



## A Message from Our CEO



To All Staff..

Are you ready for the telephone upgrade?

In the next few weeks, Sixteenth Street will have a “unified” telephone system – we will finally be able to reach staff at Parkway via a 4 digit extension, and Parkway staff will be able to reach Chavez and Admin staff the same way. This will be a great improvement!

However, in order to make this change, nearly all of our phone numbers will be changing. The appointment line will remain the same (672-1353) and a handful of other numbers will be kept for a transition period, but all staff should be thinking about (and making a list) of the people and businesses that will need to be notified that we have new telephone contact information. Lita is heading up this initiative, please contact her with any specific questions that you have.

In other news, welcome to the three new provider teams that have started. Dr. Alisen Huske started in August (pediatrics/Chavez) and Dr. Yer Xiong (family practice/Parkway) and Dr. Tracie Dunek (family practice/Chavez) started in September.

We also have had some changes to our governing Board of Directors. After nearly 10 years of service, Tim Elverman, Broydrick & Associates has stepped down as Board Chair. The new Chair is Galo Vargas, legal counsel at S.C. Johnson & Son. Three new community members have also joined the Board. Elisa Romero, Director of Housing Services at the Council for the Spanish Speaking, Juan Ruiz, from the United Community Center and Rosario Sanchez, a long-time neighborhood resident and advocate. Laura Arnow, Arnow & Associates is also a new Board member, bringing expertise in finance and accounting. A complete Board list is posted on the Agency News & Updates intranet site.

I want to also take this time to remind you that now until the end of the year we are conducting an employee fundraising campaign. No doubt you have seen the posters featuring comments by some staff members about why they choose to make a financial contribution to the agency. Many of you have already made a contribution, so a big thank you! If every employee chooses to give their target amount, we will raise nearly \$15,000 – which will go a long way toward providing care for our patients without health insurance. To make a donation, or if you have questions about employee giving, contact Donna Triplett, Development Director, Ext. 310.

Finally, our WIC program is undergoing some renovations and an Open House is scheduled for Tuesday, October 21 from 4:00 to 6:00 p.m. Nutrition information and pre-natal support services have been a key part of Sixteenth Street’s mission since our earliest days. Feel free to stop and celebrate the good work of WIC – the Special Supplemental Program for Women, Infants and Children.

Sincerely,

John Bartkowski

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## Employee Wellness Corner

The Wellness Committee will be featuring an article in the Que Honda quarterly highlighting individual employees that lead healthy lifestyles, successes (moving from an unhealthy to healthy lifestyle), exercise tips, etc. If you would like to be featured in our newsletter, know anyone who has a success story to share or someone who wants to share how he/she leads a healthy lifestyle, please contact me at x314.

Liz Claudio, Director of Nursing



### 1) Did you always maintain a healthy lifestyle?

Liz: Absolutely not. I had a very sedentary lifestyle, which in retrospect becomes a "cycle"; you are sedentary so you feel bad so you are sedentary so you feel bad...

### 2) What prompted you to change?

Liz: Unfortunately, I had to be shocked into change. I have worked as an acute dialysis nurse in Chicago and can (even 12 years later) recall well the ordeal that so many of my patients had to go through. Upon being diagnosed with diabetes, the only thing I could think of was some day ending up on dialysis. That

did it for me.

Making the transition to permanent, healthy lifestyle change is so complex. It is not as easy as telling a person that they are over-weight/not taking care of themselves. I often felt like that Saturday night character-"I knooooow thaaaaat!" The numbers are easy-calories in vs. calories burned=weight but it is so much more harder than the numbers. There is no easy answer and there is no easy way to persuade change.

### 3) What changes did you make to get to where you are today?

Liz: I started with diet-I eliminated all carb loaded foods-not all carbs-just "carb loaded." No bread, rice, potatoes or refined sugar and for sure I did not drink my calories! If was going to take in calories I was going to chew them! The weight began to come off pretty easily and I think that encouraged me to continue. The key thing for me was to keep in my mind that this was *forever*, not for a while, so I did not look towards the day when I had reached some goal but rather, "how do I make this work everyday?" As I felt better I began to walk (so haaard! I was sore for about 6 months). My husband and son would walk with me for while; that was helpful. Then Dr. Broeren encouraged me to take up running. I thought she was nuts but I had a friend willing to do a program with me that transitions you into running by alternating periods of running with rest periods of walking. It was so hard but I stuck with it and ended up loving it.

