

52*23 Health Network Meeting Minutes
Wednesday, December 6, 2006, 1:30 p.m. – 2:30 p.m.
St. John Community Center – Conference Room A
7500 Blessing Ave, Austin, 78752

Participants in Attendance:

HealthCare Representatives:

Julie Weeks, RN – Partners in Hope, St. John resident (facilitator)
Allen Weeks – Partners in Hope, St. John resident
Maria Allen – Program Supervisor, St. John Community Center
Marie Kershner, RN – Public Health Nurse, St. John Community Center
Dr. Lisa Glenn – Medical Director, Community Health Centers, City of Austin
Stephanie Freedman – Maternal & Child Health Project, City of Austin
John Harris for Joe Barnes – African American Quality of Life Initiative, City Austin
Sam Price - African American Quality of Life Initiative, City of Austin
Tim Marlow – Manager, Northeast & Far North Clinics, Community Care Services
Debbie Cobalis – Community Care Services, City of Austin
Serena Starkey – Community Care Services, City of Austin

Community Members:

TA Vasquez – Parent Support Specialist, Pickle Elementary School
Barbara Collins – Secretary, St. John College Heights Baptist Church
Zonia Grand – Member of Iglesia El Shaddai, volunteer in Prenatal Ministry
Marian Morris – St. John resident, researcher with UT School of Nursing
Stacey Yates – Resident Services Coord., Spring Terrace, Foundation Communities
Dee Brosnan – St. John resident, RN working at Brackenridge Hospital



I. Welcome, Reflection and Prayer:

- Julie Weeks welcomed everyone and explained that the health care providers have been meeting together monthly since May '06 and this is the first meeting where community members have been invited to join. The goal is for communication to flow from the healthcare providers to the community and vice versa.
- Julie reviewed the **mission of the 52*23 Health Network: to reduce barriers and increase accessibility to preventative, early detection and primary health care within the 78752 and 78723 zip code areas through communication, collaboration and partnership.**
- Julie shared a reflection on *rebuilding a broken world* from the Bible passage in Nehemiah 1-3 and then opened the meeting with prayer. To summarize:

The walls around the city of Jerusalem had been broken down and the city destroyed. The city would not be safe and secure without a protective wall around it to keep enemies out. Nehemiah had resources from the king to build the wall yet he chose to mobilize, empower and encourage the people to rebuild their own sections of the wall.

Just as Nehemiah was called by God and empowered the people to rebuild a broken city, we are called to rebuild a broken world. People are sick and suffer because breeches in our healthcare system sometimes prevent them from accessing care, yet we can be mobilized, empowered and encouraged to do what we can to rebuild it and make it better. That is why we work in this collaborative.

II. Celebrating the 1st Birthday of the Far North Community Health Center!

It was one year ago on December 5th that the Far North Community Health Center opened its doors in St. John. Congratulations and thanks to those from the City of Austin Community Care Department for bringing affordable health care closer to us! To celebrate, we sang “Happy Birthday” and Tim Marlow, new clinic manager, blew out the candle. There were several requests for the heart healthy cake recipe, so here it is!

Dannon Apple Spice Cake:

2 3/4 c unsifted all purpose flour	1 3/4 c applesauce
2 1/4 c sugar	1 1/4 c Dannon plain nonfat yogurt
2 1/2 tsp baking soda	4 egg whites or 1/2 c egg substitute
1 1/4 tsp baking powder	1/3 c vegetable oil
1 tsp cinnamon	1 c raisins
1/2 tsp allspice	
1/2 tsp salt	
1/4 tsp ground cloves	

Quick Yogurt Glaze:

In small bowl, mix
1 1/2 c Dannon plain nonfat yogurt, 3 Tbs packed brown sugar and 1 tsp vanilla extract. Beat until smooth.

Directions: Mix dry ingredients with spoon and then add wet ingredients. Mix and pour into greased and floured bundt or 9 X 13 pan. Bake at 325° F for 50-60 minutes. Cool 15 min. Loosen from sides of pan with knife and invert onto plate or serve in pan. Cover with quick yogurt glaze.

Nutritional Information per serving:

Calories: 205 Protein: 4 g Fat: 3 g Cholesterol: Less than 5 mg

III. Introductions and Sharing by Community Members:

Community guests were asked to introduce themselves, share about the organization they are associated with and give an example of a health related issue that they are aware of in their community.

- Allen and Julie Weeks live in St. John and do Christian community development in their own ministry called **Partners in Hope**. They believe in the “asset based community development model” which means that all that is needed to renew a community is within the community itself. They work to inspire, encourage, empower and support local leaders, agencies, churches, schools and institutions in doing this. They also work to connect people with resources they need to succeed through things like this collaborative.
- Stacey Yates is a social worker and the Resident Services Coordinator for **Spring Terrace** which is a new affordable residential facility for singles located at the corner of I-35 and St. Johns Ave. which is operated by Foundation Communities. They have capacity for 140 residents many of whom are medically fragile, physically or mentally disabled or chronically homeless. Many are on Medicaid and have difficulty connecting to services. Staff provide programs that educate, support and improve financial standing to empower low income individuals to succeed.

