Part of the mission of the Center for Health Partnerships is to provide health care education and other learning opportunities to underserved populations. Over these past months, the Center has introduced new programs that focus on educational advancement and augment existing programs. These programs, which were launched during the summer months, have provided an opportunity for youth in elementary school and post high school years. We are excited to share these experiences in this edition of the Community Outreach Newsletter!

Introducing a Bridge to Healthcare

For the first time, six Upward Bound alums became students at Nebraska Methodist College. This fall, the pilot year of the Bridge to Healthcare program began at Nebraska Methodist College with six very excited and motivated students. The Bridge to Healthcare program is a new program in the Center for Health Partnerships and is designed to provide a pathway to nursing and other allied health careers for students who are academically underprepared for college, and are traditionally underrepresented in those professions.

Students in the Bridge to Healthcare program will take two prerequisite college-level courses each semester as a cohort. In addition, they will receive academic support through Supplemental Instruction, tutoring, and intensive advising. They will also take a non-credit College Success Strategies Course to provide them with the academic and study skills they need to be successful in college. Once a month, they will meet together to learn more about health careers through a seminar, and they will build relationships with each other through other social activities throughout the year. To kick off the program, students spent two weeks of their summer vacation participating in a Summer Boot Camp to prepare for the rigor of their coursework this fall. Students who successfully pass all their coursework and complete all other requirements of the program will continue at NMC the following year to begin courses in their selected program (i.e. Nursing, Surgical Technology, Respiratory Care, or Medical Assisting).

The Bridge to Healthcare Program is an outstanding opportunity for our Upward Bound alums and a great opportunity for NMC. Our goal in the Center for Health Partnerships is to decrease health disparities in our community. We believe that by educating more nurses who are underrepresented in our state we can improve health outcomes for the most disadvantaged in our community. We are excited about this new pilot program and look forward to sharing outstanding outcomes with you in the coming year.
Mobile Diabetes Center Updates

The relationship between the Center for Health Partnerships and Cosmopolitan International is well into its third year! It has been a very successful partnership and CHP is looking forward to continuing and strengthening the relationship with Cosmopolitan International. The MDC continues to provide new learning opportunities for students with a focus on prevention of diabetes and diabetes related illness in the community. The Cosmopolitan International values of unity, service and action continue to compliment the Nebraska Methodist College core values of caring, excellence, holism, learning and respect.

The Cosmopolitans and the Center for Health Partnerships are actively collaborating to seek and apply for grant funding for a new mobile clinic! The estimated cost for the new unit is approximately $300,000. The Cosmopolitan Clubs raises money annually to maintain the current unit, supply the driver of the unit, provide diabetes screening supplies, and have expanded their fundraising efforts toward a new Mobile Diabetes Center. The current MDC is RV that was remodeled into a clinic. With input from the Mobile Diabetes Coordinator, faculty and students, a new mobile unit will be designed and built as a clinic. The plan is to introduce the new unit in 2014.

Sonography students had their first outing with the MDC in April, offering peripheral vascular Ankle Brachial Index (ABI) screenings. Twelve people were screened by the sonography students working with junior level nursing students at the Intercultural Senior Center in Omaha. The feedback from the faculty and students participating in this interdisciplinary collaboration was overwhelmingly positive! Students in NRS 240 and NRS 240 ACE also began offering screenings at Essential Pregnancy Services (EPS) this past spring. The response from the students and clients at EPS was also very positive, and EPS requested the MDC to provide services on a monthly basis. The NRS 240 course coordinator, Assistant Professor, Carrie Dahl RN MSN, and new NRS 240 faculty members volunteered to take student volunteers in June, July and August to EPS to accommodate their request as there is no scheduled clinical for NRS 240 during the requested months.

The calendar is already filling up with requests for screenings for the fall semester. NRS 450 will continue servicing ENOA Senior Centers in area and NRS 350 will be taking the MDC to the Macy and Winnebago area. NRS 240 will continue to go to EPS monthly. Carissa Nielsen RN MSN has applied and received a grant related to reducing childhood obesity and will be taking the MDC to related sites this fall. It is shaping up to be a busy fall semester!

