

# Que Onça

## January 2013

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## A Message from our CEO



Hello All:

Thanks to everyone who completed the Workplace Survey. The last I heard, 218 of you took the survey – a 75% response rate. That's great.

You know, we talk a lot about our clinical quality, and we're proud of the good job we do to take care of our patients. But having good work environment for our employees, is just as important. So thanks once again to everyone, for sharing your feelings about our workplace. We will once again be putting ourselves up against many private sector companies that have a lot more resources than we do.

We should know by the end of the year, if we make the list again. If we do, great. If we don't we'll have the survey results, and your comments, to help us make improvements.

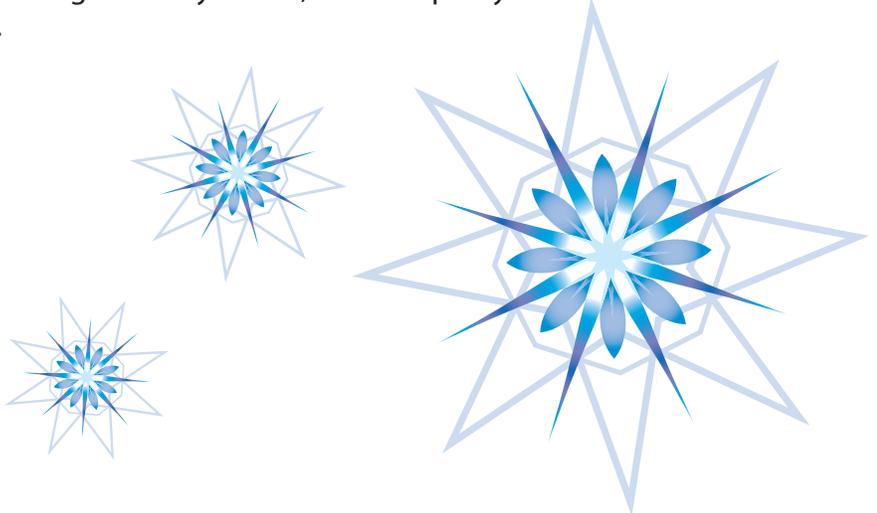
Now, let me continue the theme of saying thanks. Because the past year, was really a pretty good year for this agency. There were a lot of notable achievements – passing our Joint Commission audit, being named a Top Workplace, opening a new clinic site in Waukesha, and getting great news from "local" companies like GE and the Stark Hospital Foundation that they want to continue supporting the work that we do. On the "national" front a new grant from Bristol Myer's Squibb and recognition came from the Kaiser Health News that Sixteenth Street is among a small group of very excellent Community Health Centers in the whole country.

These are achievements worth noting, and every single person who works here should feel proud, but also responsible for our success. Every person makes a contribution.

So make a note to congratulate yourself, and accept my best wishes for a note worthy new year.

Thanks.

John Bartkowski  
President & CEO



# Que Onça

## Let's Do This! Get Moving! Run!



*"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished!' There is a lot of satisfaction in that."*

-Fred Lebow, New York City Marathon co-founder

With 2012 as the first year I've committed myself to the sport of running, it made me reflect on how I went from being someone who probably would have told you "I hate running!" to someone who now loves it. I went from panting after less than a mile feeling my lungs burning to running a 15k Turkey Trot this November (9.3 miles). My goal is to run half marathons in 2013 and maybe even one marathon. For once in my life, I feel I can do it too!

One of the most important reflections, as simple as it may be, was just to realize you have to crawl before you can walk. With running, it means maybe your first runs are barely a block or maybe you haven't ran at all in many years and the entire idea of getting your body rolling like that seems foreign or impossible. The truth is, we evolved for running. Many of our anatomical adaptations are proven to be connected to long-distance running. Few animals have an Achilles heal which enables running upright, which enables us to breathe throughout our running stride (unlike our four-legged friends).

The other great thing about running is it's generally a self-motivated series of victories that build off each other rather than a one-time game to win like in volleyball or soccer. When you run, nobody can diss your hoopin' skills like in basketball or say "you can't catch!" like in most ball sports. You have legs and feet, and you just get them moving. There are sick people who may judge us, our bodies or mannerisms no matter what we do so get out and run.

The victories of running come in exercise highs,

overcoming challenges and setting new distances to achieve. In the process you build muscles you didn't know you had on your body ("oh wow I didn't know I could have definition there!")!

And the longer you can go over months and years of training, the more it becomes a meditation. You learn to listen to your biorhythms; your own heart's great muscle pounding thunderously alongside lungs, footsteps and bird songs. You can use something that is bothering you or stressing you out to push further, to do an Aaron Rodgers and prove doubters wrong.

Running can be deeply personal. Running can help overcome abusive relationships. Running can help you meet new friends with healthy perspectives. You can do running to learn about your inner self or to gain focus when you do home tasks or work tasks.

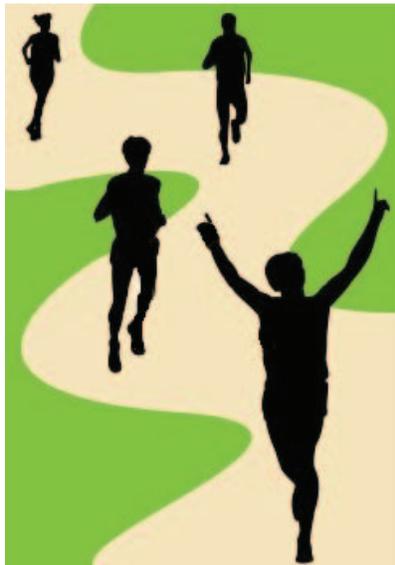
In writing this, I want to share that I realize not everyone will suddenly take up running but rather to suggest we all pick up a new hobby or sport and really dedicate ourselves to it. As we get moving, we feel better but it takes a little pain in order to gain. Just make sure you do all your activities in a healthy way (stretching before and after, appropriate nutritional balance, respect for yourself and those you relate to).

