

Tony Award Winning playwright, actress, and poet, **Sarah Jones**, will perform her original one-woman performance **A Right to Care**, at the 2008 Charles Drew Health Center, Inc. (CDHC) annual fund raising dinner, Tuesday, April 22, 2008 at the Forte Banquet and Conference Center, 1502 Cuming Street.

Sarah Jones, a Queens, New York native, is the daughter of

two physicians and has a genuine interest in raising awareness of social inequalities in health care. W. K. Kellogg Foundation commissioned and underwrote the costs for Jones' piece, *A Right to Care*. The piece illuminates a variety of issues ranging from chronic disease to cultural barriers to care, from immigrant health concerns to the impact of economic obstacles on the health of Americans of every background.

## A Right to Care

In writing this piece, Jones put every effort into researching her characters to assure an accurate reflection of each character's diversity. With healthy doses of humor, Jones' ten characters draw audience members into their unique life experiences as they present their stories and their perceptions of the health care delivery system. Audience members have a unique opportunity to witness each character as they testify before a Congressional committee tasked with addressing issues of racial and ethnic disparities in our health care system.

Among the many characters that the audience will meet is an elderly disabled African-American female that speaks proudly of the Ph.D. she has earned. The audience quickly learns that her Ph.D. is not a doctorate degree, but instead represents the culmination of her life's experience -Poor, Homeless, and Disabled. Also testifying is Rosa, a young Latina single mother with the initiative to organize a group for young, poor, primarily Latina mothers who expresses her gratitude for the services and programs that helped support her through college, but voices concerns of being a "very lucky guinea pig". Rounding out her performance, Ms. Jones will answer questions from the audience, providing

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- Infant death rates among African-Americans are 2.5 times the rate for whites.
- Native Americans and Alaska Natives born today have a life expectancy that is almost 6 years less than the US population and die at higher rates than other Americans from alcoholism, tuberculosis, diabetes, accidents, suicide, and homicide.
- 33% of Latinos between 65-74 years of age have diabetes, versus 17% of non-Hispanic whites in the same age group.
- The incidence of cervical cancer is more than 5 times as high for Vietnamese women as for white women.
- Racial and ethnic groups account for more than 50% of all AIDS cases, even though they represent only 25% of the American population.
- African-Americans have a cancer death rate about 35% higher than for whites.

2005 W. K. Kellogg Foundation  
From Vision To Innovative  
Impact Seminar Series

# Profile of a Donor



*Charles Drew Health Center is pleased to introduce our newest newsletter section – Profile of a Donor. For our Winter issue, we are pleased to highlight American National Bank.*

American National Bank has demonstrated their support of the mission of Charles Drew Health Center (CDHC) through their contributions to the “Growing a Healthy Community” \$4 million capital campaign, CDHC annual fund raising dinner, CDHC annual giving campaign and the CDHC annual golf classic.

Ernest White, American National Bank Vice President, stated that the bank is “proud to support CDHC because Charles Drew Health Center’s efforts to help the underserved is so important.”

White serves on several community-based organization boards, to include groups for Greater Omaha Community Action and Omaha Economic Development Corporation.

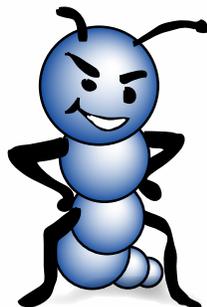
“A lot of community involvement is encouraged by our Chief Executive Officer, John Kotouc” said White. “As a bank representative, I get a lot of joy from

working with community organizations like Charles Drew”.

A special thank you goes out to American National Bank for their continued support of Charles Drew Health Center.

Editor’s Note: American National Bank was inadvertently omitted from the last issue of our newsletter in which the sponsors of the CDHC Golf Classic were listed. We would like to take this opportunity to apologize for our error and recognize American National Bank as a Hole Sponsor and Foursome Sponsor at the 2007 CDHC Golf Classic.

## Avoid the Flu Bug



Charles Drew Health Center, Inc. is here to help you avoid the flu bug again this season. Now through February 29, 2008 children ages 18 and under can receive free flu shots.

Adults and seniors pay only \$18.00 for the shots and Medicare is accepted. Walk-ins are seen Monday through Friday from 8:30 a.m. to 11:00 a.m. and 1:00 p.m. to 5:00 p.m. and on Saturdays from 9:00 a.m. to 12:00 p.m. Appointments can be made by calling 451-3553.