As of July of 2013, the Mobile Diabetes Center has a new coordinator. We would like to welcome Kim Hall RN MSN as she assumes this role and say good bye and thank you to Christine Clancy RN MSN. Christine will be moving out of state with her family this fall. She has served as NMC’s Mobile Diabetes Center’s coordinator since the partnership began in 2011. Christine has truly been integral in the success of the unit and will be dearly missed.

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Our Families’ Health Updates

Our Families’ Health, in partnership with OneWorld Community Health Center, received a grant from the Office of Minority Health for their Minority Health Initiative in 2011. As the grant responsibilities came to a close this past June, the Promotaras de Salud Comunitarias (Community Health Promoters) participated in several community events in Dodge, Douglas and Sarpy counties from April to June promoting health and wellness through education and screenings with an emphasis on decreasing the prevalence and incidences of diabetes among vulnerable populations. Approximately 350 individuals received education and benefited from health screenings over the two year period. Many of those who received services also participated in Zumba and other physical activity demonstrations as well.

In June 2013, Our Families’ Health and OneWorld Community Health Centers received an additional two year grant from the Nebraska Office of Minority Health to support efforts to decrease health disparities among vulnerable populations, focusing specifically on obesity prevention.

Beginning in August, Our Families’ Health is involved in starting several events. On August 3—4, CFHP and Our Families’ Health hosted Centro de los Mexicans en la Globalization (Center for the Globalization of Mexicans). This non-profit, non-political association is operated by Mexican leaders from various regions of the U.S. The goals of the organization are to promote and protect the rights and interests of the Mexican Spanish speaking population; to reach out to vulnerable communities in order to decrease health disparities with provision of health education and screenings, and; to provide free informational and educational seminars for the public on a variety of issues affecting the community.

The new group for Our Families’ Health kicked off on August 24 at Nebraska Methodist College. Additionally, from the end of July through mid-November, “The Caravan of Health & Culture” will be travelling throughout the state of Nebraska working with vulnerable communities by providing health education and screenings. This pilot program is a joint effort between Our Families’ Health and the Mobile Diabetes Center.
Upward Bound Welcomes New Director: Ena Bolden

I was born in Caracas, Venezuela and moved to the United States when I was seven years old with my family. I lived in Boston, Massachusetts and grew up in one of the toughest neighborhoods in Boston. My parents always emphasized the importance of a quality education and constantly reminded us that they sacrificed their lives to give us a better opportunity in America.

In the seventh grade, I was admitted to one of the top public exam high schools in the country, Boston Latin School. After high school, I attended Boston College on a four-year academic scholarship. In 2005, I graduated with a double major in Secondary Education and Hispanic Studies. I received my certification to teach at the middle-high school level and taught Spanish for a year at Avon Middle High School in Massachusetts.

After a year of teaching, I decided to attend graduate school and focus on Higher Education, and in 2008 I received my master’s in Higher Education from New York University.

I have been married to my husband, Curtis Bolden, for five years and we recently had our first son in July. My husband works for ConAgra Foods, which is why we are currently living in Omaha. Prior to moving here, we lived in Northwest Arkansas, and I worked as a director for the Upward Bound Program at the University of Arkansas. I was fortunate enough to find a director position at NMC for the Upward Bound Program.

I am/was a first generation low-income college student and that is why I am extremely passionate about Upward Bound. I was able to break barriers because I utilized the resources I had around me, and worked hard to achieve my goals. Upward Bound allows me to help students who I can identify with achieve their dreams of attending and graduating from college. There is nothing more fulfilling than knowing that you had a hand in helping a person change the trajectory of their life through education.

Upward Bound Summer Program Directs Teens’ Educational Aspirations

Eighteen Upward Bound students participated in summer programming for six weeks at Nebraska Methodist College. This year’s theme, **D.E.A.: Directing our Educational Aspirations**, called for the creative talents and included the directorial debut of their very own Public Service Announcements regarding the harmful effects of the drugs ecstasy, LSD, and bath salts. The students were broken into three groups and given the assignment of designing the storyline and script for their assigned drug. Each student participated in English, Math, and Science classes, breaking down the specifics of each drug’s composition, usage statistics, and more.

