



CDHC 2008 Golf Classic A Huge Success

Golf Classic



On Wednesday, July 9, 2008, Omaha's most enthusiastic and adventurous golfers descended on Shoreline Golf Course in Carter Lake, Iowa, for the Charles Drew Health Center Annual Golf Classic. Golfers of all ages and skill levels came together to raise over \$10,000 in support of the Health Center's provision of health care for families with limited or no health insurance. A record number of golfers registered and 100+ golfers were on hand for the 8:00 a.m. four-person

scramble start.

Lots of mulligans, raffle tickets and chance hole opportunities were sold and golfers were well rewarded for their participation.

Golfers participated in an Awards Luncheon and prizes were given for 1st, 2nd, and 3rd place in three flights. Prizes ranged from cash awards, complimentary rounds of golf, travel cases, golf clubs, golf bags, gift certificates, and other items.

Golfers, you are encouraged to begin now to assemble your four-person teams for the 2009 Annual Golf Classic.

For more information, contact the CDHC Development Department at 457-1201.

Mission Statement
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.



Charles Drew Health Center, Inc.



- 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
- Justin Jones, DDS
Dental Director
- Melanie McCroy, R.N.
Clinic Coordinator
- Pat Christopher, MPA, MS, LPC, NCC
Homeless Clinic Coordinator
- Calvin McGruder
Director of Finance
- Anita McLaugh
Director of Human Resources
- Judith M. Hill
Director of Development

OMAHA HEALTHY START DELEGATION RECEIVES PROCLAMATION FROM GOVERNOR HEINEMAN

Friday, September 26, 2008, members of the Omaha Healthy Start General Council, program participants, and staff visited with Governor Dave Heineman to receive the 2008 Infant Mortality Awareness Proclamation. In addition, the OHS delegation met with Dr. Joann Schaefer, M.D., Deputy Chief Medical Officer, Division of Public Health, and Ms. Jacqueline Miller, Chief Administrator, Community Health Section. The group talked briefly about the role of the State in assuring improved birth outcomes for mothers and infants.

The OHS delegation provided a program

overview for 2007 and talked briefly about its plans to mirror changes in the State Division of Public Health, by using the life-course health development model as a framework to significantly improve the health and well-being of women and children residing in North/Northeast Omaha.

The OHS delegation included General Council members Che Peak, Pricilla Debro, and Shameeka Simpson. Ms. Simpson was accompanied by her daughters Shailyn Simpson Joy (2 yrs.) and Marche Simpson (6 mos old). Jennifer Williams, a program participant attended with her son, 11 month-old

Antwon Williams. OHS staff in attendance included Kathy Tyree, program manager, Nene Abosi, R.N., health services coordinator, Desiree Lewis, family support specialist, and Nejo Gentry, R.N., nurse case manager, and Judith M. Hill, program director. Rounding out the delegation were two former OHS graduates, Sydney Carroll (5 yrs) and Georgia Carroll (4 yrs). Both entered into the OHS program at birth and graduated from the program.

For more information about Omaha Healthy Start call Monday through Friday, 8:00 a.m. to 4:30 p.m. at (402) 455-2229.



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, 2nd Floor
Omaha, Nebraska 68111
(402) 451-3130

Omaha Healthy Start
2915 Grant Street, 2nd Floor
Omaha, Nebraska 68111
(402) 455-2229

Fathers for a Lifetime Resource Office
5951 Ames Avenue
Omaha, Nebraska 68104
(402) 453-5300

GREAT HEALTH CARE THAT'S NOT ACROSS TOWN

Quality Healthcare in your neighborhood

Our doctors are leaders in their field. We are proud to have the best minds giving our patients the best care possible. And so close to home too! Our doctors provide quality medical care for the entire family, to include podiatry, cardiology, and senior care services. Dental, optical, pharmacy, and behavioral health are also available. At Charles Drew, we are growing a healthy community!



Charles Drew Health Center, Inc.
Growing a Healthy Community
2915 Grant Street • 451-3553
www.charlesdrewhcomaha.org

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4th Quarter 2008

BREAST CANCER AWARENESS Focus of 2009 ANNUAL FUND RAISING DINNER

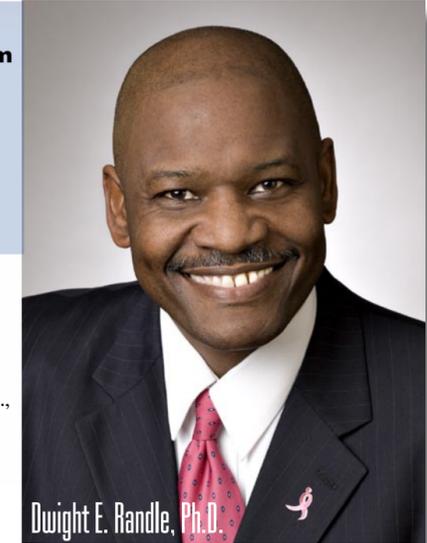
Tuesday, March 31, 2009
Qwest Center, Junior Ballroom
GUEST SPEAKER
Dwight E. Randle, Ph.D.
HONORARY CHAIRS
Dr. and Mrs. Ken and Ann Bird
Social Hour/Silent Auction 6:30 p.m.
Dinner 7:15 p.m.

