



Que Honda (What's Up)

A MESSAGE FROM OUR CEO



Hello All!

What's new?

Well, we've got a whole new group of AmeriCorps members on board. We all look forward to the expertise and energy they add to so many of our programs. Welcome.

We've also got five new providers started - or almost started anyway. Rachael Fiul, PA-C started in June, Tracy Wandtke-Herrmann, CNM in July, Jay Pludeman, MD (FP-Chavez) and, Meaghan Duffie, MD (FP-Parkway) started in September and Elizabeth Parker, MD, pediatrician is starting in October. It is great to have these new additions to the Sixteenth Street team.

And finally, for other new news, we have a new set of officers on our Board of Directors. Wayne Heidenreich, MD (Northwestern Mutual) is now our Board President. Rick Walters, (Wells Fargo) is Vice President. Laura Arnow, CPA (Arnow & Associates) is Treasurer and Levi Sosa, (Gorham Exports Packing) is Secretary. This new leadership team on the Board reflects the commitment that these community volunteers have made to Sixteenth Street. We appreciate the time and talent they share with us.

As for ongoing news, there are a variety of project teams working on elements of our agency strategic plan - a Waukesha Implementation Team, a Meaningful Use Team (new incentive program for agencies who utilize electronic health records), a couple of financial performance improvement teams (Revenue Cycle and Expense Management) and a team dedicated to improving Communication in the agency.

On a related note, our Joint Commission Periodic Performance Review is going on during the month of October. This is an annual in-house audit to keep us on our toes for the day when Joint Commission auditors show up (un-announced) for our next inspection. We've got another big EMR upgrade planned for October and there is a group looking at getting formal designation for Sixteenth Street as a Baby Friendly agency. This Baby Friendly status probably won't be completed in October, but it will help unify the various program elements we already have in place and will strengthen the agency-wide support for breast feeding.

These are all important happenings and I want to thank you all for continually raising performance standards and seeking new ways to improve the work that we do. I look forward to the chance to spend some time together at our upcoming All Staff meeting on October 22nd - and getting a flu shot there. Did you know that having a high percentage of staff members vaccinated against the flu is actually a quality marker for infection control? It is. Get a shot.

And, just to let you know, I am always proud to say that I work at Sixteenth Street. You should be too!

Sincerely

John Bartkowski, DrPH
President and Chief Executive Officer

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MAKE WELLNESS A HEALTHY ADVENTURE



During a conference I attended this week about water resources, one of the speakers had a valuable piece of advice for conservationists that could apply equally well towards employee wellness.

Dr. Nowak, a UW-Madison soil scientist, said today's conservationists should pursue their work with a renewed sense of adventure. While the point may seem simple enough, think of how profound it would be if we all rediscovered a sense of awe and adventure in our work? Why did we get involved in community work in the first place if not for the adventure and audacious altruism of thinking we can solve social, medical and environmental problems that are certainly plaguing our world?

For this quarter, I'm challenging myself and each other as colleagues at SSCHC to rediscover the sense of wonder and adventure that may have brought us to our respective professions. And for those who never had the sense of adventure propelling their drive to serve the community; what could be holding us back?

In my case, I know I can get into a groove where I've become so accustomed to what I do that it no longer feels new or as vibrant as it once did (a mental version of the law of diminishing returns that economists fret over). To rediscover my work as a form of adventure, I think it's valuable to take a step back. Take your first year, first month (for new employees) or first 10 years at SSCHC and take a look back at all you have accomplished.

For many of you that reflection includes thousands and thousands of positive, effective appointments and encounters with the communities of our service area. For others, perhaps we have 5-10 key projects that we've made great strides in. Whatever your line of work, you have a lot to be proud of.

By rediscovering the origin of your very own action-adventure story, your own Odyssey becomes a source of vitality-- a renewable energy source to propel the vision that brought you here.

Dr. Nowak encouraged us to make sure we wrote a collective vision as well as our own vision for what we wanted to see happen in the short-term

and long-term. A mix of pragmatic, achievable goals and far-out conceptual vision can bring back a sense of adventure in our personal and work endeavors.

After all, we are never at the ultimate "finish line" as long as we're above ground; rather we are always raising the bar to meet new challenges of a particular day, month, year, generation and beyond!

Demanding a new adventure from each day may start the process of rediscovering confidence, vitality and empowerment from within.

Some food-for-thought quotes:

"One should count each day as a separate life." -Seneca, Roman Philosopher

"We shall not cease from exploration
And the end of all of our exploring
Will be to arrive where we started
And know the place for the first time."

-T.S. Eliott

"Yesterday is ashes; tomorrow wood.
Only today does the fire burn brightly."