While the summer program emphasized the importance of education, it also gave the students fulfillment of “summer fun” through its electives and field trips. (Continued on next page)
Students were able to partake in cultural enrichment activities such as: African dancing and drumming, beading, Chinese culture, cooking and guitar lessons to name a few. Students also participated in career exploration, résumé writing, and mock interviews. They were able to design their own business cards, as well as develop a professional résumé. These electives not only taught the students essential life skills, but also prepared them for college and beyond.

As Upward Bound is a college preparatory program, college tours and visits were essential to the summer program. This summer alone, Upward Bound students toured and visited eight colleges and universities: Nebraska Methodist College, Metropolitan Community College, Clarkson College, College of Saint Mary, University of Nebraska-Omaha, Creighton University, University of Nebraska Medical Center, and the University of Illinois-Chicago. Students were able to learn about the programs and admission requirements of each institution.

In addition to preparing the students for college, the summer program also exposed the students to outdoor activities such as: the Gene Eppley High Ropes Course, Rockwall, and Zipline, Fun-Plex, and the Henry Doorly Zoo. Community service for the students also served as a fulfilling activity, helping to make the clients feel comfortable at SarahCare Adult Day Care and playing games with the seniors at Waterford at Miracle Hills Assisted Living.

The summer program concluded with a trip to Chicago, where the students toured several attractions which included the Willis Tower Sky Deck, Navy Pier, Millennium Park, the DuSable Museum of African American History, and Six Flags Great America. “It was a great experience with great people who would like to see me succeed in life,” one student said regarding the summer program; proof that Upward Bound has once again completed a successful summer!

Fourth Grade Learning Day

For the second consecutive year, the Center for Health Partnerships has coordinated the efforts of an annual NMC campus event entitled Fourth Grade Learning Day. The idea behind the day is to introduce elementary age students to college life. Fourth graders from Spring Lake Magnet were able to visit various labs at NMC and ask questions of current NMC students. The fourth graders participated in activities in the Nursing Arts Center listening to heart beats and practicing proper hand washing technique. In the Physical Therapist Assistant Lab students had the chance to practice their balance skills. In the Radiologic Technology Lab and Respiratory Care Labs students learned about the necessary requirements for each profession. Everyone had a chance to tour the College, and enjoy lunch on campus.

The program began several years ago in partnership with Omaha Public Schools. This is the fourth year in which students from Spring Lake have participated in Fourth Grade Learning Day at NMC.
CfHP Welcomes Newest Community Scholar

Hannah Hartmann has joined the team of Community Scholars, and will serve during the 2013-2014 academic year. The Community Scholars program is designed to offer senior nursing students, who are interested in public health, an opportunity to further explore those interests and develop skills for effective health care provision and promotion in the community. As Community Scholars, students identify a public health issue on which to concentrate and then work with a community health agency addressing that issue throughout their senior year.

Community Scholars Updates

The Community Scholars Program continues to expand. Our 2012-2013 Scholars share their updates:

**Nicole Dempsey**

I have had the great honor of working with the Open Door Mission for my community project. In the beginning I was working with the Timberlake Outreach Center and getting a chance to meet those who were needing food from the food pantry as well as clothing and household items. I later began working in the Women and Families Crisis Center, and this is where I dedicated my focus for the project. I was able to meet women and families that were in dire need for shelter, protection, meals, and a place for their children. I had very high hopes of making a great change for this community agency. However, as time has passed, I have learned that committing the time to these people and being a part of the Open Door Mission team is what makes the greatest impact.

**Halley Graber**

I’ve been working primarily with Dr. Jose Villegas and Our Families’ Health for all of my Community Scholar Scholarship work. I’ve been assisting Dr. Villegas with Hispanic statewide health fairs/screenings. I have been coordinating research and interviews with different statewide employees, taking field notes and evaluating research, completing Spanish-English/English-Spanish translations, designing health promoter badges, and researching Texas health promoter licensure so that we may be able to implement a similar program here at NMC with Our Families’ Health. This experience has been very educational, very enlightening, and extremely rewarding for me. I’m so enjoying working with this population group to better their current and future health statuses, which has been one of my dreams since I first began volunteering and helping with health fairs in South Omaha during my freshman year at Nebraska Methodist College.