Charles Drew Health Center invites you to attend the 2009 Annual Fund Raising Dinner on Tuesday, March 31, 2009. This year's annual dinner focus will be breast cancer awareness. The speaker will be Dwight E. Randle, Ph.D., Senior Scientific Advisor for Susan G. Komen for the Cure.

Charles Drew is pleased to have Dr. and Mrs. Ken and Ann Bird serve as the Honorary Dinner Chairs. Dr. Bird is the CEO/President of Bright Futures Foundation, and Mrs. Bird, a breast cancer survivor, is the Coordinator for the Center for Autism Spectrum Disorders with the University of Nebraska Medical Center's Munroe-Meyer Institute.

As Komen's senior scientific advisor, Dr. Randle is responsible for providing insight into research trends and developments in breast cancer research which in turn support the organization's promise to save lives and end breast cancer forever.

Prior to serving as senior scientific advisor, Dr. Randle served as the director of the Susan G. Komen for the Cure Award and Research Grant Program, directing the review, selection and funding of medical, scientific and related research programs sponsored by Komen for the Cure. To date, Komen has invested more than \$267 million in research



Dwight E. Randle, Ph.D.

grants and remains the world's largest private funding source of breast cancer research and community outreach programs.

Dr. Randle joined Komen in 2002 from the University of Texas Southwestern Medical Center at Dallas where he was a Post Doctoral Research Fellow in Dr. John Minna's laboratory at the institution's Hamon Center for Therapeutic Oncology Research.

Dr. Randle received his master's in chemistry from Prairie View A&M University

and a bachelor's degree in chemistry from Jarvis Christian College. Dr. Randle received his doctorate in biochemistry from the University of Maryland, College Park, where he studied the mechanisms of genetic recombination.

Proceeds for the 2009 Annual Dinner will go to support the provision of uncompensated health care for the Health Center's growing number of uninsured and under insured patients.

For more information about Dr. Randle's visit to Omaha, dinner tickets, and/or dinner sponsorships, call 457-1201.



Dr. and Mrs. Ken and Ann Bird

FACTS:

- Breast cancer is the most common cancer, and the second leading cause of death among African-American women.
- African-American women have a 36 percent higher breast cancer rate than Caucasian women.
- From 1996-2002, the five-year survival rate for breast cancer among African-American women was 77% compared to 90% for Caucasian women.

The facts that may explain the difference in survival rates include biologic and genetic differences in tumors, barriers to health care access, health behaviors, and later stage of disease diagnosis.

- While breast cancer death rates are decreasing among Caucasian women, rates for African-American women are decreasing in only 11 of 37 states. In the remaining states, 24 are either flat (to include Nebraska) or are actually increasing (Arkansas and Mississippi).

Source: American Cancer Society Journal - Cancer Causes and Control 2008.

CDHC HEALTH FOCUS: CDHC Launches Fit Club Boot Camp



Adolescent obesity rates in America are alarming, particularly among African-American, Hispanic and Native American youths. The Nebraska 2010 Health Goals and Objectives report the prevalence of overweight children in the United States has increased dramatically, rising from 4% among 6-11 year olds and 5% among 12-19 year olds in 1963, to 13% and 14% respectively.

Fit Club Boot Camp Program is a pilot program that began August 12, 2008 at Charles Drew Health Center to

study the incidence and prevalence of obesity in adults and children in Omaha. The purpose of Fit Club Boot Camp is to help adults and children maintain a healthy body weight by utilizing culturally relevant physical activities and providing education on nutrition. The nutritional portion of the program is conducted by CDHC nutritionist, Laura DeWitt.

Fit Club Boot Camp is open to any adult and youth with some affiliation with CDHC. The program encourages participants to take part in physical activities while promoting a life-long healthy lifestyle. The program focuses on identifying age-appropriate weight and

height for adults and youth. The program also seeks to improve blood pressure and cholesterol levels and while addressing other chronic diseases like diabetes. Program partners for Fit Club Boot Camp are the State of Nebraska Office of Minority Health, University of Nebraska Medical Center, and Creighton University Medical Center. Program goals include: (1) increased knowledge and awareness of program

participants by increasing nutritional education and physical activity; (2) improved individual perceptions of health through improved self-image; and (3) improved weight, blood pressure, and body mass index (BMI), blood sugar and cholesterol.