Be sure to come and get your flu shot and help keep the flu bug away this winter.



## Iowa West Foundation GRANT

Charles Drew Health Center, Inc. received a \$9,000 grant from Iowa West Foundation to support the purchase of equipment for the CDHC Community Health Education and Training Center. The center, located on the second floor of the Health Center, provides videoconferencing capabilities, on-site continuing education for medical and non-medical personnel, and a larger site for community-based health education and training for patients, program participants and the community-at-large.

Richard Brown, Ph.D., CDHC Chief Executive Officer extended his personal thanks and appreciation to Iowa West Foundation for its support of the Health Center. “I believe that health education is a powerful tool to be used in our efforts to improve the health and well-being of low-income and underprivileged individuals and families. We are excited at the endless education and training possibilities now available to the Health Center.”

## CDHC Recognizes Employees



**September 2007**  
Jacqueline Cook,  
HIV Prevention  
Program  
Coordinator



**October 2007**  
Kieyona Walker,  
Medical Assistant



**November 2007**  
Nicole WhiteTail,  
Medical Assistant



**2007 Employee of the Year**  
Valeria Middlebrooks,  
Lead Medical  
Receptionist

*Awards presented by Dr. Richard Brown, CEO.*

# Extending Our Patients Dignity and Compassion



In 1946 James Linstrom was attacked and robbed by 3 men, taken to a hospital with a head wound and left on a gurney for 3 days until he died.

On the wall outside of the building there are bricks inscribed with the names of those who donated money for the building expansion project at Charles Drew Health Center. Some of the bricks are dedicated in memory of others. Walking through the doors of Charles Drew each day, I receive a jolt of motivation as I look up at the wall and see the brick inscribed: "In Memory of James Linstrom".

James Linstrom, a 36-year-old father of three was attacked and robbed by three men in 1946 and was taken to a local hospital with a head wound. When he arrived at the hospital,

he had no identification and the staff at the hospital assumed that he was a vagrant. Because of his perceived vagrant status, hospital personnel placed Mr. Linstrom on a gurney, and left him in the hallway in the hospital. He received no care for his wounds. He died, alone, three days later of a cerebral hemorrhage. His widow gave birth to their fourth child seven months later. Unfortunately, James Linstrom and his small family were not given the basic dignity, compassion, or care in 1946 that we all have come to expect whenever we enter a health care facility in 2007.

For many of us that work in the health care field, we come to work for the opportunity to support our families and ourselves. For many there is the added benefit of serving others and the good that we can bring to our patients. Others are pursuing careers in the medical field and seeking meaningful hands-on experience by working in our hospital, clinics, and health centers. We all have our motivations for our work in the health care arena and in particular our work in public health. I hope that the ultimate goal for each of us is to provide quality care to those that entrust their health care needs to us.

Each morning as I walk through the doors of Charles Drew Health Center, I find inspiration to provide a meaningful experience to those I encounter. I find the inspiration to set aside my personal needs and wants, in order to extend my talents and energy to fulfilling the mission of Charles Drew Health Center.

Charles Drew Health Center serves patients who are among the poorest in our community. Every patient we serve deserves dignity and compassion. I encourage us all, as health care professionals, to give our very best at each patient encounter. I encourage you to find a selfless motivation that puts the needs of others ahead of yourself.

In Memory of James Linstrom

**Patricia A. Higgins**

CDHC Medication Assistance Program Coordinator  
*Granddaughter of the Late James Linstrom*



## CDHC Patient Appreciation: Scary Fun Time

Over 3,000 children and families participated in the 2007 CDHC Halloween Extravaganza/Power 106.9 Trick or Trunk Halloween celebration, Wednesday, October 31, 2007. Ghosts and goblins of all sizes and ages enjoyed visiting the 22 decorated exams rooms. All visitors received an abundance of treats, fruit, dental toothbrushes and toothpaste, hot dogs and orange drink before exiting the Health Center. Event organizer Jacqueline Cook extended special thanks to Creighton – Partnership in Health for serving as the Major Corporate Sponsor for 2007. Other sponsors included:

Access Medicaid/Kids Connection  
Alegent  
Astra Zeneca  
Auto Zone on North 30th  
Balloon's by Glen & Clair  
CDHC Staff  
Chubb's Foods  
Charles Drew Health Center, Inc.  
Colombo Candy  
Creighton Dental School  
Creighton University Medical Center  
D & N Cleaning  
Todd Dinges  
Tiffany Hart  
Lueder Construction Group  
New Community Development Corporation  
No-Frill's on North 30th  
Office of Minority Health  
O'Reilly's Auto Parts on North 30th  
Poultry House  
Robert's Dairy  
Mark Seik – Northwestern Credit Union  
Takeda  
Walgreens