-Eskimo proverb

"Security is mostly a superstition. It does not exist in nature. Life is either a grand adventure or nothing..." -Helen Keller

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

WHEN IT RAINS IT POURS, AND CAN POSSIBLY FLOOD



Seeing that September was National Preparedness Month and Governor Doyle has recently announced that the Federal Emergency Management Agency (FEMA) made assistance available to local units of government affected by floods in Grant and Milwaukee Counties because of the flooding and storm damage that occurred July 20-24, I have decided on providing you all with tips from FEMA.

Be Prepared:

- Contact your local emergency management office to learn about evacuation routes and emergency plans.
- Buy flood insurance. Homeowners insurance doesn't cover flood damage.
- Assemble a 3-day disaster supplies kit: food, water, medical supplies, battery-powered radio, flash-lights, and batteries.
- Designate locations of where to reunite if you become separated from your family.

During a Flood:

- Listen to the radio or television for information.
- Flood Watch* - flooding is possible and *Flood Warning* - flooding is occurring.
- Secure your home. If time permits, move essential items to an upper floor.
- Driving: 6 inches of water will reach the bottom of most cars causing loss of control and possibly stalling. A foot of water will float many vehicles.

After a Flood:

- Return home only when authorities indicate it is safe.
- Stay away from downed power lines and report them to the local power company.
- Clean and disinfect everything that got wet. The mud leftover can contain chemicals and sewage.

*More tips and information can be found by visiting

www.fema.gov .

- by Carlo Cervantes
Security Manager



HEALTHY HALLOWEEN TREATS

One way to keep kids from loading up on candy? Fill them with lots of healthy Halloween treats before they hit the streets to trick-or-treat. Try serving these snacks at your Halloween party. They're clever enough to tempt kids' palates, but low on sugar.

Healthy Halloween Treats With Veggies

☠ **No-bones-about-it vegetable skeleton:**

Veggies come in so many shapes and sizes, they make perfect building blocks. Check out the photo for inspiration. Whitney Moss of Rook-ieMoms.com served it at her son's birthday party. With an October 29 birthdate, "he'll have this at every party for life!" says Whitney.

☠ **Jack-'o-lantern dip:** Carve out a small pumpkin (or a few) to use as dip containers (healthier dip choices include salsa, hummus, and yogurt-based recipes). Paint a face on the pumpkin instead of cutting holes, or cut only partway through. Or if you're feeling extra-spooky, carve a large mouth and make the dip spill out through it for a "puking pumpkin" effect.

☠ **Black-and-orange dip:** Buy or prepare black-bean dip, and serve with sweet potato chips and orange bell pepper strips.

☠ **Get seedy:** Don't forget to save your seeds when you carve pumpkins. Roast them in a hot oven with a little salt and olive oil.

Healthy Halloween Treats With Fruit

☠ **Braaaaaiiiins!** Score major cool points with party guests by serving a watermelon carved to look like a brain. Choose a small, seedless melon and peel off the green skin. Score the white pith with a knife to resemble the

brain's squiggly folds. Then carve to expose the watermelon's red flesh.

☠ **Boo-nanas:** Dip peeled bananas in orange juice, then roll in shredded coconut to make white ghosts. Add small raisins or chocolate chips for eyes, then insert wooden craft stick for a handle (so the ghosts can flit about hauntingly). Serve as-is or frozen.

☠ **Witches' teeth:** Core and quarter an apple. Remove wedge from skin side of each quarter to form a mouth. Insert variously shaped and sized slivered almonds for teeth.

☠ **Orange-'o-lantern:** Use a toothpick to carve features into the skin of a whole orange. Insert a piece of pretzel for a stem. Or remove the fruit's pulp and use to serve yogurt, low-fat pudding, apricot-applesauce, etc.

Healthy Halloween Treats With Breads

☠ **Pumpkin muffins:** Try a healthier, low-fat recipe; no one will know the difference.

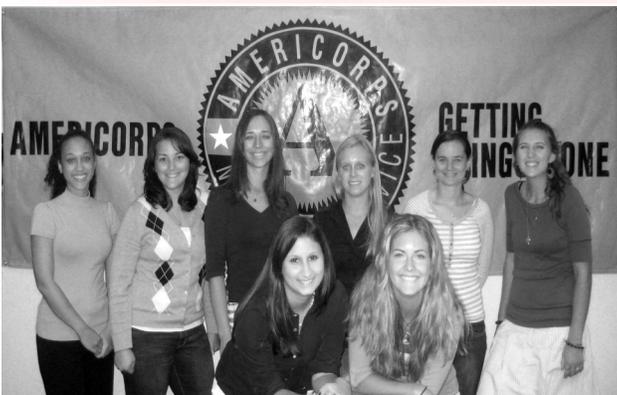
☠ **Sand-witches:** Spook up ordinary sandwiches by making them into Halloween shapes with cookie cutters. Choose whole-wheat bread and healthy fillings such as natural (no sugar added) peanut butter, fruit preserves, turkey slices, and so on.

