

Public Health IMPACT

QUARTERLY NEWSLETTER HIGHLIGHTING PUBLIC HEALTH TOPICS & EVENTS FOR THE MARION COUNTY COMMUNITY | SPRING 2024 • ISSUE NO.1



The Eskenazi Health Thomas & Arlene Grande Campus clinic, located on the corner of East 38th Street and North Arlington Avenue (above). The community gathered for a ribbon-cutting ceremony on March 21, 2024 (photo on page 2). Its clinical services will be available to the public starting in mid-April.

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NEW HEALTH CENTER TO SERVE INDY'S EAST SIDE

ESKENAZI COMBINES MUCH NEEDED SERVICES UNDER ONE ROOF

Residents of the east side and along the Northeast Corridor can visit a brand-new, cutting-edge health care facility, opening April 17, which will provide numerous services they previously had to visit multiple locations to access. The Eskenazi Health Thomas & Arlene Grande Campus clinic, located at 6002 E. 38th Street, will offer primary care, mammograms and other imaging services, Sandra Eskenazi Mental Health Center services, physical therapy/rehabilitation services and chiropractic services — all in one building.

This 95,000-square-foot facility will

also provide podiatry, a pharmacy, lifestyle medicine and financial counseling. Some Marion County Public Health Department services will also be available to visitors.

Conveniently located on the corner of East 38th Street and North Arlington Avenue along the new IndyGo Purple Line, the Eskenazi Health Thomas & Arlene Grande Campus clinic will also provide free parking. To find directions from your home to the new facility once the Purple Line is finished, go to www.indygo.net/routes. IndyGo currently estimates a fall completion for their new line.

This state-of-the-art health care facility will also house many amenities, including a cafe, a teaching kitchen and

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MCPHD SERVICES OFFERED AT NEW CLINIC

The Marion County Public Health Department will also benefit from the new Eskenazi Health Thomas & Arlene Grande Campus clinic.

The Women, Infants and Children (WIC) clinic currently at the 2505 North Arlington Avenue location, and the Dental Health clinic and Beds and Britches, Etc. (B.A.B.E.) store currently at the Forest Manor clinic at 3840 North Sherman Drive are all relocating to the Eskenazi Health Thomas & Arlene Grande Campus clinic by the end of April.

“With the opening of the Eskenazi Health Thomas & Arlene Grande Campus clinic, we are pleased to relocate the Dental Health and WIC clinics and the B.A.B.E. store from

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ESKENAZI GRANDE CAMPUS, *Continued from page 1*

a multipurpose space for community gatherings. Art decorating the walls of the new building will showcase many neighborhood artists. A plaza outside will provide the perfect spot for local events.

Two nearby Eskenazi Health Care locations will be moving to the new facility: Eskenazi Health Center Forest Manor and Eskenazi Health Center North Arlington. All providers and staff from those locations will relocate to the new facility.

Any patients with primary care providers at Eskenazi Health Center Forest Manor and Eskenazi Health Center North Arlington who have appointments on or after April 17 will go to 6002 E. 38th St., even if Eskenazi Health MyChart initially lists their former health care

center. To ensure all appointment details are clear and questions answered, an Eskenazi Health Center team member will contact patients from those centers who have appointments on or just after the new facility's opening.

The Eskenazi Health Center Far Eastside location, Eskenazi Health Center Grassy Creek, will not be moving to the new location. Patients will continue to access health care at the same center they did before, and all providers will remain.

Those with prescriptions to fill during the transitional period can access Eskenazi Health's free delivery service at 317-880-4500. All patients should consider signing up for *Eskenazi Health My Chart*, which offers access to prescriptions, communications with staff

and appointment details. If you encounter any technical difficulties with MyChart, please call 317-880-2273.

With all the changes coming, Eskenazi Health wants to ensure everything is clear, so please call 317-880-7666 with any move questions that haven't been answered.

This exciting new facility will not only offer high-quality mental and physical health care and public health department services to east side and Northeast Corridor residents, but also will save them valuable time due to its conveniences. With its teaching kitchen for healthy cooking and other lifestyle medicine options, this new facility will also continue Eskenazi Health's mission to improve community wellbeing throughout Indianapolis.

MCPHD GRANDE CAMPUS SERVICES, *Continued from page 1*

those locations into this state-of-the-art health center," said Virginia A. Caine, MD, Director and Chief Medical Officer of the Marion County Public Health Department. "With this move, integrated services will be under one roof, making continuity of care more accessible to our clients."

"This will be a good match of services," said Darren Klingler, the Chief of the

Bureau of Population Health. "Young families will be able to see their health-care provider and obtain many other Eskenazi Health services, receive food benefits from WIC, and baby clothes at the B.A.B.E. store, and get a dental checkup – all at a single facility."

While the North Arlington and Forest Manor sites have been good homes for MCPHD services, Klingler hopes that

the new clinic will draw even more clients.

"This is a brand-new, highly visible facility on a main traffic corridor," he said. "I know the staff are energized to be in the new clinic, and I am sure the public will enjoy it, too."