### 4) What successes have you had due to your changes?

Liz: I have lost a lot of weight (don't ask) and work out *every day* (yes Saturdays and Sundays too, sometimes twice on those days!) for at least an hour. I do 300 ab crunches daily, can run 4 miles with relative ease, and have never felt better. My son is in the police academy and I outlast him on runs now. I sleep better and I enjoy my food more. Best of all, I have the strength and energy to move! I am not trapped in a lethargic body that won't do what I tell it. I am addicted.

### 5) Do you have any words of wisdom for readers interested in getting started on a healthy lifestyle?

Liz: Find what will work for you and then do it...forever. You can do it but do it with the long term in mind. The more radical it is the harder it will be to maintain for the long term. Fall off the bandwagon? That's ok because this is forever, not for today and tomorrow. Get back on! I found it helpful to have goals: Measure so that you can see progress-weigh yourself, make note of how long you can walk then beat that...then beat that...then beat that. Reward yourself for not having eaten the slice of cheesecake by treating yourself to a new pen...or ponytail holder...or new paperback book...whatever. Monthly pedicures are a must for those who walk/run everyday, don't you think? Stay away from TV-go for a walk, a drive, window-shopping, get a good book, anything to get away from the TV will help.



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## Employee Wellness Corner

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### Kathy Donovan, HIV Director



Kathy Donovan has traveled a long and winding road. I met with Kathy and she talked about where she was, where she is at, and where she wants to be. Kathy candidly speaks about her emotional and physical struggles with her previous lifestyle.

#### **1) Did you always maintain a healthy lifestyle?**

Kathy: No, I have been overweight since 4<sup>th</sup> grade. Weight has always been a challenge. I have attempted almost every diet ever conceived.

#### **2) What prompted you to change?**

Kathy: Everything was always a huge effort. I was exhausted, self-conscious, always felt like I was the biggest person in the room. An example is when I parked the car in our parking lot; I would have to stop four times before I actually got into the building. I had so many things to accommodate. I would go to meetings early so I could take my time getting there and find a comfortable chair. I wouldn't do social things. Grocery shopping was hard. I would be short of breath all the time and I knew I was tempting fate because I was concerned about my health. The push was not only within me but my family, as well. My Mom told me that she and Dad were worried about my health. I wanted my parents to see a healthy me.

#### **3) What changes did you make to get to where you are today?**

Kathy: "I did a lot of research on gastric bypass surgery. I spoke to my internist and a bariatric surgeon and decided to go ahead with the procedure. Milwaukee has three Centers of Excellence for Bariatric Surgery and I visited all three and chose the one best suited to my needs. The program at Elmbrook requires that you attend their support group for 5 years after the surgery, and that is something I do every month. The actual surgery went very well and I only missed 5 days of work. I think part of the reason was that I did exactly what the doctor ordered: For three weeks prior to my surgery, I was only allowed a liquid diet of specials shakes. The most difficult thing for me was giving up carbonated beverages – FOREVER. I had consumed 2-3 regular cokes a day for most of my life.

Since then, I have done a full overhaul on my thinking about healthy living. Being thin and healthy is better than anything will ever taste. I am required to have at least 60 grams of protein and 60 ounces of water daily, so that limits what I eat. Another huge change in my eating habits is that I never miss breakfast.

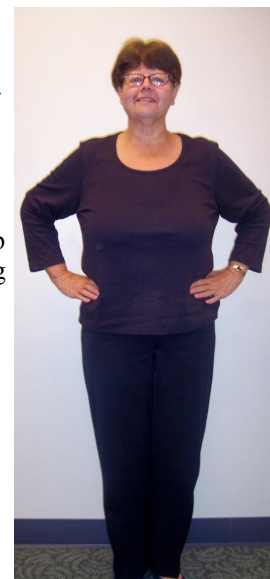
After my 6-week checkup, I started exercising. When I first started, I could walk past two houses and I would have to turn around and come back home. I eventually got up to one mile. I then joined a health club and I am really enjoying high-intensity water aerobics. The trick to exercising regularly is to find something you enjoy."

