

"NEIGHBORS HELPING NEIGHBORS"

GRACE HILL

HILL

Nightingale



August 2008

Volume II, Issue 7

OUR MISSION
"TO SERVE OUR
NEIGHBORS
BY PROVIDING
HIGH QUALITY
HEALTH CARE
AND EXCEPTIONAL
SERVICE, WHILE
PROMOTING
HEALTHY LIFESTYLES."



Grace Hill clinicians Dr. Cheryl Harmon (left) and Janice McClendon, talk with a Covidien volunteer following the breakfast. On display in the background is artwork produced by a few of Grace Hill's homeless patients, including Arthur Johnson, a speaker at the morning event. Photo by Gerald Sonnenberg

Grace Hill and partners celebrate National Health Center Week

By Gerald Sonnenberg

On Aug. 11, Grace Hill Neighborhood Health Centers, Inc., (GHNHC) kicked off National Health Center Week 2008 (Aug. 10 - 16), a national campaign dedicated to recognizing the service and contributions of America's Community Health Centers.

GHNHC partnered with health insurance providers Mercy CarePlus and Healthcare USA, as well as Covidien, a leading global provider of health-care products, to conduct health fairs that provided free health screenings and educational information to 721 people over four days. Covidien also partnered with Grace Hill to focus on the theme of National Health Center Week, "America's Health Centers: Home of America's Health Care Heroes."

The healthcare heroes are health center doctors, dentists, pharmacists and other health professionals who have been [See NHCW, page 3...](#)

WHAT'S INSIDE:



**Candidate's
announcement, page 4**



**World Breastfeeding
Week, page 4**



**"Show Me Nutrition,"
page 5**



Healing Art, page 6

Also
Chicken Soup,
page 8

People,
page 9

EDITORIAL STAFF

Gerald P. Sonnenberg
Director of Communications/Editor

**The deadline for story submissions
for the September issue is August 31.**
Call if you need more time or
would like me to cover an event.

This newsletter is intended for the
informational use and enjoyment of
the staff and volunteers of Grace Hill
Neighborhood Health Centers, Inc.

HAVE A STORY IDEA OR COMMENT?:

This publication is your opportunity to tell
the agency how your department is impact-
ing the lives of others. Your stories are
what we want to tell in the Nightingale.
Comments and letters to the editor are en-
couraged as well. This publication is the
voice for the entire GHNHC family.

SEPTEMBER ISSUE STORY IDEAS:

Human interest stories about the interac-
tion between staff and patients are great.
You can also go to www.healthfinder.gov/library/nho
for topical story ideas
during the month of August.

CONTACT INFORMATION:

Please send comments, stories, or story
ideas to gsonnenberg@gracehill.org.
The phone number is (314) 814-8774.

NHCW continued...

chosen to serve in communities in need, helping to expand the reach of primary care and preventive health services.

GHNHC provided a breakfast for clinicians with the help of Covidien, honoring “Healthcare Heroes” on Wednesday, Aug. 13 at Grace Hill’s Murphy-O’Fallon Health Center. Breakfast items were also provided at each of the five health centers for all staff members in recognition of their dedication to their patients and Grace Hill’s mission.

In addition to honoring “Healthcare Heroes,” Aug. 13 was also Healthcare for the Homeless Day, and featured speakers included Arthur Johnson, a Grace Hill patient and formerly homeless individual who praised Grace Hill’s clinicians. “The physicians and nurses have been my health care heroes,” said Johnson. “I don’t know where I would be today without them.”

“Our healthcare heroes at Grace Hill Neighborhood Health Centers work hard every day to provide people in the community a health care home,” said Alan O.



Traffic at each of the health fairs was brisk as neighbors received free health screenings and information during National Health Center Week.

Freeman, GHNHC President and CEO. “National Health Center Week is a time that we set aside, not only to recognize the work of health centers, but also to spread the message that there are many people who are in need of affordable community-based health care. It’s always great to see health centers and local companies like Covidien come together to support the practioners who are dedicated to meeting this vital need in our communities.”

Events marking NHCW included health fairs, press conferences, and visits by local, state, and national leaders to

health centers in their communities. Grace Hill welcomed officials from the City of St. Louis to the Aug. 13 event including Pamela Rice Walker, interim Director of Health, and Bill Siedhoff, Director of the Department of Human Services.



