

Que Onda

October 2012

A Message From Our CEO

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Hello All:

Hard to believe we are entering the final quarter of 2012 – and I’ve got to admit, it has been a great year so far. I am particularly looking forward to sharing highlights with you at our annual All Staff

Meeting, coming up on Friday, November 9th. We’ll be back at the Wyndham by the airport – see you all there, starting at 1:00 p.m. sharp!

You’ve probably noticed the arrival of several new providers who have joined our Sixteenth Street Team. Pediatricians Chris Weber and Ellie Eichman started in the past month or so, and I don’t want to forget to welcome Dr. Eliana McKee who quietly came on board back in May.

Dr. Lisa Zittergruen joined our Family Practice Department and we’ve got two new nurse practitioners – one in Family Practice, Elizabeth ‘Scottie’ Todd and one in Pediatrics, Katie Nunez. Another pediatrician, Dr. Sonia Krishnan is scheduled to start later this month.

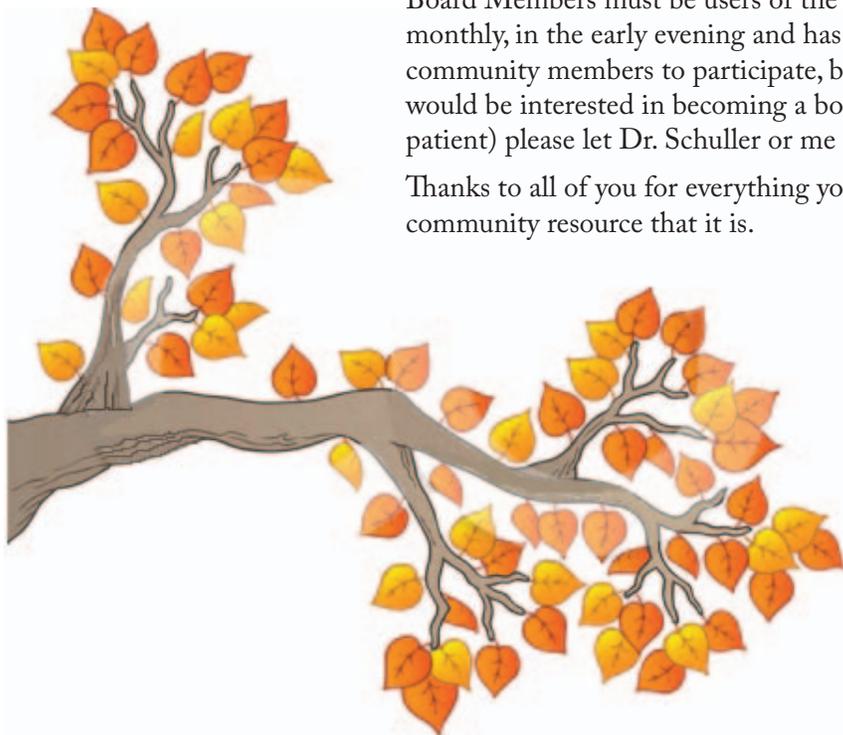
In other news, our Board of Directors held a strategic planning retreat in September. New officers were elected – Rick Walters, from Wells Fargo Advisors is our new Board Chairman and Tom Gazanna, retired executive from Children’s Hospital is Vice-Chairman. Laura Anrow, CPA continues as Treasurer and Levi Sosa, UW-Milwaukee continues as Secretary. Dr. Peter Geiss from ProHealth Care in Waukesha has also joined our Board of Directors and because of his work with specialty care providers in Waukesha, he should prove to be a great addition to our leadership team.

You might remember that because we are a community health center, the majority of our Board Members must be users of the services of our agency. Because our Board meets monthly, in the early evening and has working committees, it is sometimes difficult for community members to participate, but if you know of someone who uses our services, and would be interested in becoming a board member (and it doesn’t have to be a medical patient) please let Dr. Schuller or me know.

Thanks to all of you for everything you do every day to make Sixteenth Street the valuable community resource that it is.

See you next month.

