

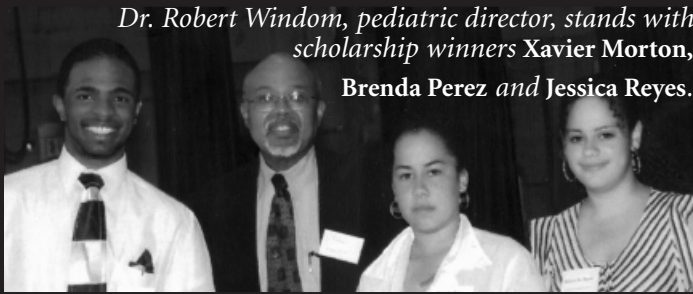
# GUARDIAN

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WINTER 2007

Dr. Robert Windom, pediatric director, stands with scholarship winners Xavier Morton, Brenda Perez and Jessica Reyes.



## Miller Scholarships Awarded

Three students were picked this year as winners of the **Dr. Tammis Miller Scholarship Fund**. They are **Brenda Perez** and **Jessica Reyes**, who plan to attend Gateway Community College, and **Xavier Morton**, who will attend Albertus Magnus College.

The scholarships, named in the memory of an HHC pediatrician, are awarded each year to HHC patients who plan to attend college. Scholarship applications are available at the Hill pediatric front desk or from pediatric providers. The deadline is the third week of April, 2007 and the announcement of winners is made in May.

## Program to PREVENT STROKE in African Americans Begins

Hill Health Center (HHC) has been awarded a \$150,000 grant from the State Department of Public Health to conduct heart disease and stroke prevention activities for New Haven's African American residents over the next three years.

HHC serves a population that is at the greatest risk for developing cardiovascular disease. National and State data clearly demonstrate that African Americans, particularly those who have low-incomes, are at the greatest risk for developing cardiovascular disease due to more tobacco use, lack of exercise, obesity, high blood pressure, elevated blood cholesterol, and diabetes.

Approximately 35% of HHC's 28,000 patients last year are African Americans. Sixty-three percent of all Center patients are below the poverty level.

Jennifer Brackett, HHC Health Promotion Director, said, "We intend to raise awareness about the risk factors for heart disease and stroke in the New Haven community. At HHC, we will have group education sessions aimed at reducing cardiovascular risk factors and preventing problems before they start. We will expand our outreach efforts to include many of the public housing facilities and churches in New Haven."

Among the activities planned are:

- Continuation of the weekly diabetes education classes
- Diabetes prevention education
- Monthly Heart Smart classes
- Weight management
- Smoking cessation services
- Exercise programs

*"The above interventions focus on health promotion, risk reduction, prevention, and health education," she said. "This grant will allow us to build upon existing education programs and expand our services to fill the needs of our patients and the African American community in New Haven. We will now be able to offer some exercise and weight management services as well as smoking cessation - things that have not been reimbursable under Medicaid or other insurance programs"*

Educational forums will be held at housing sites, health fairs, schools, and churches. Screening of blood pressure, blood sugar, and cholesterol will be available at community locations. Community-based exercise programs and opportunities will be promoted. "We intend to update and expand the HHC Exercise Directory to include a focus on the Dixwell and Newhallville neighborhoods as well as the Hill neighborhood," Brackett said.



## The Amazing SUN RACE

The race pitted seven high school teams through a one-day (Oct. 14) obstacle course consisting of 13 mental puzzles and physical challenges. It was sponsored by **Community Health Network** and the **New Haven Public Schools**. Hill Health Center was one of the 12 **Sun Spots** where the challenges took place. HHC nursing staff, including Robert Howell, director; Linda Fishkin and Nancy Rose assisted the teams.

Two teams tied for first place: Hyde Leadership Academy and the Sound School. The third place team was James Hillhouse High School.