Arthur Johnson (left) meets Bill Siedhoff, Director of the Department of Human Services for the City of St. Louis, following the Aug. 13 breakfast at Grace Hill’s Murphy-O’Fallon Health Center.



In addition to free health screenings, free food was provided at GHNHC locations by Mercy CarePlus and Health Care USA.

Gubernatorial candidate announces health care policy at Grace Hill

Story and photo by Gerald Sonnenberg

Current Missouri Attorney General and contender for Missouri governor, Jay Nixon, came to Grace Hill's Murphy-O'Fallon Health Center July 22 for a press conference. The Democratic hopeful came to announce his proposed health care policy if elected in November.

Grace Hill was the first stop of three made by the Nixon campaign that day to announce the policy. Other stops included Columbia and Kansas City.

According to a release by the Nixon campaign, the Attorney General would "fix Missouri's broken health care system by restoring the 2005 health care cuts, expanding access to children, and using technology and market forces to make health insurance more affordable for Missouri families."



(Above) Missouri Attorney General Jay Nixon addresses the media about his proposed health care policy.

World Breastfeeding Week activities honor mothers

By Crystal Buchanan,
WIC Breastfeeding Peer Counselor

More mothers in Missouri are breastfeeding their babies, but staff at Grace Hill Neighborhood Health Centers, Inc. (GHNHC) are hoping more women in the City of Saint Louis will choose breastfeeding and breastfeed longer to give their babies the best start in life.

The benefits of breastfeeding are emphasized during August – Missouri Breastfeeding Month. In addition, Worldwide Breastfeeding Week was observed at GHNHC Aug. 18-22.

This year, the Grace Hill Women, Infants and Children (WIC) program honored nursing mothers with a week of breastfeeding activities. The theme

of this year's breastfeeding week was "Mothers Support: Going for the Gold," and was celebrated during the week of Aug. 18 through Aug. 22 in conjunction with the Olympics.

World Breastfeeding Week 2008 called for a greater support for mothers in achieving the gold standard of infant feeding: breastfeeding exclusively for six months and providing appropriate complementary foods with continued breastfeeding for up to two years or beyond.

Throughout the week, tables were set up at each Grace Hill location with information about breastfeeding.

For more information about breastfeeding, contact any member of the WIC department.

GH South – 898-1754

GH Hadley – 814-8566

GH Souldard – 814-8666

GH Water Tower - 898-1730



This photo was taken at the Head Start Magnolia location. Shaunte is reading “Bread & Jam for Frances” to the students.

‘Show Me Nutrition’ at Head Start centers

Story and photo by Karin Pennington, RD, LD

The University of Missouri Extension Office offers a school-based program called “Show Me Nutrition.” The lessons cover food safety, hand washing, eating a variety of foods, and the importance of trying foods from each food group. This education is designed to help curb childhood obesity.

This summer, Program Associate Shaunte Lewis visited six Head Start centers operated by Grace Hill Settlement House. She read books to the children, asked age-appropriate literacy comprehension questions, and then based a physical activity off of the book’s topic.

Here is a list of the books read to children:

- Week 1 – “Germs, Germs, Germs”
- Week 2 – “Bread, Bread, Bread”
- Week 3 – “Oliver’s Vegetables”
- Week 4 – “Eating the Alphabet” (about fruits & vegetables)
- Week 5 – “From Grass to Milk”
- Week 6 – “It’s a Sandwich” (about meat & beans)
- Week 7 – “Bread & Jam for Frances” (about eating a variety of foods)





*'Healing Art'
donation
helps beautify
Grace Hill's
walls*

Parts of Grace Hill's Murphy-O'Fallon Health Center are a bit brighter now with the donation of several photos from around the world by well-known photographer Elaine Poggi.

Ms. Poggi established the Foundation for Photo/Art in Hospitals in 2002 as a non-profit, publicly-supported organization dedicated to placing colorful, soothing photographs of nature in hospitals to give comfort and hope to patients and their families, visitors, and caregivers.

Through the Foundation, Ms. Poggi turned her personal tragedy of the loss of her mother into a worldwide campaign to bring photographs of nature to hospitals.

Her vision is to create a shift in the way people view hospitals, from cold and sterile to warm and welcoming.



Elaine Poggi (right) stands in front of one of her donated photographs in the dental area at the Murphy-O'Fallon Health Center. With her is dental director Dr. Clifton Whitworth, and Villie Appoo, Executive Vice President, Planning and Development.