#### **4) What successes have you had due to your changes?**

Kathy: It is a new life for me. Buying clothes is fun for the first time. I feel so good about myself. I am able to do so many physical things that I was not able to do prior to my weight loss. I am a more confident person. I don't have to worry about everyone looking at me because I am so huge.

#### **5) Do you have any words of wisdom for readers interested in getting started on a healthy lifestyle?**

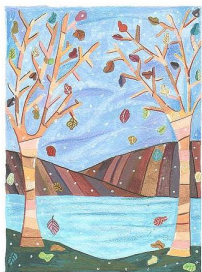
Kathy: It is never too late to start. Find a diet or exercise that works for you. Talk to a doctor who will listen and work with you. You will be surprised every day at the little things you can now do as I am, like bending over to tie my shoes and fitting into any chair without fear of breaking it.



- by **Sue Raymond**  
(Wellness Team)



## Wellness: Illuminating the Fall Colors Within Each Other



As the trees begin to astound us with brilliant color-changing effects and the blue heron majestically glides along our river waterways, fall challenges us to begin to adapt, to embrace the beauty

around us while preparing for Wisconsin's cruel winter. Autumn has a precarious tendency to give us a taste of summer here and a threat of winter in the following moment.

In the words of Stanley Horowitz, "Winter is an etching, spring a watercolor, summer an oil painting and autumn

a mosaic of them all"

If we can imagine ourselves experiencing this time of year as such a wild mosaic, we can apply this metaphor to our lives. If the seasons' mosaic guarantees balance and renewed spring, what can we do in our lives to piece together a holistic mosaic of wellness? If a tree drops its leaves to leave a nutritious base of decomposing material for next year, what are the facets of our being that can be composted this winter and renewed in spring? In my case, maybe I can let go of the quarter-pound hamburgers I sometimes crave. Or maybe if I can exercise more- the energy left behind will multiply my cumulative energy like that of the tree expending its leaves. We can all

write journals or poems such that each entry is a leaf. When we share the experience of shedding our "leaves" we will grow together as a "forest" of employees. Writing and sharing thoughts is an infinite form of purging and reinvigoration. Exercise is an experience of renewal every time you go out there to walk, run, dance, move and play.

On October 25<sup>th</sup>, the wellness team would like to welcome you and your families to our Second Annual Walk/Run event. Registration is between 8:30 and 9:30am and there will be a short kid's race for fun as well. Cheers to your health!

- by **Evan McDoniels**  
(Wellness Team)

## Trick-Or-Treat Safety Tips



### 10 TIPS FOR A FUN – AND SAFE – HALLOWEEN

Halloween is second only to Christmas as the most celebrated holiday in America. In fact, more than 90% of all kids in this country will go trick-or-treating. This means lots of kids are having lots of fun, but there is still a chance for accidents and dangers – most of which can be prevented or avoided.

With this in mind, About.com and iParty offer the following:

- 1) **Stay visible.** Most of the fun on Halloween happens after dark (what fun would daytime Halloween be?). Make sure kids and adults are visible to cars at night. Wear brightly-colored costumes with reflective stripes sewn on.
- 2) **Carry flashlights** so kids can see and cars can see them. The more light each little goblin carries, the more visible they are to drivers.
- 3) **Make sure costumes fit well.** Kids in ill-fitting costumes are more likely to trip and fall. The worst time for a child to trip would be in the middle of the street as they are trying to cross.
- 4) **Always cross on a corner.** Gather the ghouls together in a group and hold hands while crossing the street. It's easier for drivers to see groups than single kids.
- 5) **Only allow appropriate shoes.** Oversized clown shoes or adult high-heels are hard for little feet to negotiate and can be dangerous.
- 6) **Use fire smarts.** Opt for costumes made of flame-resistant material. As Halloween and candles go hand-in-hand, make sure that candles used in home decorations are far from little trick-or-treaters.
- 7) **Don't let little ones try to carve their own pumpkins.** Carving the Halloween gourd is Mom or Dad's job. The little ones can help make the design. Kids can also clean out the ooey-goey middle of the pumpkin. Or, skip the cutting all together and paint the outside of a whole pumpkin.
- 8) **Be sure any costume props are flexible and not sharp.** Mini swashbucklers like to have swordfights; it's better if the swords don't actually puncture Tinkerbell. Also, if the little devil falls while running, he won't get impaled by his pitchfork.
- 9) **Just because it is Halloween doesn't mean the kids shouldn't follow the same basic rules as every other day.** Rules on crossing the street and going with strangers can be forgotten during the commotion of trick-or-treating; review the rules with the kids. Each group of kids should be supervised and each chaperone should keep a list of what each trick-or-treater is wearing.
- 10) **Inspect the bag of goodies before letting the kids dig in.** Make sure wrappers are on candy and have not been opened. Examine and wash any fruit before eating it.







