Focusing on Community Impact

The spring semester has been an active one for CfHP. We’ve been busily engaged in strategic planning, working to maximize the effect that our outreach can have on the health and well-being of our larger community. Take a minute to check out the newly crafted Center vision and mission on the back page of the newsletter. While we will continue to support a wide range of community service activities, we will be working to target our community service efforts around diabetes prevention and management and educational interventions for at-risk individuals. NMC may be relatively small, but we believe that through focused outreach, we can have a big impact.

Mexican Secretary of Health Visits NMC

On May 23, 2011, NMC was very pleased to host the Secretary of Health for Mexico, Dr. José Ángel Córdova Villalobos. This is the first time a Mexican politician of such high ranking has come to Omaha. Dr. Córdova came to NMC to give a presentation about the Mexican health care system and to meet with some of the “Our Families Health” promotoras. He also requested a tour of the Mobile Diabetes Center.

Dr. Córdova’s visit to NMC was celebrated with traditional dancers and a Mariachi band.

Refreshments for the event were provided by Nebraska Methodist Hospital. Dr. Córdova presented to a full house, which included NMC students, faculty and staff as well as the CEO of Methodist Health System, the NMC President, the Omaha Mexican Consulate and the Director of the Institute for Mexicans Abroad.

Dr. Córdova was in Omaha to officially open the Health Window which was established at the Mexican Consulate in October of 2009. Dr. Córdova also visited OneWorld Community Health Center and the Nebraska Medical Center during his time in Omaha.

Dr. Córdova’s visit to NMC was made possible by the community position and hard work of Dr. Jose Villegas. As a faculty member at NMC, Dr. Villegas also holds the elected positions of the CCIME for the states of Iowa and Nebraska, and the CCIME Health Commission Chair. Because of his work with the CCIME and the respect it garners in Mexico, Dr. Villegas was able to ensure that NMC was on Dr. Córdova’s schedule for his short visit.
Mobile Diabetes Center Happenings

Mobile diabetes outreach had an excellent start this semester. The Mobile Diabetes Center (MDC) is a partnership between Cosmopolitan International and the Center for Health Partnerships at NMC. Christine Clancy coordinates the mobile outreach and has been actively working with NMC course coordinators to include mobile outreach within a broad array of Nursing courses. Chances are if you are in the Nursing department, you have been presented with an opportunity to work on or with the MDC. Plans are being made to include other departments in these outreach efforts too.

Ms. Clancy estimates that by the end of May 2011, the MDC had conducted between 350—400 diabetes screenings. The mobile unit has been to Macy, NE, Omaha Housing Authority Senior Towers, Intercultural Senior Center, Benson Food Pantry, GI Forum and many other community sites. The unit has also been involved in a few club screenings for the local Cosmopolitan Club chapters.

In celebration of the partnership, which makes mobile outreach possible, CFHP sponsored an open house for Cosmopolitan Club members on April 4, 2011. Attendees were given a tour of the College and the mobile unit and provided with refreshments in the Hood Lobby of the Clark Center. Refreshments included fresh fruit, fiber bars and MDC water bottles, which will be distributed to individuals who take part in MDC screenings in the future.

Christine Clancy and Kristin Mattson have also been busy promoting the MDC to the Methodist Health System and community alike. During the month of May, they presented at the All-College Forum, the Nursing Community-Based Advisory Board and Methodist Hospital/College Nursing Council concerning the services offered by the MDC and plans for expansion. They also were the keynote speakers for the Cosmopolitan Club’s Annual Cornbelt Confederation Convention.

Ms. Clancy has been fielding many calls from local agencies interested in hosting the mobile unit in community health outreach events. Plans are underway for the MDC to partner with Congressman Lee Terry’s office in the fall for his office’s outreach to the OHA towers. And don’t miss the article below concerning MDC’s exciting new partnership with Prevent Blindness Nebraska.

MDC Partners with Prevent Blindness NE

The Mobile Diabetes Center is excited to be partnering with Prevent Blindness Nebraska in an effort to expand the diabetes related screening services currently available to the community. Nursing students in NS350 are becoming nationally certified volunteer vision screeners this summer. Prevent Blindness Nebraska is providing the education needed to become certified and will allow the Mobile Diabetes Center to borrow their vision machines for community outreach events. The certification is good for two years, and the trained screeners will be able to provide vision screening for acuity, depth perception, glaucoma and macular degeneration along with blood glucose, blood pressure, BMI and prediabetes risk assessments in the community. Many people do not have insurance that covers an annual eye exam, so this is a great opportunity to provide non-diagnostic vision screening in the community. Students and faculty are excited to be the first to participate in this new venture this summer.