A new place to rest

Linda L. Williams (left) and Deborah Holland rest on a new bench installed in front of the Program Management Office at 2524 Hadley. It was placed in honor of Richard Gram, former CEO of Grace Hill Neighborhood Health Centers.

Photo by
Gerald Sonnenberg.



LIFE EVENTS!

Are you getting married? Divorced? Losing insurance or getting other insurance?

Adding a dependent through birth, adoption, or legal custody?

Is your adult child no longer a full-time student? Has your spouse or a dependent child died recently?

Do you need to change your beneficiary designations?

These “Life Events” can or should trigger changes in your benefits package with Grace Hill.

If you said yes to any of these questions, contact Human Resources immediately. Changes in your benefits must be made within 30 days of the event. Please feel free to contact Marsha Thomas, Benefit Administrator, at (314) 814-8530, or by email at mthomas@gracehill.org. Marsha will assist you.



Proudly serving

* Petty Officer Third Class Shonecia Bailey, U.S. Navy; sister of Officer Lionel Bailey, Jr., at the Murphy-O’Fallon Health Center

My promise

By Linda C. Bird

I was working as a house supervisor in a small, rural hospital on a bitter cold Midwestern winter in 1992. I wasn't even supposed to be working the evening shift, but had agreed to swap with a colleague who needed the night off.

Among my many duties was to assist in the emergency room if our lone ER nurse needed help. My pager echoed down the hallway that quiet evening, and I picked up the nearest house phone.

"I need your help now," Nancy said urgently. "We have an ambulance out on a little boy. Not many details, but it doesn't sound good. He was found outside in a snow bank, and the first responders have started CPR.

My heart sank. It was 30 degrees below zero with windchill. The child didn't have a chance.

I immediately thought of my own little boy. It seemed he was always on my mind. He'd been so distant for such a young child, disappearing into his room for hours to read his books. If I tried to sit down and read with him, he threw the book and left the room. I was his mother and loved him more than anything in this world, but he seemed to prefer his silence to my songs. He preferred aloneness to my love.

My attention snapped back as I entered the emergency room. The ambulance was just pulling up, and when the gurney rolled into the ER it was met with dead silence. CPR was in progress. The blonde boy lay lifeless and pale, his blue eyes staring vacantly, pupils fixed and dilated. His perfect little hands were frozen so solid, we could not unclench his fists. Because of the circumstances, we were obligated to continue CPR until his core body temperature was raised. I had heard of cases of hypothermia where children were revived, but no one in the room seemed to hold any hope of bringing back this little boy.

The next hour passed quickly as cut-down IVs, chest tubes, peritoneal lavage, and urinary catheters all infused warmed saline into his still, frozen body. I stood silently over him, tears running down my cheeks, as I prayed silently for him and his family. I could not even begin to understand the pain his parents were experiencing, and all I could do was bring them periodic reports that we were doing all we could.

He was the same age as my little boy, with the same

beautiful blue eyes and blonde hair. I thought of how much I loved my son and tried to remember the last time I told him I loved him. What if he died tonight? Would he die knowing how much I loved him? I realized, watching a group of doctors and nurses desperately trying to do the

impossible, that I hadn't even hugged him before leaving for work. And I deeply regretted that now.

Then a miracle occurred. We gave no medicine; we gave no electrical shocks to the heart. All we did was warm him up. His heart began to beat. Slowly at first and then more steadily. Ten beats a minute. Then 20.

We thought about adrenaline, but the physician decided against it. Within two minutes, we had a pulse. In ten minutes, his color turned a beautiful shade of pink and his pupils became reactive.

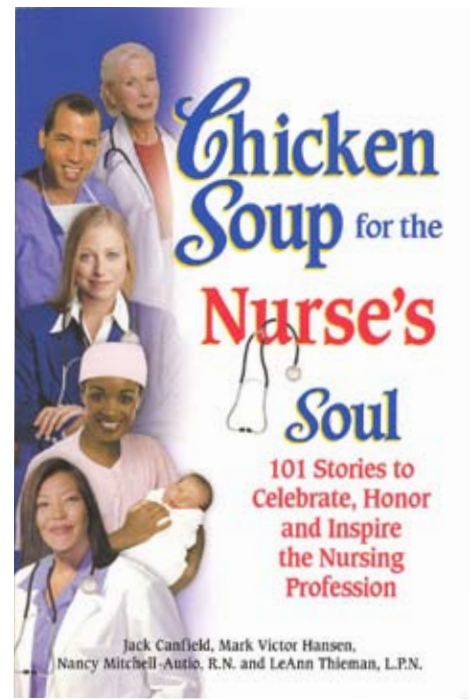
Stunned silence permeated the room, and I was in awe knowing I had received a very special invitation to witness a miracle.