## Pharmacy to DELIVER Prescriptions

The Center's Pharmacy will begin a prescription delivery service soon thanks to a \$100,000 grant from the State Department of Social Services. HHC patients will need to sign up for delivery service by filling out an application at the Pharmacy, 428 Columbus Ave. The service is intended to help people - such as the elderly or disabled - who would have difficulty coming in to pick up a prescription. For more info, call Catherine at 503-3021.



**JANET L. TUCKER** of New Haven has been promoted to WIC Manager of the Hill Health Center. She has been working at the Center as a nutritionist for the WIC (Women, Infants, Children) Program since 2004. A graduate of North Carolina Agricultural and Technical University in Greensboro, Ms Tucker has held numerous nutrition-related positions in Connecticut and Minnesota.



**JENNIFER BRACKETT, APRN**, family nurse practitioner, was named Health Promotion Director.

She is a Certified Diabetes Educator and is a graduate of MGH Institute of Health Professions and Boston University School of Public Health. Ms Brackett also sees patients at the West Haven Health Center. In Health Promotion, she is responsible for assuring that health promotion efforts address the changing needs of the HHC's diverse population and for directing and coordinating programs related to the health of patients and employees.



## EDUCATION is the KEY

Congratulations to **Rhonda Westbrook** who successfully passed the examination for Certified Ophthalmic Assistant in September. The exam is given by the Joint Commission on Allied Health Personnel in Ophthalmology. Rhonda, who works in the Center's Eye Clinic as an ophthalmic technician, says, **"EDUCATION IS THE KEY TO OPEN MANY DOORS."**

## Major Clinic IMPROVEMENTS to Take Place

The Hill Health Corporation is beginning major work on expanding and improving its facilities. Some of the changes you may expect to see in the next 12-24 months:

- Expanded dental clinics in New Haven and Derby;
- The Child and Family Guidance and Adult Psychiatric Clinics moving to larger space in the 400 Columbus Avenue building;
- New furniture for patient waiting rooms;
- New furnishings and exam tables in patient exam rooms;
- A separate waiting room for pediatric patients at the Hill;
- Additional internal medicine space at the Hill clinic;
- The pharmacy will move to a more visible location in the Hill clinic;
- Improvements to the heating and air conditioning systems;
- A new façade on the 400-428 Columbus Avenue buildings;
- Additional parking space in the Hill.

The \$12 million project was made financially possible with grants and contributions from Citizens Bank, Community Health Network, Community Development Block Grant, Connecticut Health Foundation, and the State Departments of Public Health and Social Services.

## FROM ACHOLI TO YUPIK Language line now available for interpretation in 140 languages

Patients who do not speak English now have access to a telephone interpreter service when they visit or call their HHC providers. The service provides trained medical interpreters in 140 languages and is available within minutes through a toll-free telephone number. The service guarantees patient confidentiality. Please ask your provider for the language of your choice.

## Hill Health Center and Yale provide FREE EYE SCREENING for Glaucoma

With the help of Yale Eye Center, two free glaucoma screenings were held this fall at the Center's Eye Clinic, 428 Columbus Ave. The first person screened was found to be suspicious for glaucoma and was given an appointment for a complete eye exam.

Glaucoma is one of the leading causes of blindness in the world. It often strikes without warning. Those at risk for developing glaucoma include African Americans and Hispanics over age 40, and others over the age of

60. People with a family history of glaucoma, and people with high eye pressures are also at risk.

The screening takes about 8 minutes and includes several tests. It does not hurt and provides a fairly high degree of accuracy. If the screening is positive, a complete eye evaluation will be recommended. Both evaluation and treatment can be provided at the Hill Health Center. The program is lead by Dr. Susan Forster. Call the Eye Clinic for info about future screenings, 503-3230.

## Hill Health BOARD ELECTS OFFICERS

The Hill Health Corporation Board of Directors elected the following officers at its September meeting: President, Andrea Jackson Brooks; first vice president, Paul A. Kowalski; second vice president, Nathan Jones; treasurer, Lewis Kaufman; secretary, Arlyne R. Dildy.