Beginning this fall, all NS350 students and faculty will become certified volunteer vision screeners. Since the certification is for two years, students will be able to provide this service whenever they go out with the Mobile Diabetes Center through graduation and beyond. The students will have the option of renewing their certifications at the end of the two year timeframe.

Article submitted by Christine Clancy
NMC Upward Bound Update

School is out for the summer! As our students wrapped up the spring semester, the Upward Bound program was gearing up for the Summer Program. After all of the days filled with finals, graduation parties, and making summer plans, we wanted to take a moment to reflect on this past semester.

The spring semester was full of great opportunities and great successes. Our after-school tutoring program continued to run smoothly, in partnership with the St. Luke Teen Center. Our students enjoyed the Healthy Choices Challenge program, which encouraged students to participate in healthy activities throughout January and February. We also had a concert at the Teen Center, showcasing the musical talent of three of our students. Over Spring Break, seven Upward Bound students travelled to the South exploring over 10 colleges and universities on the Black College Tour, sponsored by Morning Star Baptist Church and Salem Baptist Church.

After spring break, our students were getting ready for Prom. Due to a great partnership with the Junior League, twenty of our Upward Bound girls were able to take a limousine ride to “My Closet” to pick out prom dresses that were donated. Our juniors participated in an ACT Preparation class hosted by the Assistance League in April and took the ACT exam on April 9. Several of our students volunteered with the YMCA “Healthy Kids Day” event at UNO in April as well. We also visited Midland University and Peru State College this semester, and we checked out a play at the Omaha Community Playhouse. It was a very fun and very full spring semester! The Upward Bound/Teen Center Graduation Party took place on Thursday, May 12 at the Teen Center. We were excited to celebrate the great successes of our 17 seniors!

Our Summer Program began at Nebraska Methodist College on Tuesday, May 31. We also have 15 seniors living on campus and taking part in a college course and the Nursing Assistant program at NMC.

We look forward to sharing with you in the fall! If you are interested in learning more about the program, or volunteering in any capacity, please contact Allison Kinney-Walker at Allison.Kinney-Walker@methodistcollege.edu or (402)354-7121.

Shared Lessons from the Somali Bantu

As the result of a new partnership developed with the Nebraska Department of Health and Human Services (DHHS), during the spring 2011 semester, students enrolled in the Accelerated Nursing program had the opportunity to share their knowledge by educating Somali Bantu refugees in the Omaha metro area. After being approached by a community health educator from DHHS, faculty from the ACE program felt this was a great opportunity for their students to learn more about the needs of Omaha’s refugee populations.

Students worked in teams and taught about basic food safety and handling practices, like washing produce and not using the same knife to cut produce and meat. Additionally, the students spoke of the importance of living in a clutter free environment to prevent pests from entering a home.

The Somali Bantu people were not the only ones who were taught lessons during these interactions. The ACE students had the chance to learn about the Somali Bantu culture, and the reasons why these people sought freedom from oppression. Beginning in 1999, the United States agreed to resettle nearly 12,000 Somali Bantu refugees because of persecution and violence. Omaha has one of the largest Somali Bantu populations in the U.S.

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**Spring Series on Immigration**

The NMC Diversity Council determined that diversity education on campus needed to focus on timely issues affecting the Omaha community. Because Omaha is home to large immigrant populations, and in response to the many current debates about immigration policy, the Diversity Council decided to focus on immigration for the Spring 2011 series. The NMC Diversity Council partnered with the Center for Health Partnerships and College of Saint Mary to plan and host the following programs as part of the “Educating Citizens Series on Immigration.”

**History of Nebraska Immigration**

On February 8, retired Creighton History professor, Dr. Dennis Mihelich, lectured to nearly 120 individuals at NMC about the various populations who have immigrated to Nebraska and particularly the Omaha community.