Over the next few months the child made a full recovery. Other than frostbite to his toes, he was miraculously unharmed.

I made a promise to myself that night. A promise to never again let a day go by that I didn't hug my son and tell him that I loved him. It no longer mattered if he returned my love or if he continued to push me away. He would never leave this Earth without knowing how much I loved him.

In the months and years that followed, I kept my promise. My son was diagnosed with autism shortly after I witnessed the event. He has done very well and is today a very happy, loving little boy. Thanks to my special invitation to witness the miracle that taught me unconditional love.

Reprinted from "Chicken Soup for the Nurse's Soul" with permission from Health Communications, Inc.



GRACE HILL PEOPLE

AUGUST BIRTHDAYS

Villie Appoo, Aug. 9
Pearline Bell, Aug. 8
Rita Boone, Aug. 19
Mary Ann Boughnou, Aug. 18
Georgia Bradley-El, Aug. 3
Yvonne Buhlinger, Aug. 5
Latrice Commons, Aug. 14
Angela Deiters-Martinez, Aug. 24
Audrey Evans, Aug. 30
Shantel Fisher, Aug. 15
Alcurtis Franks, Aug. 27
Munirah May, Aug. 27
Carissa Mercier, Aug. 4
Carissa Page, Aug. 16
Karin Pennington, Aug. 17
Patricia Rhodes, Aug. 9
Annette Roach, Aug. 28
Patricia Roberts, Aug. 25
Acey Staples, Aug. 10
Cheryl Tate, Aug. 20
Tamara Threlkeld, Aug. 13
Marsha Thomas, Aug. 23
Bennie Vales-Ammons, Aug. 19
Alesia White, Aug. 15

Delfina Zavala, Aug. 27
Happy Birthday!

WELCOME OUR NEW EMPLOYEES IN JULY

Zahra Abdirahman
Health Care Coach
Sherita Bardley
Family Nurse Practitioner
Nealya Bell
OB/GYN Nurse Practitioner
Jessica Despotovic
OB/GYN Physician
Beverly Ellis
Chronic Disease Coordinator
Stephanie Fitzpatrick
Clinic Nurse Coordinator
Kristen Gore
Nutritionist
Naila Murtic
Health Care Coach
Anthony Villafior
Construction/Risk
Assessment Specialist

EMPLOYEE ANNIVERSARIES

Nancy Aliakbari, 1 year
Margaret Baum, 3 years
Gabriel Cardenas, 9 years
Sharon Cox, 18 years
Christina Crate, 10 years
Marie Crawford, 2 years
Tanika Duncan, 1 year
Lori Faulks, 5 years
Katherine Heidemann, 1 year
Bryan Hodge, 1 year
Tanya Lux, 5 years
Deborah McCoy, 1 year
Stephanie McCoy, 18 years
Abigail Mosley, 2 years
Jennifer Nishimura, 4 years
Kathi Pondoff, 1 year
Amy Ravin, 8 years
Vivian Smith, 22 years
Yonderland Strong, 2 years
Valerie Tammons, 4 years
Frances White, 28 years
Nicole White, 1 year
Fontaine Williams, 13 years
Linda L. Williams, 17 years
Thank you for your service!

AUGUST

Congratulations...



Barbara Bailey



Veronica Richardson



Craig Glover

Congratulations to Barbara Bailey, Veronica Richardson and Craig Glover. They will soon complete a 1-year Community Health Center fellowship program offered through the University of Kansas, and in collaboration with a number of primary care associations in the Midwest. The intensive program prepares and enhances the skills of leaders of community health centers and other safety-net providers. Along with completing the year-long course, each will become a Fellow, Community Health Center Executive Management (FCHCEM). Additionally, Craig was recently accepted into a public health informatics training program offered through the American Medical Informatics Association, in collaboration with the Centers for Disease Control. Congratulations to all!