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## A Message from Our CEO



Hello All:

OK, here is a quick 'year in review' quiz.

What does the #4 ranked company on the Fortune 500 list (General Electric) have in common with outgoing Governor Doyle, US Senator Herb Kohl and HHS Secretary Kathleen Sebelius?

Easy answer - they all held press conferences at Sixteenth Street.

Way to go people!

And having one of our nurses, Bobbie Curich honored as the Nurse of the Year by the Milwaukee Journal Sentinel is a pretty outstanding accomplishment too.

Did I forget to mention our Joint Commission accreditation? We actually received our official certification in January.

2010 has been quite a year, and it has been a good year for Sixteenth Street.

There isn't much more to say - except to tell you all that the Board of Directors and I are grateful for all of the hard work everyone put in, and very, very proud of the results.

Thank you.

John Bartkowski, DrPH  
President & CEO

## United Way Campaign



Thank you for your generous gifts to the United Way of Greater Milwaukee. Because of your gifts, the United Way raised \$46,539,696 this year, exceeding its \$45.75 million projected goal by more than \$750,000. United Way officials say it raised over \$1 million more than the \$45,535,143 it raised in 2009, making it the largest year-over-year dollar increase in the organization's history.

More good news....

Dr. Mariana Rincon won the drawing grand prize of the Harley Davidson motorcycle!!

Ivy Zamora has won a day off with pay in the SSCHC incentive drawing!

A big thank you to all who helped SSCHC raise \$8,845 with 15% participation (up from 11% last year and beating last years total by nearly \$2,000)

SSCHC Employee Giving Campaign

Last year, with gifts ranging from \$25 to over \$1,000, employees raised nearly \$9,000 to benefit the entire agency. Please join your peers in supporting SSCHC and consider a gift of to help us continue the vital services we provide. You should have received a response card for you to confirm your gift between now and March 31, 2011.



As a donor to the employee campaign, your gift will be publicly recognized on plaques in each of our buildings and in our annual report. You will also be our honored guest at an Employee Donor Appreciation Luncheon in May 2011. If you have any questions, contact our development department at 385-3739.

## Take Time: Wishing SSCHC Staff A New Year Filled With Beloved Moments



Time is an element of all our lives that somehow manages to speed up and slow down depending on our mood, how busy we are and the pace of our urban environment. We at SSCHC are very busy people, scurrying about between appointments, meetings and other obligations. I feel I was just writing last year's New Year's story just yesterday and here we are about to turn the page on another year.

While time management and efficiency are keys to our work, one humbling lesson I've been learning is that in our break time or time outside of work it's essential to really stop ourselves from hurrying and fretting over things. If we don't find a moment to just be satisfied and demand 5 minutes of peace in whatever way works for us as individuals, we really hold onto stressors that may not be positive forces.

The phrase I keep hearing lately, murmuring like a heartbeat in my subconscious, is "take time... take time." This meditation can mean so many things. Take time to do things right. Take time to find comfort, solace, peace or tranquility. Take time to stop and reflect on the fact that if we're too busy, a baby that was once 1 year old is suddenly 15 and we don't know where the time went. Catch the moments that give our lives value (birth, childhoods, coming of age, graduations, marriages, retirements, anything you find vital in your lives) by taking time.

If we are always rushing around and saying "I've got to be doing this or that or going here and there" (everywhere

but where you are in that moment) it becomes a type of worrying. A great professor I once had, Professor John Boatman of American Indian Studies, said, "Worrying is like a rocking chair, you go back and forth but it doesn't get you anywhere."

Keep Boatman's wise advice in mind during the holiday breaks. That moment we long for full of beauty, truth or magnitude is already happening, it may just be a matter of opening our eyes to behold the moment and respecting our time here on earth with humble vigilance.

"An unhurried sense of time is in itself a form of wealth."  
-Bonnie Friedman

"All my possessions for a moment of time." -Queen Elizabeth I

"If we take care of the moments, the years will take care of themselves." -Maria Edgeworth

"The great French Marshall Lyautey once asked his gardener to plant a tree. The gardener objected that the tree was slow growing and would not reach maturity for 100 years. The Marshall replied, 'In that case, there is no time to lose; plant it this afternoon!'" -John F. Kennedy

\*\*Note: SSCHC Wellness Team would like to thank everybody who participated in the Health Risk Assessment, enjoy the gift certificate this holiday season!