## Announcements

### Welcome to our new employees:

Rosalie Betancourt—Medical Assistant  
 Regina Bruno—Medical Assistant  
 Tracie Dunek—Family Practice Physician  
 Emily Filiatreaux—Registered Dietitian  
 Michael Gorjanc—Psychiatrist  
 Alisen Huske—Pediatrician  
 Anna Juarez—Facilitator  
 Crystal Ocampo—Medical Assistant  
 Monica Quiceno—Operator/ Appt. Clerk  
 Marisa Reyes—Collection Specialist  
 Sandra Romo—B.H. Patient Registrar  
 Alicia Solis—Medical Assistant  
 Victor Tenorio—Medical Assistant  
 Kim Urbaniak—Accounting Manager  
 Yer Xiong—Family Practice Physician



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

5 years  
 Hugo Jimenez 07/07  
 Dr. Patricia Cabral 08/01  
 Kate Jaeger 08/11  
 Cynthia Moore 09/22

10 years  
 Valerie Peterson 05/11



**Perfect Attendance in the 3rd quarter of 2008 are:** Dan Adams, Pang Ly, Alba Peterson, Pheona Welsh

**Honorable Mention for not using any sick time during the 3rd quarter of 2008 are:** Lydia Camacho, Josefina Diaz, Shante Ford, Brenda Lopez, Aleida Ramirez, Yasmin Rios, Mayra Rivera, Marlenys Reynoso, Martha Rojas, Emma Santana, Choua Thor

### AmeriCorps Volunteers to join SSCHC:

Kimberly Butler—Medical Assistant  
 Alex Choi—Assistant Lead Project Coordinator

### INSIDE THE SUGGESTION BOX

- More picnic tables for our employees for lunch outside (Parkway)  
 - Purchased
- More hot dog type lunches to raise money for Events Committee  
 - Forwarded to Events Committee will do more of these lunches
- More toys in waiting rooms  
 - This has been done before, too hard to upkeep, i.e. disinfectant, etc.
- Sick time is pointless because we get dinged if we use it  
 - Pre-planned appointments, etc. no points. In addition, without sick time the days you are out sick would be unpaid
- Put in food vending machine in the lunchroom (Parkway)  
 - Contacted vending company, they won't do it due to lack of revenue from other vending machines. Offering Lunch Box Mobile, more info to follow.

## Congratulations



Imera Burton passed her Certified Professional Coder Apprentice Test.

We would like to Congratulate the following employees who recently welcomed baby girls into their lives:

- ★ Joelisa Castillo
- ★ Catherine Soto
- ★ Anna Alvarez
- ★ Meaghan Schroeder



# HAPPY HALLOWEEN

The following employees are no longer with Sixteenth Street Community Health Center: Esmeralda Ambriz, Sonia Barron, Reyna Briceno, Luciana Cervantes, Aglae Cruz, Lesli DelCaprio, Joselyn Duran, Diana Gonzales, Sara Keeling, Mary Mueller, Mayra Ortega, Marian Rodriguez, Sonia Valdes, Graciela Villadoniga

## Mark Your Calendars

**October 25, 2008 at 9:30 for:**

**SSCHC's Wellness Walk/Run Event**

**November 20, 2008 from 1:00 to 5:00pm**

**Annual All Staff Meeting**