**Immigration Law 101**

On February 9, Mark Curley, of Curley Immigration Law, presented at College of Saint Mary on laws affecting the immigrant communities. Mr. Curley’s talk described the labyrinth of laws and agencies immigrants to the U.S. must negotiate. “Mr. Curley clearly laid out the case for immigration reform without getting mired in the partisan squabbles which so often accompany this issue” according to Dr. Kristin Mattson.

**Laredo, TX Immersion Presentation**

During the winter break, 12 students and advisors Corlis Hayden, Nursing Faculty, and Dan Johnston, Director of Spirituality and Health Ministry, participated in a service immersion trip to Laredo. Upon their return, three students participating in the immersion shared their experiences of what they learned about immigration. Nursing student, Drew Deras said, “What I learned personally is there is no perfect answer to immigration and it seems like something that our government has to trial and error with. . . Going to Laredo changed what I thought about immigration because I got to know the people on a personal level.”

**Immigrant Access to Health Care**

On April 14, OneWorld Community Health Center CEO, Andrea Skolkin, presented to approximately 50 students about the struggles immigrants have in accessing health care. Skolkin highlighted that in 2008 nearly 31% of Latinos were not covered by health insurance due to the high cost and employers not offering it. Skolkin said that though OneWorld Community Health Center offers health services to those who are uninsured, they can no longer serve all who need low cost health care because of the growing Latino population and the limited space at OneWorld Community Health Center.

**Celebration**

The immigration series culminated with a Latin celebration on April 28 where Mexican food and atmosphere were provided.

Article submitted by Erika Pritchard
Our Families’ Health

On April 23, 2011, 32 promotora students celebrated the completion of the first level of NMC’s “Our Families’ Health” program. This pilot program was developed by Dr. Jose Villegas and is modeled after other successful promotora programs, preparing the participants to engage as health promoters for Spanish-speaking communities in the states of Iowa and Nebraska. Course instruction emphasized: communication, interpersonal skills, service coordination, capacity building, advocacy, teaching, and health literacy (particularly regarding specific health issues impacting Spanish-speaking communities).

As part of their course responsibilities, the promotora students participated in service-learning by creating and holding a health fair for their families and friends at NMC on April 02, 2011. This event included health education and health screenings presented by the promotora students. For the screenings the promotora students worked alongside NMC faculty and students from both the Nursing and Respiratory Care programs. Community partners who also participated in the day included OneWorld Community Health Center, Prevent Blindness Nebraska and Douglas County Health Department. Bridget Rolenc from Methodist Health System was present as well, donating both time and resources. There were over 160 friends and family members that attended, including 35 children.

All 32 promotora students progressed to complete the program. On the day of completion the students, along with families and friends, gathered to celebrate their accomplishment, and participants received their Certificate of Completion. Dr. Kristin Mattson and Dr. Jose Villegas worked with other key community partners to distribute certificates and extend congratulations to the program participants.

The second level of “Our Families’ Health” promotora program will begin in August 2011. It will consist of 100 hours of classroom instruction and service-learning. The celebration of completion is scheduled for May 2012. For the 2011 fall months of September and October, the “Our Families Health” program is partnering with agencies such as OneWorld Community Health Center to teach and implement a public health practicum which offers the students opportunity to understand and teach their community about cancers, such as breast cancer, cervical cancer, testicular cancer, prostate cancer and colon cancer.

Article submitted by Dr. Jose Villegas
Spring Break Service Trip to Atlanta

While most members of the NMC community were relaxing over spring break, two Nursing students, Michael Bailey and Alicia Cronin, along with Office Manager of Student Developmental Services, Crystal Lush, packed their bags for an alternative spring break service immersion trip to Atlanta.

During their travels, the trio spent time exploring the Sweet Auburn District, which is the historic neighborhood of where Dr. Martin Luther King, Jr. was born and buried. Furthermore, the group learned about the poverty that surrounds much of Atlanta. They volunteered at the Product Rescue Center at the Atlanta Community Food Bank, and participated in a Hunger 101 workshop, where they learned about poverty and hunger, and how very difficult it can be to eat healthily on a limited budget. They also prepared and served a meal at Café 458, which offers a fine dining experience for homeless individuals in Atlanta. In addition, the participants delivered nutritious meals through an organization called Open Hand, whose purpose is to serve the community by empowering people to live healthier lives by providing them with nutrition education and home delivered meals.