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

## Managing Anger



Anger is a difficult emotion for many of us to deal with, and it is one that can be easily triggered by challenging individuals, which we may encounter from time to time professionally and personally. By improving our ability

to manage our anger and express it in a productive way, we can provide a positive and proactive influence on those around us, including our clients and coworkers. But how do we manage our anger, one might ask?

Anger management is a skill that can be developed. Here are some tips:

**Be aware of your body's response to anger.** When you feel yourself getting angry, notice how your body reacts physically. Your heart may begin to beat faster, your breathing may become shallow, and you may feel a knot drop in the pit of your stomach.

**Breathe deeply.** Deep breathes will help calm your body because it increases the intake of oxygen to your brain. Oxygen helps you to think calmly and clearly. Partnering the deep breaths with counting also helps.

**Remember to ask yourself, 'Why am I angry?'** Ask these questions: *Could I be overreacting? Who is this person to me that I am letting them trigger this? Am I taking previous frustrations out on this person who doesn't deserve this? Is this worth getting upset over?* Especially in a professional setting, we shouldn't take things personal.

**Maintain your professionalism.** Decide when it is appropriate to demonstrate and discuss your anger with others. Most of the time you may want to simply carry on in a calm, polite, and professional manner.

- by **Carlo Cervantes**  
Security Manager  
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## 7 Tips to Keep Your Skin Healthy During Winter

The winter months pose unique challenges to maintaining healthy skin. Constantly switching between indoor air and the harsh and cold winds of outdoor air removes moisture from the skin. While lotions and creams replace some of that moisture, it's better to prevent the moisture loss in the first place.

Skin that's dry, cracked, or irritated is vulnerable to infection, and that's why dermatologists say it's important to change your skin care regimen along with the seasons in order to boost your body's natural defenses.

What works in the warm, humid months of summer may leave your skin dry and chapped during the cold, dry months of winter. In humid conditions, the skin soaks up water from the air, but when the humidity falls, the skin loses a natural moisture source.

Here are a few ways to winterize your skin:

- Use a humidifier in the bedroom or living room once the relative humidity inside drops below 60 percent.
- Hot showers are a no-no: The cold temperatures may make a long, hot bath or shower sound like heaven, but hot water can wreak havoc on your skin. Instead take lukewarm showers, patting gently afterward with a towel and applying a moisturizer within three minutes of stepping out of the shower to lock in moisture.
- Look for lotions or creams with any of the following ingredients: petrolatum, mineral oil, linoleic acid, ceramides, dimethicone or glycerin.
- Keep well hydrated. This may be easier to remember during the summer months, but drinking lots of water keeps the skin moisturized and flushes the toxins out of your body.
- Use lip balms and lipsticks with moisturizers.
- Use sun block. Although the skin is less exposed in the winter, ultraviolet rays can be particularly intense on a clear winter day. Even when cloudy, UV rays still penetrate. If you go skiing UV exposure is even greater, so use a sunscreen that blocks both UVA and UVB radiation.
- Brittle nails can be helped by using Vaseline to moisturize and a nail polish with nail protein. Also, keep nails short so fungus does not get in.

All of the above will help maintain healthy skin for the most part, but there are some conditions like eczema, psoriasis and seborrheic dermatitis which flare up particularly during the winter months. For these you should see a dermatologist for diagnosis and treatment.



- by Dr. Jeanine Downie

## Helpful and Quick Tips for Winter

**\*Seal Drafts** - Seal holes, cracks, and openings in your home to stop the flow of heat through the walls and ceiling.

**\*Keep Your Pipes Pumping** - Pay less for hot water by insulating pipes. This will also decrease the chance of pipes freezing.

**\*Clean Those Gutters** - Once the leaves fall, remove them and other debris from your home's gutters so that rain, melting snow, and ice can drain properly.