# Letter from Elizabeth Cambell and Dr. Brown

CELEBRATING 25 YEARS OF SERVICE  
*Beginning a new era of Health Care in our community*

Charles Drew Health Center, Inc.  
*"Growing a Healthy Community"*

Dear Friends:

On behalf of the Charles Drew Health Center, Inc. (CDHC), please accept our sincere thanks and appreciation for your donations, pledges, gifts, and continued support. After many months of construction, we were able to celebrate the successful completion of our 13,500 square foot expansion project.

Tuesday, December 4, 2007, Charles Drew Health Center celebrated the opening of our facility with a special Building Expansion and Recognition press conference and tours. It was important to us that the community had an opportunity to tour our facility and see first hand how our expanded facility will affect our continued commitment to provide affordable quality health care to Omaha's uninsured and underinsured.

What began as a monumental task of increasing awareness about CDHC and a targeted goal of raising \$4 million in the Spring of 2005, ended in the successful completion of our "Growing a Healthy Community" capital campaign, the completion of our 13,500 square foot construction project. The expansion of the Health Center will enable us to enhance the services that we provide to our 12,000+ patients. Because of the generosity of Metropolitan Omaha, Charles Drew Health Center has successfully embarked upon a "new era" of health care delivery in our community.

Our CDHC governing board and foundation board members thank all of those that shared this celebration with us. If you were unable to join us, and would like to tour our facility, please contact our Development Department at 457-1219 to schedule a walk-through. We are anxious to share with you our plans for increased patient visits, expanded medical and dental services, and additional health education, training, and outreach initiatives.

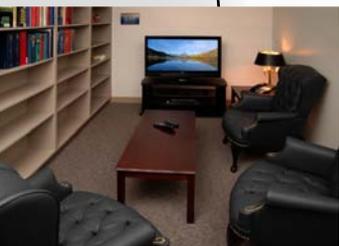
As we look to the start of 2008, Charles Drew Health Center will celebrate its 25th year of service to individuals and families residing in Metropolitan Omaha. Please accept our sincere thanks and appreciation for all that you do to ensure the health and wellbeing of Omaha's underserved.

Sincerely,

*Elizabeth Cambell*  
Elizabeth Cambell  
Board Chairperson

*Richard L. Brown*  
Richard L. Brown, Ph.D., FACHE  
Chief Executive Officer

Charles Drew Health Center, Inc. | 2915 Grant Street | Omaha, Nebraska 68111  
Medical 451-3553 | Dental 453-1433 | Pharmacy 451-3244 | Administration 457-1200



## What's Cookin' in 2008



*New Year's resolutions to lose weight and get in shape are common, but a year-round routine of good nutrition and physical activity is what Charles Drew Health Center nutritionists recommend for 2008.*

With the completion of its nearly 27,000 square foot expansion and renovation project earlier this fall, Charles Drew Health Center expanded its services to include three exciting programs: Healthy Families, Fit-4-Life, and the CDHC Nutrition Preparation Program. Each offers program participants a better understanding of the importance of making changes in their dietary habits and physical activity.

**Healthy Families** is a free health and nutrition program for children, teens, and families. The program gives participants an opportunity to improve family health and quality of life, take part in nutrition lessons that include sampling nutritional snacks, fun physical activity, and health counseling. Participants earn incentives and other prizes each week.



A physician, registered nurse, registered dietitian, behavioral health therapist supported

through funding from the United Way of the Midlands, and an exercise specialist staff classes. The program is supported in part by a federal Title V/MCH Block Grant awarded to Hope Medical Outreach Coalition and Alegent Health.

**Fit 4 Life** is a free ten-week weight management program designed for Charles Drew Health Center patients. The goal of the program is to empower patients with a body mass index (BMI) of 25 or above to make sustainable lifestyle changes conducive to improved health and wellness.

The program includes one weekly 60-minute lesson on nutrition, physical activity, and

behavior modification. In addition, two physical activity sessions occur every week. Program participants are encouraged to attend the weekly lesson and at least one physical activity session each week.

Participants are also encouraged to schedule one-on-one visits with the registered dietitian and behavioral health therapist for individualized care planning.