The MCPHD's breastfeeding support program will remain at the Forest Manor clinic for the time being.

GREGORY PORTER NAMED LEGISLATIVE CHAMPION

The Indiana Association of Area Agencies on Aging (IAAAA) recently honored Gregory Porter, Representative of Indiana House District 96 and Senior Vice President of External Affairs at Health & Hospital Corporation, as a recipient of one of its 2023 Legislative Champion Awards. Porter was recognized for his instrumental role in increasing the access to clinical, care management and community support services for individuals with Alzheimer's and Dementia.



CHIN COMMUNITY RECOGNIZES DR. VIRGINIA CAINE



The Chin Community of Indiana (CCI) recently presented Dr. Virginia A. Caine with the CCI Appreciation Award. The award recognizes Dr. Caine for her visionary guidance, exemplary leadership and unconditional support for the Chin Community for more than 15 years. Pictured – (L-R) Van T. Piang, CCI Vice President; Virginia A. Caine, M.D., Director & Chief Medical Officer of the Marion County Public Health Department; Rev. Dr. Thlaawr Bawihrin, CCI President

REAL MEN READ PROGRAM CELEBRATES 10TH YEAR

STUDENTS IMPROVE LITERACY SKILLS, PARTICIPATE IN MEANINGFUL DISCUSSIONS

The Real Men Read project – a book club for young men facilitated by adult men – will soon be celebrating its 10th anniversary in the Indianapolis area.

Ron Jackson, a Program Coordinator with the Health and Hospital Corporation's Reclaiming the Village Program, said that the program came about when HHC's Senior Vice President of External Affairs Gregory Porter approached him in 2014 to start a literacy project for students.

"I had been in an all-male book club in the 1990s, and I remember that we had a lot of good discussions," Jackson said.

He added that he wanted to try to recreate that setting, while making it educational and relatable to students' lives, and incorporating the seven life principles of Kwanzaa: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.

Jackson started Real Men Read with a group of seven youth at the now-defunct Kaleidoscope Youth Center. Later, he partnered with Oda Enterprises, Inc. of Indianapolis to help further develop and implement the project, with an additional 15 students between the ages of 11 and 13 from IPS' Elder W Diggs School 42. Real Men Read is currently offered at Harshman Middle School as an after-school program, and in the summer at various summer camps.

The project involves reviewing vocabulary words from the books, some reading aloud, and discussions of some of the concepts from the reading. Improving students' vocabularies is sometimes the key to improving their comprehension and enjoyment of what they are reading, Jackson said.

At times they cover an entire chapter in a session, and at times just a few paragraphs. It can depend on the conversations sparked in the group.



Ron Jackson leading an early Real Men Read group at the now-closed Kaleidoscope Youth Center on Broadway Street.

"The books set the tone, but the facilitators drive the discussions," he said.

Teachers will sometimes recommend biographies, novels and graphic novels to Jackson, based on participants' grade levels. He said he has had success with "All the Right Moves : The Najee McGreen Story" by Ron Berman, "Slam !" by Walter Dean Myers, "The Bully" by Paul Langan, "Shift" by Jennifer Bradbury, and "Static Shock" collections from DC Comics.

For Jackson, one of the most gratifying outcomes from the project comes when older students, who may not have time to continue to participate in Real Men Read after school, will come up and ask him about some good books to read.

"Reading can help young men explore other cultures they don't necessarily relate to, and find an escape from their routines," Jackson said.

For more information about the Real Men Read project, please contact Ron Jackson at 317-221-2047, or Larry Humes at 317-221-2326.

MOSQUITO CONTROL PROGRAM RAMPING UP FOR 2024

TWO SHIFTS OF TECHNICIANS PROVIDE MOSQUITO PREVENTION, ELIMINATION FROM SPRING TO FALL

Spring starts the busy season for the Marion County Public Health Department staff who specialize in mosquito control.

Matt Sinsko, the Coordinator of Vector-Borne Disease Prevention for the MCPHD, said he typically has eight staff members concentrating on mosquito control, five concentrating on rodent control, and three maintaining the fleet of vehicles. From April until around Halloween, two dozen seasonal workers are hired each year to help with mosquito control, with two shifts working from 6:30 a.m. until midnight some months.

“We get a lot of college students, and some retirees,” said Sinsko. “It can be a hot, dirty, sweaty kind of work.”

The two operational programs are finding and eliminating spots where mosquito larva are growing (larviciding) and killing adult mosquitoes (adulticiding).

Sinsko said most of his staff focuses on larviciding, which he said is a more efficient and effective way to eliminate mosquitoes. The staff also targets Culex mosquitoes, one of the three dozen varieties of mosquitoes found in central Indiana.

Female Culex mosquitoes lay their eggs on the surfaces of fresh or stagnant water. Within two weeks, those eggs can hatch into adult mosquitoes. Adult Culex mosquitoes can transmit West Nile Virus and other diseases to humans, birds and other animals.

“Our goal is to reduce the number of disease-transmitting mosquitoes,” Sinsko said. “Eliminating nuisance-biting mosquitoes is a secondary concern.”