John Barkowski
President/CEO



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Rewarding, Quick Exercises for Wellness



Prior to last January, I admit I hadn't worked out, played sports or really done much exercise other than dog walks for many years. As my cholesterol soared, I realized this past New Year's I had to change. When a flyer came in my mailbox for

a gym membership rate of only \$18 per month, I joined the Bally's, now named Blast Fitness, on 60th right off the Hank Aaron State Trail near my home.

Over time, what I once viewed as kind of "meat-head" workouts like weight-lifting soon turned into passions of mine. In 9 months I haven't turned into a muscle bound Incredible Hulk, nor do I want to become one, but I'm finding I feel healthier, happier and my total cholesterol went down below

200 for the first time in many years (let's just say it was at a good batting average in baseball, almost Ryan Braun-like until recent years).

What I've learned as a novice workout aficionado these past 9 months is some of the simplest exercises are the best for you with the least chance of injury. Below are some suggestions that you can do without needing a lot of time (any of these can be done in 1 minute or repeated in stations for a full 15-minute break) and without any needed equipment other than your self and gravity.

-Evan McDoniels
(Wellness Team)

Side Plank

While most workout videos suggest doing millions of crunches to work those abs, the reality is the abdominal muscles were never built for repetitive movements like that. After having some lower back problems, my chiropractor asked me if I was doing crunches and I had been.

Crunches and any abs workout where you lift your lower back up repeatedly are not good for your back.

The side-plank is a yoga position that helps strengthen abs and arms and has many modifications to meet any ability level.

Check out these diagrams below to see how the side plank (and modifications) should look. I'm the least flexible person on earth so just because you hear "yoga" doesn't mean you will need rubber band arms and legs just to get into some good poses. The left-side diagram is the original side-plank pose (showing the muscles you tone), with modifications shown to the right.



If the first time you do it, you can only do 2 seconds in the pose, no problem. The idea is to build off the amount of time you can hold the pose so if you can do 2 or 60 seconds, that is your baseline to try to improve off of. Also remember to switch sides so you work both sides of your body. I find this is a good way to wake up in the morning to get the blood flowing!

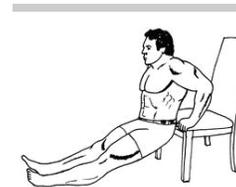
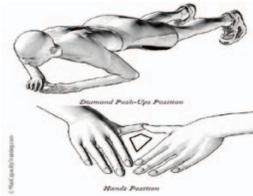
Push-Up

This is a classic, bread-and-butter (well, scratch the butter for wellness!) exercise you could do on the north pole, in the Andes mountains or even at your exotic desk or pod location! There are tons of different push-ups to work different muscles too as well as modifications for any ability level. Also, holding yourself up without going up-and-down is called the "front plank" in yoga. Holding that pose alone is a good way to build stabilizing muscles in arms, chest and core if you abhor preconceptions about push-ups. If you have trouble getting down and/or holding your body weight in a traditional push-up try standing up, going to the wall and pushing up against that until you are strong enough to do traditional pushups (top far right image).

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Get Moving!

“Move it or lose it” is taking on more and more of a frightening meaning for us today as inactivity and obesity becomes pandemic in our culture. Even if you have 30 seconds, that’s 30 seconds of bunny hops you can do or jump side to side or do jumping jacks. If you’re particularly ambitious do burpees, a fun challenge that really gets you a work out (see diagram to the right, 10 of these will get you rolling!). You can dance, take a brisk walk or do flying high-fives with your co-workers, just have fun and be healthy! There’s nothing more professional than being healthy.



Burglary Prevention



Burglary is a crime of opportunity. Make their work risky and difficult, and you stand a good chance of stopping them before they get in.