☠ **Hallo-pizzas:** Buy a whole-wheat pizza crust and top with tomato sauce, part-skim mozzarella cheese, and orange bell peppers and black olives (for their seasonal colors; make a plain pie for pickier eaters too).

☠ **Face it:** Stir a few drops of food coloring into low-fat cream cheese to turn it orange. Spread on whole-wheat English muffins or bagels, then give kids raisins so they can make a jack-'o-lantern face.

- Catherine Holecko

WELCOME AMERICORPS 2010-11!



A NEW CREW OF COMMUNITY HEALTHCORPS MEMBERS HAS ARRIVED! THEY BEGAN THEIR ORIENTATION ON 9/8/10 AND WILL SERVE WITH SSCHC UNTIL JULY 2011.

BACK: LOREN KRUEGER (TOBACCO CESSATION), JESSICA RIMKUS (MEDICATION ASSISTANCE PROGRAM), JENNA BOWEN (WOMEN'S HEALTH), RACHEL ZEMAN (WIC), BRIDGET REICHELDERFER (CHRONIC CARE HEALTH ED), CAITLIN BUTTE (CLINICAL INTERPRETER)

FRONT: MARESSA NAZARI (REACH OUT AND READ), CLAIRE FIEBER (DEPARTMENT OF ENVIRONMENTAL HEALTH)

ANNOUNCEMENTS

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

5 years

Gabriela Dieguez 08/15
Josefina Gutierrez 08/08

10 years

Daniel Claudio 07/31
Imelda Cruz 08/03
Martin Juache 08/21
Betzabe Medina 05/08
Emma Santana 08/02

15 years

Shauna Leinbach 09/01
Dr. Julie Schuller 07/31

30 years

Diane Dankert 08/18



Welcome to our new employees:

Nadia Bogue – Environmental Project Coordinator
Michael Brentar – Network Admin Support Specialist
Sandra Chapa – Perinatal Case Manager
Elizabeth Crespo – HIV Medical Case Manager
Dr. Meghan Duffie – Physician
Aracely Gaona – Facilitator
Anthony Greco – Facilities Technician
Cynthia Lahl – Facilitator
I. Tatiana Maida – Obesity Prevention Health Educator
Isenia Martinez – Medical Assistant
Karen Murray – Executive Assistant to VP of Operations
Dr. Elizabeth Parker – Pediatrician
Dr. Jay Pludeman – Physician
Erendira Sosa – Medical Assistant
Rosaura Tejada – WIC Assistant
Natalie Villegas – Medical Assistant
Tracy Wandtke-Herrmann – Certified Nurse Midwife

Perfect Attendance in the 3rd quarter of 2010 are:

Jose Castro, Jose Guzman, Andrew Jensen, Berenice Preciado, Elizabeth Romero, Victor, Tenorio, Olivia Wyne, Choua Yang

Welcome back:

Amie Rosado – Facilitator

Promotions / Transfers:

Carlos Barrancos – Security Officer II
Elizabeth Chavarria – Medical Assistant
Lilybeth Colon – Medical Assistant
Gerardo Jimenez – Certified Asthma Educator
Kateri Smith – Medical Assistant

CONGRATULATIONS

REGISTERED MEDICAL ASSISTANTS:



DAISY CASTRO
JANET CUIEL

JOINT COMMISSION GOLD MEDAL AWARD GOES TO:



TAINA GONZALEZ

FOR HER DILIGENCE TO ADVOCATE FOR HER PATIENTS

SANDY NEGRON won for her Joint Commission Slogan:

Slogan:



Yami Campos won the Grito Contest



NEW MUMMIES:

- ✂ Dr. Sandra Arce
- ✂ Jing Chen
- ✂ Gabriella Galvan
- ✂ Dr. Rozmond Lewis



Newlyweds:



Christopher & Lauren Christie
Alee & Choua Yang



WINNER!
Planting the Seeds for Tomorrow
Krystal Kekula, AmeriCorps member in 2008-10, won the Grand Prize in the nation-wide AmeriCorps Week Photo Contest. Krystal won a 4-day, 3-night trip to Washington DC.

The following employees are no longer with Sixteenth Street Community Health Center: Alma Arciga, Kimberlee Butler, Vicente Castillo, Amarilys Cruz, Robert Rodriguez, Renee Rosales, Nancy Saavedra