Issues: Difficulty connecting residents to MAP. Need assistance with non-compliant MHMR clients.

- Zonia Grand is a member of **Iglesia El Shaddai** which is a Hispanic non-denominational church of about 500 members that meets just across Hwy 183 from the Community Center (behind Lubys). She volunteers in a ministry called El Sendero that is the social ministry of the church that provides prenatal education, GED prep and ESL classes, parenting classes, drug and alcohol rehabilitation support and a food pantry. The pastor of the church is very interested in communicating health related information to the congregation.

Issue: Hispanic people don't know where to go for medical care because they have no primary care provider or medical home and often no medical insurance

- Barbara Collins is a member of **St. John College Heights Baptist Church** which has an African American congregation of ~200 members of all ages. She is the church secretary and also a retired LVN. The church has a health ministry.

Issues: High incidence of teen pregnancy and people who don't control their diabetes well. She gave an example of people with diabetes who eat whatever they want and adjust their insulin to manage their sugar levels.

- Marian Morris is a **resident of St. John** just west of I-35 who heard about this meeting at the St. John Neighborhood Association the night before. She works at the UT School of Nursing doing research concerning health and the underserved and family violence. She was interested to see if there could be any connection between the research at the nursing school and the collaborative.

- Dee Brosnan is a resident of St. John and works as a RN at Brackenridge Hospital.

Issues: She shared that she cares for patients who, because of not having health insurance or lacking access to a primary care provider, put off dealing with a minor health problem until it becomes too serious to bear. They then go to the Brack ER for care and end up hospitalized for complications that could have been if treatment had been obtained sooner. She also has observed domestic disputes and abuse in the neighborhood.

- TA Vasquez is the Parent Support Specialist for **JJ Pickle Elementary School** located in the St. John Community Center complex. She is responsible for working with and supporting families of kids at risk.

Issues: Hispanic parents have reported incidents of poor customer service while accessing services at the Far North and Northeast Community Health Centers. Many have reported difficulties getting through on the phone to obtain an eligibility appointment. Undocumented kids are missing school because of no health care for sickness.

IV. Introductions and Sharing by Health Care Service Providers:

- Stephanie Freedman works with the **Maternal Child Health Coalition** which is funded by a grant to address two issues: 1) 1 in 4 women in Austin don't get adequate prenatal care 2) there is a high incidence of sexually transmitted diseases among young people in Austin, especially gonorrhea and chlamydia (which can cause sterility in women). The Maternal & Child Health Coalition meets monthly with several smaller task forces working to decrease rates of STDs among teens and improve access to prenatal care.

Prenatal education classes for all women who receive prenatal care through the Community Health Centers may be coming to St. John. More information to come soon.

Resources:

- ❖ *Quarterly bilingual newsletter called Family Health News is available for distribution by neighborhood associations, schools, churches and others upon request. Contact Stephanie Freedman at 972-6209 or via email at stephanie.freedman@ci.austin.tx.us.*
 - ❖ *Bilingual posters, flyers and information for church bulletins and newsletters about availability of prenatal to care through the City of Austin Community Health Centers for all women – even those without health insurance. **Contact Stephanie Freedman at 972-6209 or via email at stephanie.freedman@ci.austin.tx.us.***
 - ❖ *“Wise Guys” is a male-oriented teen pregnancy prevention program that began in North Carolina in 1990. Its interactive, fun and informative approach has been proven to help male adolescents between the ages of 11 and 17 make wiser and more responsible decisions. Topics include personal and family values, communication and masculinist, sexuality, dating violence, abstinence and contraception, sexually transmitted infections, goal-setting, decision-making and parenthood. Curriculum is available in english and spanish and could be offered by churches, schools, neighborhood programs. More information is available online at www.wiseguysnc.org*
 - ❖ *Skill-Building Training to learn how to lead a “Wise Guys” program is being offered January 25 & 26 in Austin. Each participating organization receives a free Wise Guys Training Manual (Worth \$100) and a \$250 stipend to use as incentives for youth to attend the sessions. Contact Kristen Turpin at 972-5468 or via email at kristin.turpin@ci.austin.tx.us.*
- Connie Gonzales works with the **St. John Health and Human Services** at the St. John Community Center located at 7500 Blessing Ave. The center provides blood sugar, blood pressure screenings, pregnancy tests, Safe Riders car seat classes and installation checks, exercise and nutrition classes, STD/HIV testing, flu shots, Blue Santa registrations, breast cancer support group in spanish. Also in this location are the Shots for Tots and WIC offices.

Resources:

- ❖ *Calendar of classes, programs and screenings is published monthly and can be easily received via email for distribution in schools, churches, neighborhood*

association meetings or newsletters. Contact Connie Gonzales at 972-5787 or via email at connie.gonzales@ci.austin.tx.us.