**\*Bundle Up** - If you have a tank style water heater, wrap it in an insulation blanket to prevent needless energy use.

**\*Turn It Down** - Many conventional water heaters are set too high. Try lowering the temperature setting a notch. A lower setting may be hot enough. When you leave the house, turn down your thermostat so you aren't paying for heat you don't need - or consider installing a simple programmable thermostat that will adjust the temperature automatically.

**\*Furnace Care** - A simple way to keep your home warm while cutting down on energy waste is by replacing your furnace filters or cleaning them as needed. Follow the manufacturer's instructions.

**\*Insulate** - One of the most effective ways to keep a home warm is to install adequate insulation. This is especially true in attics and crawlspaces. Insulation helps keep the home cool in summer and warm in winter.

**\*Use Energy Star®** - Energy Star qualified products help you save energy and reduce greenhouse gas emissions. The Energy Star label can be found on more than 40 different kinds of products for the home including heating and cooling equipment, electronics, lighting, and appliances.

- by Victoria Reviel

## Announcements

### Welcome to our new employees:

Kevin Jahnke – Security Officer  
 Laura Lewein – RN-Women’s Health  
 Emily Maldonado – Medical Assistant  
 Myra Martin – Medical Assistant  
 Sarahi Martinez – Parent Educator Assistant  
 Fandy Sanchez – Facilitator  
 Lismaries Robles-Santiago – Medical Assistant  
 David Stewart – Security Officer  
 Denise Wolski – Lactation Specialist

### Welcome back:

Kathy Hernandez – Medical Assistant

### Promotions / Transfers:

Dalila Cardona – Lead Program Manager  
 Tong Lo – Facilitator Team Leader



### New Time and Dates for SSCHC WIC Breastfeeding Class



SSCHC WIC is applying a new marketing strategy for our breastfeeding classes. In the past we have had very few moms attend our weekly classes. So, our goal is to offer more fun and group support.

Beginning in January, three breastfeeding classes will be offered on Tuesdays at 3:00. The 1<sup>st</sup> Tuesday will be in Spanish. The 3<sup>rd</sup> Tuesday will be in Hmong and the 4<sup>th</sup> Tuesday will be in English.

All of our pregnant clients will receive *special invitations* that state:

“Please join us as we celebrate and help you prepare for the upcoming birth of your baby. How a baby is fed can have a life long effect on its health. It is a decision babies can’t make and they rely on their parent’s judgment. Be sure you make an informed decision”.

These changes will be reflected on the SSCHC Family Activity Calendar starting in February. (We will still honor the old class schedule, if someone still has the old calendar.)

The NEW Classes are open to all SSCHC patients/clients and to the community. We welcome your referrals and support.



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

<u>5 years</u>	
Carolina Espinoza	10/03
Carlos Quintanilla	10/31
<u>10 years</u>	
Carmen Velez	04/10
Dr. Margaret Dunn	10/16
June Peters	12/04
<u>15 years</u>	
Yamileth Campos	11/27



### Perfect Attendance in the 4th quarter of 2010 are:

Luzmaria Esparza, Andrew Jensen, Melissa Perez, Carlos Quintanilla, Victor Tenorio, Olivia Wyne

### Honorable Mention for not using any sick time during the 4th quarter of 2010 are:

Carlos Barrancos, Janet Curiel Dennis Doxtator, Shante Ford, Pang Ly, Lorena Martin, Berenice Preciado, Betsabe Rubio-Soto

## CONGRATULATIONS

**Ricardo Broach** on passing his exam—he’s officially a Psychiatric Mental Health Nurse Practitioner!



**Yomaira Clemente** got certified as a Medical Assistant

**Lorena Martin & Marta Ruiz** are now licensed Certified Professional Coders



**Araceli Gaona** had a baby girl on 11/16/2010

### The following employees are no longer with Sixteenth Street Community Health Center:

Imera Burton, Roberta Curich, Esmeralda Diaz, Elizabeth Earl, Scott Janiszewski, Nicole Krueger, Dr. Rozmond Lewis, Sarah Maksoud, Anissa Smidt

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