The immersion was a positive experience for the participants, and they recommended offering service trips to Atlanta in the future. This particular immersion was the third service trip for the academic year.

CfHP Awards and Honors

CfHP received some important honors and awards during the Spring semester. The Center was presented with the Community Health Champion Award for our leadership in Binational Health Week 2010. The CfHP was recognized as a finalist for the United Way Outstanding Volunteer Award. Additionally, through the work of the Center, NMC was placed on the President's Higher Education Community Service Honor Roll for the fourth consecutive year. Thanks to all those whose efforts were integral to the Center’s consideration for these honors.
Outreach to Area Indian Nations

During the spring semester, NS350 faculty began to explore opportunities for Nursing students within the clinic and community settings among the Omaha and HoChunk tribes located at Macy and Winnebago, Nebraska. Both tribes are located approximately an hour and thirty minutes northwest of Omaha. The initial exploratory conversations have been fruitful and NS350 began outreach to the tribes during the spring semester 2011. To facilitate this outreach, students have taken the Mobile Diabetes Center to both Macy and Winnebago during the spring and summer semester. They have blood glucose screens and provide education to the people on both reservations.

During their time on the reservations, students have been exposed to health disparities of the Native American culture and observed first hand the impact that poverty has on health.

The outreach to Macy was eye opening for many students. Many did not realize that the living conditions on the reservation were as poor as they were and many students were shocked by the extent and depth of poverty on the reservation. Many students were left asking, the words of one participant, “How do we, as nurses, reach out to this area?” Clearly, the students witnessed a great need in the communities they visited and are struggling with identifying ways in which they can further the outreach efforts.

While on the Omaha reservation, students had the opportunity to meet with individuals who are passionate about developing plans to improve health at the tribal and individual level. Building from the relationships already developed with both Omaha and Winnebago tribes, we hope to help the tribe in its efforts to improve public health in their community. It is our hope to deepen these relationships and seek additional opportunities to engage with our neighboring communities.

Article submitted by Corlis Hayden and Kim Hall

World Refugee Day

Each year the Accelerated Nursing Students participate in World Refugee Day. This is a day where people from all over the world come together to celebrate their traditions, learn new information, play games, have lunch, obtain health screenings and more. This year, World Refugee Day was held on June 18 at Benson High School. The Nursing students provided support by conducting a “healthy snack walk”, assisting with the carnival and craft activities, helping serve lunch and teaching refugees about health related topics. Additionally, students educated the people about diabetes and how to maintain a healthy lifestyle. A favorite part of the day for students is when they watch the flag ceremony representing over 17 countries, observe cultural dances and attend the naturalization ceremony. By participating in World Refugee Day, students are able to gain a new perspective about refugees and can apply their new knowledge to their future nursing practice.

Article submitted by Dr. Susie Ward
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“Impacting the Community through Education and Service”

Mission Driven:
Nebraska Methodist College educates health care professionals who positively influence the health and wellbeing of the community.

C/HP Mission
The Center for Health Partnerships, a division of Nebraska Methodist College, promotes healthy communities through partnerships that focus on providing basic health care, health care education, and related learning opportunities to underserved populations.

C/HP Vision
The Center for Health Partnerships actively eliminates health disparities through health care access and education.

- The C/HP will be synonymous with excellence in diabetes education and prevention efforts.
- The C/HP will be synonymous with excellence in educational advancement for at risk individuals.

Important Dates

Upward Bound Summer Program at NMC
May 31, 2011—July 1, 2011

Mobile Diabetes Center Outreach at Fremont Days
July 8, 2011 10:00 am—2:00 pm

OHA Nursing Assistant Program
July 11, 2011

Mobile Diabetes Center Outreach with Congressman Lee Terry at OHA Senior Towers
Saturdays in August

Childhood Obesity Faculty Community Orientation
August 16, 2011, 8 am—2 pm

New Student Orientation Community Service Projects
August 18, 2011

C/HP Coffee
September 16, 2011, 2 pm—4pm

Fall Break Service Immersion to Rosebud Reservation
October 10—14, 2011

Students preparing food at Café 458 during the spring break service immersion to Atlanta.

Upward Bound students picking out prom dresses at "My Closet."

March 2011 Omaha Housing Authority Nursing Assistant Graduation Ceremony.

ACE students during World Refugee Day 2011.