial in providing us with necessary oxygen, but they are extremely effective at purifying the air as well. Some plants work better for purifying the air than others, however almost any plant can help to improve air quality. Each of the following plants can help to purify approximately 100 square feet of space.

Gerbera, Daisy, Ficus, Golden Pothos, Mums, Spider Plants, Aloe Vera, Chinese Evergreens, and Common English Ivy

Fresh Air at the Workplace

All of these methods for reducing the amount of air pollutants in your home can also be utilized in the work place as well.

Even changing just one of these things will help to reduce the air pollution that you are exposed to. Of course, the more changes you are able to make, the better. All of these upgrades do not have to be made at once, but can be made over time if necessary. However, once you start making these changes you will easily begin to see the difference in your air quality and want to keep making your home and work place a healthier environment.

Announcements



EMPLOYEE FITNESS
Making Healthier Habits Work

May 19th is National Employee Health and Fitness Day. The Wellness Team is always open to suggestions/ideas on making SSCHC a healthier worksite. If you would like to be part of the team or have any input, please contact any member on the team. Our Wellness team members are Imera Burton, Kim Butler, Liz Claudio, Bess Earl, Ben Gramling, Kate Jaeger, Gerardo Jimenez, Evan McDoniels, Sandy Lopez, Sue Raymond, Ana Stier, Choua Thor, Lauren Wegerbauer, and Tonya Xiong. Cheers to your health!



Congratulations to these employees for their tenure at Sixteenth Street Community Health Center:

5 Years

Graciela Fendt	01/10
Martha Barron	01/17
Jacqueline Ortiz	01/24
Norma Saldana	02/21
Elizabeth Poventud	02/28
Luzmaria Esparza	03/15

10 Years

Monica Ramirez	01/25
Nou Vang	03/20
Maria Herrera	03/27
Denise Moffitt	03/31

15 Years

Eida Berrios	01/03
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The following employees are no longer with Sixteenth Street Community Health Center: Isabella Espinosa, Orlando Negrón, and Nadia Sanchez



Reduce Carbon Footprint—

You can reduce your carbon footprint by carpooling and taking the bus. Or you can reduce your footprint and get fit by walking or riding your bike.

Welcome to our new employees:

- Elizabeth Chavarria—Medical Records Clerk/Facilitator
- Anne David—Psychotherapist
- Esmeralda Diaz—WIC Lead Registration Coordinator
- Claudia Flores—Medical Assistant
- Bridget Harland—Social Services Enrollment Specialist
- Brittany Leach—Perinatal Outreach Worker
- Maria Moreno—Operator/Appointment Clerk
- Berenice Preciado—Medical Assistant
- Anissa Smidt—Women's Health Registered Nurse
- Cindy Tosado—Medical Assistant
- Maria Del Mar Vando—Operator/Appointment Clerk
- Maria Varela—Patient Registrar
- Corina Vazquez—Collection Specialist
- Teresa Vazquez—Health Screener
- Ryan Watts—Security Officer

Promotions/Transfers

- Daisy Castro—Medical Assistant
- Mari Cortez De Dominguez—PT/OT Patient Registrar
- Diana Gil—Medical Assistant
- Andrew Jensen—Mail Clerk
- Evan McDoniels—Environmental Health Educator
- Arseniy Nenashev—Director of Quality Improvement and Medical Ancillary Services
- Monica Quiceno—PT/OT Patient Registrar
- Kateri Smith—Facilitator

Perfect Attendance in the 1st quarter of 2010 are:

Kimberlee Butler, Penelope Castillo, Vicente Castillo, Daniel Claudio, Jose Guzman, Brittany Leach, Ana Perez, Alba Peterson, Marlenys Reynoso, and Victor Tenorio

Honorable Mention for not using any unapproved time during the 1st quarter of 2010 are: Jacqueline Ortiz

Reminder: Flex Spending Account Reimbursements for plan year 04/01/2009 – 03/31/2010 must be submitted to Diversified Benefits by 05/30/2010.

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