**Devon Wilhelm-McMullen**

Devon has been working to create an organization on NMC’s campus which strives to help educate students, faculty and staff about the issues affecting the Lesbian Gay Bi-sexual and Transgender (LGBT) community. In June, the organization, NMC SAFE, sponsored the First Aid tent at Heartland Pride’s LIVE PROUD 2013 event at Stinson Park. SAFE was able to provide volunteers to work 8 hours of the 13 hour event with a total of 12 students and faculty coming out to support the first aid booth. The feedback received from the students in the summer accelerated nursing program was supportive of the event, with recommendations to continue to sponsor this event in the future. Future plans for my project include a continuation of movie screenings of Bully, as well as speaking events with faculty and staff.
World Refugee Day 2013

World Refugee Day is an annual event held in June at Benson High school in which people from all over the world, who now live in Omaha, attend. Accelerated nursing students participated in health related and other activities that include the opening flag ceremony, serving a healthy lunch, answering questions at the health booth, conducting the Children’s Hospital and Medical Center Suitcase program, running the carnival games, assisting with arts and crafts, helping with the fashion show and facilitating overall programming. It is a beneficial experience for both participants and NMC’s accelerated nursing students.

Camp College

During the month of June the Center for Health Partnerships hosted Camp College. The month long camp was created in an effort to provide aspiring fifth and sixth grade youth, who reside in Omaha Housing Authority properties, with exposure to a college campus. Similar to our Fourth Grade Learning Day model, these students had the opportunity to participate in activities in several of NMC’s labs, including Nursing, Physical Therapist Assistant, Radiologic Technology and Anatomy & Physiology. The students also spent their days participating in outdoor activities, games and a community service project, where the students prepared a meal for families who were residing at the Carolyn Scott Rainbow House. Each participant explored different colleges and universities by completing an activity focusing on admissions requirements at their college or university of choice. Each student also had a chance to visualize his or her own college graduation and took photos dressed in cap and gown holding a mock diploma.

At the All-College Forum on May 7, 2013, Mary Sinclair was presented with the 2013 Spirit of Service award. This award recognizes faculty and staff members with an exemplary record of service to College and community. The recipient receives an invitation to participate in the Academic Travel Abroad trip in December. This year, the recipient will have an all expenses paid opportunity to travel to France and Germany.

Professor Sinclair’s commitment to service is seen most clearly in her dedication to the sharing of resources, particularly Anatomy & Physiology laboratory materials. She works with many departments at the College to promote a better understanding of the ways in which the study of gross anatomy can be applied to the study of cross sectional imaging, kinesiology, and mechanics. She has spent many weekend days in the A & P lab with students who want to review specimens and worked in collaboration with the admissions department, to facilitate high school tours of the A & P lab and other facilities. Because of Ms. Sinclair’s work, NMC visit days are busy in the lab with both students and parents learning of the many resources we have at the College.

Professor Sinclair has also been active in a number of College-wide initiatives including team-based learning and Going Green, and she has been deeply involved in Faculty Senate initiatives. Her service extends well beyond the College with extensive involvement in service to school, neighborhood and church. Her work as an inaugural volunteer with CREATE (Competitive Robotics Enhancing and Advancing Technology Education) foundation is particularly impressive.
Mission Driven:
Nebraska Methodist College educates health care professionals who positively influence the health and wellbeing of the community.

CfHP 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.

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

The CfHP will be synonymous with excellence in diabetes education and prevention efforts.

The CfHP will be synonymous with excellence in educational advancement for at risk individuals.

Upcoming Dates

**Friday, September 6th**
College Challenge Kick Off

**Saturday, September 7th**
Our Families Health

**Wednesday, September 11th**
9/11 National Day of Service

**Wednesday, September 11th**
Ronald McDonald House Dinner

**Saturday, September 21st**
Our Families’ Health

**Saturday, October 5th**
Our Families’ Health

**Monday, October 7th**
Ronald McDonald House Dinner

**October 6th—11th**
Fall Break Service Immersion to Rosebud Reservation

**Saturday, October 19th**
Our Families’ Health

**Saturday, October 26th**
Make a Difference Day

**Tuesday, November 4th**
Ronald McDonald House Dinner

**Thursday, November 7th**
Upward Bound Family Fun Night

**Saturday, November 16th**
Our Families’ Health

**Saturday, December 7th**
Our Families’ Health Graduation