For more information, contact Laura DeWitt at 451-3553, ext. 282, or Jacqueline Cook at 457-1200, ext. 225.



through improved self-image; and (3) improved weight, blood pressure, and body mass index (BMI), blood sugar and cholesterol.

LEADERSHIP TRAINING FOCUSES ON LIVING WELL

Charles Drew Health Center, Inc. was the host of a four-day leadership training opportunity for health care leaders. The Living Well Workshop developed by Stanford University was presented at the Health Center on Tuesday, September 23, Friday, September 26, Tuesday September 30, and Wednesday October 1, 2008. Training was conducted by Jeanne Duquette from the Iowa/ Nebraska Primary Care Association and Demetria Geraldts from the State of Nebraska Office of Minority Health.

The goal for this four-day training was to prepare healthcare professionals and patients to conduct chronic disease

self-management training in a group setting. Outcome data from patients participating in the self-management training have shown to be statistically significant in reducing pain, depression, and other complications related to chronic diseases. According to CDHC chronic disease coordinator Andrea Faulkner, RN, BSN, "This training will allow us [Charles Drew] to offer the workshop on a continuous basis. The Living Well Workshop gives us the ability to reach our patients participating in any one of our chronic disease collaboratives in a new way. The quality of this program is superb, and I know that by offering this program we will improve the clinical outcomes of our patient population."



From left to right: Jeanne Duquette, RN; Yvette Osby; Andrea Faulkner, RN; Richard Brown, Ph.D.; Juanita Watson, CMA; Laura DeWitt, RD, LMNT; and Demetria Geraldts.

Fathers: An Important Link in Improving Maternal and Child Health



Who is the person most likely to influence a women's choice to seek prenatal care? That was the question posed by the National Healthy Start Association several years ago. The answer surprised most. Many assumed her mother, sisters, girlfriends, or some other influential female in her life. The answer: the husband, boyfriend, or significant other in her life!

Having embraced this notion that father involvement is key in improving health outcomes for women and children, the Charles Drew Omaha Healthy Start program began a process of working with men from all areas of Douglas County to identify how best to engage men meaningfully and purposefully in the lives of their children. The result was the creation of the Fathers for a Lifetime program in 2002.

Fathers for a Lifetime (FFL) offers custodial and non-custodial fathers, expectant fathers, incarcerated fathers and young men planning to become fathers an opportunity to share information, find support, improve their parenting skills, and create greater awareness about the importance of responsible fatherhood. FFL offers two program components- a 10-week educational session, and one-on-one case management, on-site referrals and other resources through the FFL Resource Office located at 5951 Ames Avenue.

10-Week Educational Sessions

Fathers for a Lifetime offers four 10-week educational sessions each year for men ages 16

and older. Session topics address issues related to effective parenting, understanding fathers' rights, protecting families from child abuse and neglect, effective communication, co-parenting, understanding the purpose of child support, improving men's health through awareness and education, financial management, and much more. Douglas County juvenile and district court judges, physicians, public health nurses, financial planners, child support enforcement officials, mental health therapists, attorneys, health educators, child abuse and domestic violence counselors, and the Douglas County Office of Mediation are among the list of presenters that provide one-on-one education and training during the ten-week sessions.

Since its inception in August 2002, over 700 men from the Omaha Metropolitan area have participated in the educational sessions.

On Tuesday, September 9, 2008, Fathers for a Lifetime hosted its largest community graduation at the Omaha Public Schools Teacher and Administrative Center, 3215 Cuming Street, 5th Floor, Cafeteria at 6:00 p.m.

Among the 23 graduates were ten fathers, married fathers, custodial and non-custodial fathers. Fathers for a Lifetime received special donations to support its first "official" graduation ceremony. Rev. Portia Cavitt and

the members of the Clair Memorial United Methodist Church donated twenty-one robes to the program. An additional in-kind donation was made by School Traditions. Mr. Kyle Eichhorn, sales representative with School Traditions donated the additional robes needed for the graduates at no cost, and provided graduation caps and tassels at half price.

FFL Resource Office

The FFL Resource Office began providing assistance on a part-time basis in 2003. In 2005, the Resource Office hired a full-time outreach care coordinator for the Resource Office, funded in part by the Nebraska Children and Families Foundation (NCF). NCF continues providing funding for this much needed service.

The FFL Resource Office provides men with a welcoming father-friendly environment where they feel comfortable to ask questions, seek support, and identify community-based resources.