❖ ***January is National Cervical Health Awareness month. For more information on cervical cancer refer to the National Cervical Cancer Coalition website at www.nccc-online.org***

- Sam Price works with the **African American Quality of Life Initiative**. His office is located in the St. John Community Center. He explained that > 10% of the population in Austin is African American and that African Americans lead in 10 of the top 15 causes of death in Travis County. At the top of the list are heart disease, stroke and cancer.

Currently, four out of nine initiatives addressed by the health team of the AAQOL initiative are in the implementation and completion stages. One highlight includes a partnership with the Austin/Travis County Mental Health Mental Retardation Department (MHMR) in which a mental health counselor is being provided and funded to help with health screenings and outreach. Another initiative includes the hour-long Health Talk radio program on KAZI 88.7 FM through which information on health and preventive care issues is provided to the African American community. The Community Care Services Clinic received \$796,983 in grant funding from Texas Primary Care Office Incubator to staff and equip the new Far North clinic located in the St. John area. In the first 6 months, the clinic has seen 768 patients of which thirty-four percent were African American. Additionally, a mobile outreach prevention team has provided over 311 medical screenings targeting African American neighborhoods. (taken from the June 2006 report to City Council)

Resources:

- ❖ ***Mobile HealthVan provides screenings including blood sugar, blood pressure screenings, pregnancy testing at churches, apartment complexes and community events. Contact Sam Price at 972-5184 or at sam.price@ci.austin.tx.us for information about locations or scheduling the van to come to an event.***
- Joe Barnes also works with the **AAQOL Initiative**. He shared that in order for mortality statistics to change, there must be sustained lifestyle changes to reduce risk factors for some of these diseases. He suggested this collaborative identify targets to focus efforts. He recommended the American Heart Association's resources.

Resources:

- ❖ ***American Heart Association "Search Your Heart Program"** is a community-based educational program/tool to reach high-risk audiences. Search Your Heart delivers knowledge and action steps to encourage people to act upon this knowledge and reduce their risk for heart disease and stroke. Since its inception in 1996, over 15,000 churches across the country have participated in the Search Your Heart program and it has reached over 1.5 million at-risk participants. By empowering these individuals with information, the program shows how to take necessary steps to reduce the risk of heart disease and stroke, including making healthy lifestyle changes and developing heart-healthy habits. Modules on heart disease/stroke, nutrition and exercise can be down loaded at <http://www.americanheart.org/presenter.jhtml?identifier=3041580>*

- Dr. Lisa Glenn, Medical Director for the **City of Austin Community Care Services** explained that the **Community Health Center (CHC) system** is the family doctor for over 45,000 children and adults in Austin and Travis County. The CHCs provide outpatient primary healthcare, dental, behavioral health, and HIV/AIDS treatment services. Funding comes from the HealthCare District and 14 CHC locations serve Travis County residents whose low incomes and lack of private health insurance qualify them for enrollment. More than 92 percent of CHC patients have incomes below the federal poverty level of \$18,400 per year for a family of four.

Services are provided regardless of the patient's ability to pay. We serve patients who are enrolled in these health benefits programs: Medicaid, Medicare, CHIP, and Austin/Travis County Medical Assistance Program (MAP). Patients who do not qualify for any of these programs may pay for services according to a sliding discount, based on their income.

To enroll as a CHC patient, an individual must undergo screening to determine whether he or she is eligible for any of the health benefits programs listed above. This screening is performed at Austin/Travis County Eligibility offices.

Travis County has an estimated 200,000 uninsured residents or almost 25 percent of its population. Research indicates that many of these residents have great difficulty in accessing basic primary and preventive healthcare. The CHC system plays a leading role in our community's healthcare safety net. It is the medical home to about one-half of local safety net primary care patients.

Resources:

- ❖ ***Northeast Austin Community Health Center located at 7112 Ed Bluestein Blvd., Austin, TX 78723 now allows people to walk in and schedule an appointment for eligibility screening. (It is no longer necessary to call the MAP phone number which is very difficult to get through on.) More information about the MAP program can be found online <http://www.ci.austin.tx.us/communitycare/map.htm>***
- ❖ ***The new Far North Community Health Center has been renamed the AK Black Community Health Center and is located at 928 Blackson, Austin, TX, 78752. Phone: 972-4170. It is now staffed with a nurse practitioner and a new physician so they have openings for new patients.***

V. Agenda for the Next Meeting:

**Wednesday, February 7, 1:30-2:30 p.m.
in the St. John Community Center, Conference Room A**

1. Community representatives will be given an opportunity to share about the constituency they represent (ie: church, neighborhood organization, etc.)
2. Each service provider should come prepared to present information (with written information if possible) that they would like to have disseminated into the community, ie: programs, solutions to current health issues, services, etc.

Minutes respectfully submitted by Julie Weeks, RN. Any corrections or revisions are requested by email to juliew@austin.rr.com before the next meeting. Thanks!