Burglars try the doors and windows first. If burglars have difficulty here, chances are they will move on to another property. You should consider on investing into sturdy deadbolts on all exterior doors. Make sure to lock your doors and windows when you leave your home, even if it is just for a short time. Also, remember to lock any second floor windows. You can protect windows by putting grates, grill work or bars over them. Do not place valuables where they will be visible from your door or windows. Make sure you increase occupancy indicators (increase exterior and/or interior lights, install motion-sensitive lights, use a variable light timer to activate interior lights, leave your radio or TV on, etc). If you can afford it, install an alarm system that (depending on your city alarm ordinance) will alert neighbors, a private alarm responder or your local police department of a burglar’s presence. A basic alarm system can send an alert signal when a window or door is opened and or when motion is detected.

In addition, trim trees and shrubs near doors and windows so burglars can’t hide in the shadows. Think like a burglar. “Case” your home the way a burglar would and look for easy ways to enter your home. While on vacation, have someone pick up your newspaper and mail, so that they don’t accumulate and alert burglars of your absence.

Just in case your efforts don’t stop a determined burglar, it’s wise to take some precautions that will help you get your



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property back:

- Make a list of your belongings (be sure to keep receipts, especially for expensive items like stereos, big screen TV's and computers) and update this list periodically.

- Make sure you have the right home insurance coverage. You may need to purchase additional coverage to protect special items like jewelry or rare antiques.

- If you don't own your home, seriously consider buying renter's insurance

Remember the best weapons in the fight to prevent burglaries are light, time and noise.

Carlos R. Barrancos
(Security Manager)

Announcements!

Welcome to Sixteenth Street:

Josefina Acosta	Perinatal Outreach Worker
Nora Aguiano	Medical Assistant I
Lucero Ayala	Medical Assistant
Rhonda Cruz	Facilitator
Yolanda Cruz	Medical Assistant I
Cynthia Dingle	Patient Access Rep
Ellie Eichman	Pediatrician
Yiskeny Frias-Rodriguez	Medical Assistant I
Delia Iris Gonzalez	Community Eng. Specialist
Wildfredo Gonzalez	Medical Assistant I
Vanessa Jimenez	Medical Assistant I
Chelsea Melendez-Kapitan	Lead Program Assistant
Hada Mendez	Operator/Appt Clerk
Kathleen Nunez	Nurse Practitioner
Marta Rivera	Medical Assistant I
Chrissy Robinson	Registered Nurse
Angelica Robles	Medical Assistant I
Elsa Rojas	Medical Assistant I
Selaez Rosario	Facilitator
Elizabeth Todd	Nurse Practitioner
Codie Vassar	Social Services Specialist
Christopher Weber	Internal Medicine/Pediatrician
Sivvis Xiong	Facilities/Inventory Technician

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

5 Years:

Sarahi	Burgos	Nitza	Ortiz
Lilybeth	Colon	Jessica	Ramirez
Marcos	De La	Anna	Sanchez
Cruz		Martha	Sanchez
Brenda	Lopez	Kateri	Smith
Evan	McDoniels	Cecilia	Vallejo
Georgina	Mueller	Choua	Yang

10 Years:

Julia	Mennen
Mariana	Rincon
Yasmin	Rios

25 Years:

David	Waters
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Transfers / Promotions:

Josefina Gutierrez	Medical Assistant Team Leader
Liz Garcia	WIC Support/Lead Billing Specialist
Norma Guerra	Medical Assistant I
Teresa Vazquez	Medical Assistant I
Valeria Guzman	Credentialing Coordinator
Maria Beltran	Registration Team Leader

Welcome, Community HealthCorps 2012-2013!

Our team of Navigators is dedicating the next year to serving our patients and community – for almost no pay! They are here to gain professional experience, explore careers in community health, and provide services to our families. Health care leaders of the future!

[left to right] Laura (Diabetes Ed), Luke (Environmental Health), Molly (MAP), Natalie (Healthy Choices), Sarah (Asthma Ed), Carolyn (WIC), Lauren (Women's Health), and Steph (Spanish/English Interpreter)



Congratulations to Choua Yang for her Perfect Attendance in the 3rd Quarter of 2012!



Reminder:

The All Staff Meeting will be held on Friday, November 9th at the Wyndham by the Airport. All staff members will be meeting at 1:00pm.