FFL and Nebraska Legal Aide are collaborating to pilot a project to support fathers in satisfactorily remedying child support issues.

To make an appointment to speak with the FFL Outreach Care Coordinator, call 453-5300, Monday - Friday 9:00 a.m. to 4:00 p.m. Men are also encouraged to stop by the office to learn more about the program.

The mission of Fathers for a Lifetime is to promote greater public awareness about responsible fatherhood and provide fathers with the resources needed to support them in being better fathers.

Charles Drew Health Center Honors Fallen Hero Sgt. Germaine L. Debro

Thursday, September 11, 2008 Charles Drew Health Center, Inc. honored the life and sacrifice of Sgt. Germaine L. Debro. Sgt. Debro, killed September 4, 2006 in Operation Iraqi Freedom, was 33 years of age.



Sgt. Debro was a member of the Army National Guard, 1st Squadron, 167th Cavalry Regiment, Army National Guard, in Fremont, Nebraska.

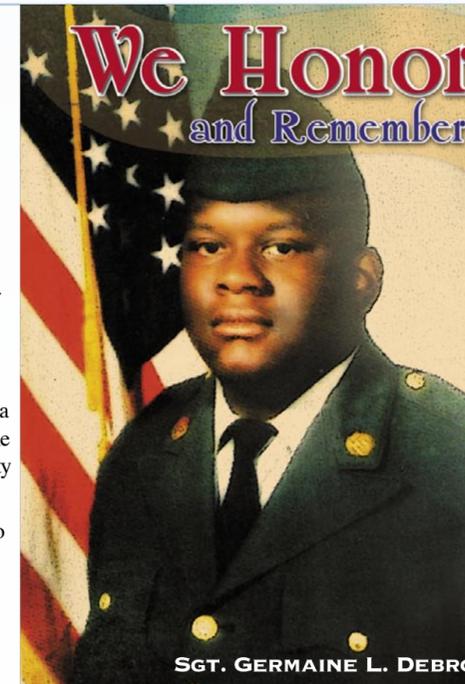
This special honor for Sgt. Debro was a part of the "In Honor and Remembrance" ceremony sponsored by Woodmen of the World Life Insurance Society. Each year Woodmen of the World Life Insurance Society selects a community-based organization to receive a US flag. The dedication ceremony of the flagpole, flag and a plaque took place at Charles Drew Health Center, Inc., 2915 Grant Street, at 12:00 noon.

"As a long standing health care provider in the North/Northeast

Omaha community, we were so proud and pleased to have been selected for this honor", said Judith Hill, CDHC director of development. "We immediately saw this as a wonderful opportunity to also recognize one of our own. Sgt. Debro's life of dedication and sacrifice is a proud representation of his parents Mr. and Mrs. Alvin B. and Pricilla Debro, his family, and the North Omaha community as a whole."

Members of the Debro family were joined by the Charles Drew board of directors, staff, community supporters, and Woodmen of the World representatives for the dedication ceremony. Julieta Clarke, CDHC board chairperson characterized the flag dedication ceremony as "a fitting tribute and a symbol of honor for the many men and women across the county that defend and protect our freedom with their lives and a great honor - especially the personal sacrifice of our own Sgt. Germaine L. Debro."

Program participants included Olivia D. Crimiel-Minor, EEO-Diversity Manager for Woodmen of the World Life Insurance Society; Rev. Jon Lucas, Associate Minister with Morning Star Baptist



Church; Mrs. Swehla Hunt, Vocal and Choral Instructor with Northwest High School; Ms. Shairlyn Culliver, with Woodmen of the World; Richard L. Brown, Ph.D., Charles Drew chief executive officer; the Central High School ROTC under the direction of Lt. Colonel

to return to combat on his final tour of duty. Mrs. Debro shared that her son's decision to return to Iraq was made in part, "to give other soldiers with families and children the opportunity to stay at home."

Michael Melvin; the North High School Honors Choir, under the direction of Joseph Manley; and Retired Air Force Chief Master Sergeant Glenn Freeman, Special Assistant for Military and Veteran Affairs with Senator Chuck Hagel's Office.

The program concluded with remarks from Sgt. Debro's mother, Mrs. Pricilla Debro. She thanked the Health Center for the honor and recalled her son's love of his family, his country and his fellow enlisted men. Sgt. Debro's compassion for others is what supported his decision



CDHC Recognizes Employees of the Month

Awards are presented by Richard Brown, Ph.D., CDHC Chief Executive Officer.



June 2008
CATHY MURRAY
Medical Records Clerk



July 2008
RICKY TROBAUGH
Dental Business Coordinator



August 2008
MELVIN MUHAMMAD
STD Health Coordinator



September 2008
AL DAVIS
Transportation Driver