Sessions address realistic every day challenges that negatively affect weight gain and limit physical activity. Program participants engage in interactive discussions about the relationship between weight and health, getting started with physical activity, benefits, and barriers to physical activity and healthy eating, goal setting, healthful grocery shopping, gaining social support, emotional eating, body awareness, and planning for future long-term success.

### CDHC Nutrition Preparation

**Program** brings home all the steps to eating a nutritious meal at home: planning meals, creating a grocery list, shopping smart at the grocery store, and preparing and storing foods safely. Laura DeWitt, CDHC Registered Dietician, is delighted with the addition of this



program. According to DeWitt, "the program shows individuals how to buy and prepare foods with less salt, sugar, and fat, and with healthier oils and more fiber, all within

a budget. Participants in the program each receive up to \$60 for food by participating in the grocery store visits and enjoy a session with a professional chef who donates his time to share useful cooking tips and demonstrate how to cook recipes discussed each night".

To set up an appointment with a CDHC physician to discuss getting a referral for participation in any of the programs or to learn more about each of the programs call 451-3553 ext. 282.

Charles Drew Health Center, Inc. is dedicated to providing quality comprehensive health care in a manner that acknowledges the dignity of the individual, the strength of the family, and the supportive network of the community.

M I S S I O N S T A T E M E N T

2915 Grant Street  
P.O. Box 111609  
Omaha, Nebraska 68111  
**ADMINISTRATIVE TEAM**  
Richard L. Brown, Ph.D., FACHE  
Chief Executive Officer  
Gregory Ochuba, M.D., Ph.D.  
Medical Director  
Mia Price  
Director of Operations  
Calvin McGruder  
Director of Finance  
Erin Weitzel, DDS  
Dental Director  
Judith M. Hill  
Director of Development  
Anita McGaugh  
Director of Human Resources  
Melanie McCroy, R.N.  
Clinic Coordinator  
Pat Christopher  
Homeless Clinic Coordinator

Charles Drew Health Center, Inc.



## Charles Drew Health Center, Inc.

- PROGRAM LOCATIONS**
- Charles Drew Health Center, Inc.**  
2915 Grant Street  
P.O. Box 111609  
Omaha, Nebraska 68111  
(402) 451-3553 (Clinic)  
(402) 457-1200 (Administration)  
(402) 453-1433 (Dental Clinic)  
(402) 451-3244 (Pharmacy)
- CDHC Homeless Satellite Clinics**  
**Catholic Charities Campus for Hope**  
1490 North 16th Street  
Omaha, Nebraska 68102  
(402) 345-9860
- Siena Francis House**  
Homeless Satellite Clinic  
1111 North 17th Street  
Omaha, Nebraska 68101  
(402) 346-8401
- WIC Program**  
2915 Grant Street  
Omaha, Nebraska 68111  
(402) 451-3130
- Omaha Healthy Start**  
2915 Grant Street  
Omaha, Nebraska 68111  
(402) 455-2229
- Fathers for a Lifetime**  
Resource Office  
5951 Ames Avenue  
Omaha, Nebraska 68104  
(402) 453-5300

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additional insight into each character's experience.

As a part of its 75th Anniversary Seminar, the W.K. Kellogg Foundation identified racial and ethnic disparities in health as the "civil rights issue of the day" – an issue that public health has an obligation to address and remedy. Reports on racial and ethnic health disparities document the relatively poor health of African-Americans, American Indians, Latinos, Asian Americans, and other underrepresented groups when compared to white Americans. Not only are these groups often less healthy, but they tend to have shorter life expectancies, greatly increased rates of infant mortality, high rates of chronic disease, worse outcomes once diagnosed with illness and less access to health care.

"It is our (CDHC) goal to use Ms. Jones' one-woman performance as a catalyst to generate meaningful community dialogue around the issue of health disparities. We want this community conversation to extend beyond the health care arena. It must be inclusive of every member of our community", said Judith M. Hill, CDHC Director of Development. "If we are to be successful in eliminating health disparities, we must begin to broaden our discussion to include issues of poverty, social relationships, living conditions, and health-seeking behaviors and practices. Ms. Jones' performance is certain to enlighten, educate and challenge us all", said Hill.

Pfizer Inc., the world's largest research-based pharmaceutical company has again this year committed to serve as a corporate sponsor for the 2008 dinner.

For ticket and sponsorship information regarding the Charles Drew Health Center, Inc. Foundation 2008 Annual Fund Raising Dinner please call 457-1219.