Lastly, remember everything starts with that first step into the unknown. Step-by-step we build skills, gain strength and stamina. Let it feel awkward, challenging and weird at first. That's the exciting part, from there keep going out there and find your wellness anew!

*"The miracle isn't that I finished. The miracle is that I had the courage to start."*

-John Bingham

-Evan McDoniels  
(Wellness Team)



# Que Onda

## Safety & Security



Safety and Security, while the two go hand in hand, they are not the same. On one hand, the missions have much in common. Both are concerned with the integrity of systems and the protection of people. Safety defends against outcomes that are unintended; security, against planned malevolence. Security is comfortable with the languages of incentives and probability; safety, less so. Safety is usually defined by area (Is this a safe neighborhood?); Security, often by systems. Safety is a state of mind; Security is a procedure. Safety concerns itself with people; Security worries about assets, which include but are not confined to people. Security divides the population into good people and bad people; Safety treats everyone alike. At least potentially, these variations can spark conflicts. Security and Safety are both interested in access, but security likes to see small numbers of well-identified people moving slowly, while safety wants the option of evacuating large numbers rapidly, without regard to identity. So

safety and security have two different requirements, and you can't cover both without compromising. Although workplace safety and security are shared responsibilities, your personal safety is largely determined by your choices. Our security department is dedicated to your safety. You can rely on us as we rely on you. Together, with the common good in mind, we create a safe and secure workplace by reporting suspicious activity and caring for one another's' wellbeing. Never hesitate to call Security when you need help, or when you sense that something is wrong, or someone is in danger. Listen to your intuition and take positive action. Maybe you have ideas which could help to cooperate in achieving both goals (keeping us all safe and secure). And don't forget, Safety is a state of mind; Security is a procedure.

-Carlos Barrancos  
(Security Manager)



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## Prevent Winter Colds With Immune-Boosting Foods

Winter is on its way and with it often comes a plethora of ailments like colds and flus. Now is the perfect time to start boosting your immune system to prepare for winter.

The body's immune system is affected by many variables such as diet, sleep and health conditions. The one variable we can always control is diet.

### 1. [Coconut Oil](#)

Rich in lauric acid, coconut oil helps to attack viruses, bacteria, and pathogens. It's also incredibly versatile and can be used in smoothies, as a spread, in salad dressings, or just eaten from a spoon.

### 2. [Mushrooms](#)

Mushrooms are known to help support the immune system, but the ones with the greatest impact are medicinal mushrooms such as maitake, reishi, coriolus, agaricus, and shiitake. These mushrooms contain powerful compounds called beta-glucans, which are proven to help activate the immune system.

There are certain foods that, when accompanied with a healthy balanced diet, can keep your immune system functioning strongly and decrease your risk of catching the common bug.

Here are five great immune-boosting foods to incorporate into your diet this season:

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### 3. Berries

Blueberries, raspberries, goji berries, and acai berries all contain high ORAC values (antioxidant capacity) and thus offer protection against free radicals and sickness in the body. Berries also contain essential vitamins, minerals, and dietary fiber—all contributing to overall wellness.

### 4. Organic Fruits and Vegetables

Fruit and vegetables in general are packed full of enzymes, antioxidants, vitamins, and minerals to help keep your immune system optimized.

### 5. Matcha Green Tea

Matcha contains a strong concentration of polyphenols in the form of natural chemicals called catechins. Catechins have been found to improve the body's immune response to pathogens. You can enjoy this healthy green beverage all season long.

Stay ahead of flu season with these immune-boosting foods and feel your best this winter.



By Gavin Edley (Active.com)

## Announcements

### Transfers / Promotions:

Maria Del Mar Vando	Facilitator
Leticia Paez	Benefits Specialist
Melissa Waldo	Social Worker

### Welcome To Our New Employees:

Alina Aloma	Psychotherapist
Kelly Barboza	Diabetes Education Specialist-Linkage to Care
Gabriela Caballero-Moersfelder	Social Worker
Sonia Krishnan	Pediatrician
Esperanza Magana-Smith	Health Educator
Kathleen Nunez	Family Nurse Practitioner
Jonathan Roman	Security Officer I
Elizabeth Todd	Family Nurse Practitioner
Lisa Zittergruen	Family Practice Physician

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

Brittany Barker, Jessivett Camacho, Carolina Espinoza, Cynthia Franzolin, Jose Guzman, Lorena Martin, Phyllis Proffitt-Penson, Kenneth Woody, and Olivia Wyne.

### Congratulations!

Marta Ruiz has completed her 2-Year apprenticeship and has earned her CPC! (Certified Professional Coder)

### Employees with Honorable Attendance for the 4th quarter of 2012 are:

Karina Bahena	Carlos Quintanilla	Victor Tenorio
Lilybeth Colon	Marta Rivera	Yvette Valentin
Rhonda Cruz	Kateri Smith	Marcos Zendejas

*Congratulations* to  
Rosario Avila Salaez  
for her **Perfect Attendance** for  
the 4th Quarter of 2012!



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

#### 5 Years:

Ann Ledbetter  
Angelica Morales  
Arseniy Nenashev  
Malisa Valeriano

#### 10 Years:

Delia Artega  
Norma Romo

#### 15 Years:

Carmen Reinmund