During the day, Mosquito Control staff respond to calls or visit sites where mosquito larvae are suspected to be growing. When the breeding spots are found, larvicide – often a mineral oil – is applied to the surface of the water to kill the larvae.

They also collect insects caught in traps left around the county. MCPHD staff analyze mosquitoes from about 20 traps a



Matt Sinsko, Coordinator of Vector-Borne Disease Prevention for MCPHD, stands next to a truck with a machine that sprays mosquito adulticides (above).



Andrew Grau, MCPHD Biologist, and Annika Chan, MCPHD Seasonal Lab Technician, prepare lab-grown mosquitoes for testing (left).

day to monitor the population and to test them for West Nile Virus. In 2023, the lab tested about 20,000 mosquitoes.

The program's night shift sends out trucks each evening with machines that spray an ultra-low-volume dose of adulticide in areas where mosquitoes have been reported.

The fogging trucks may be the most visible element of the program, but they are less efficient than larviciding. Sinsko said that the water-based chemical used by the machines must come into contact with a mosquito in order to be effective, and the mist only spreads out about 300 feet for about ten minutes before it dissipates.

“The chemical we use has very low toxicity to mammals, and we spray at night, when most bees are inactive,” Sinsko said. “We try to be sensitive to residents’ concern about pollinating insects, but public health takes precedence. If West Nile Virus is identified in an area, we are coming.”

People can help by eliminating potential breeding locations on their property.

Cleaning out clogged gutters, changing the water in birdbaths weekly, and emptying water from unused buckets and kiddie pools can help reduce mosquito populations.

Program staff also want the public to reduce potential breeding spots by getting rid of old tires left outdoors, where they can hold stagnant rainwater. As time allows, staff pick up waste tires left in alleys and other easily accessible places.

The program also sponsors a free tire recycling event each June. Marion County residents can bring up to six passenger vehicle tires to be recycled. Two drop off locations – Marion County Public Health Department Mosquito Control, 4001 E. 21st St.; and Southeast Community Organization, 1925 Fletcher Ave. – will be open from 8 a.m. to 4 p.m. on Saturday, June 15.

Last year, more than 1,000 waste tires were brought in for recycling at the event.

To contact the Mosquito Control staff, please call 317-221-7440.

CAPITAL IMPROVEMENT PROJECT UPDATE Q1-2 2024

Health & Hospital Corporation of Marion County (HHC) is ready to kick off a number of construction projects over the next three to five years, consistent with our mission to expand health-care access for people in our community.

This summer, construction will begin on a new Public Health Laboratory building at the Marion County Public Health Department (MCPHD) campus near the intersection of East 38th Street and North Keystone Avenue.

The three-acre development will include a two-story laboratory and administrative building, an employee parking lot, and a public parking lot. When completed, the new building will expand and improve the capacity of the MCPHD laboratory, as well as housing the Bell Flower Clinic (currently located in the Sidney and Lois Eskenazi Hospital), the Department of Vital Records and Immunization Records.

"HHC is making the investment so that we can continue to meet the needs of our growing community, HHC, and our divisions for years to come," said Pintuorn Bissett, Vice President of Facilities Services and Real Estate.

"Our investment in the Meadows Campus will demonstrate our continued commitment to our employees, the neighborhood, and our surrounding community," she said.

Future issues of Impact will provide updates and highlight upcoming construction initiatives.

REACH program strives to reduce racial, ethnic health disparities in community

The Marion County Public Health Department's Chronic Disease Department's team of 20 is on a mission to reduce cardiovascular disease and diabetes in the community by improving nutrition, increasing physical activity, and reducing tobacco usage.

While hunting for funding to support those efforts, Sandra Cummings, the department administrator, learned of the Center for Disease Control's program called REACH (*Racial and Ethnic Approaches to Community Health*), which had successes in reducing racial and ethnic health disparities in chronic diseases.

"The CDC doesn't just fund projects, it becomes a partner in implementing those projects," Cummings said. "The Center provides support, resources and learning opportunities for REACH grant awardees."

Now in its sixth year, the REACH Program works with a team of internal personnel and community partners to address nutrition and physical activity, prioritizing neighborhoods on the near and far eastsides of Marion County.

The local program has three main goals:

- Increasing availability and access to fruits and vegetables
- Increasing percentage of women who breastfeed
- Advocating for safe and convenient walking and biking infrastructure.

Emily Dunham, the MCPHD REACH Coordinator, said that although the grant prioritizes reducing chronic disease in the Black and Hispanic populations, she believes that the program's outcomes benefit people throughout the county.

Program Successes

In 2023, about 2,200 Marion County households participating in the Supplemental Nutrition Assistance Program (SNAP) received additional incentives -- called Fresh Bucks -- to use for fresh fruits and vegetables at 17 sites, including area farmers markets and some retail food stores.

As a result, those 2,200 families were able to purchase and eat more fresh fruits and vegetables, growers gained new customers and additional income, and the local food economy became stronger.

Dunham said the program has also been successful working with schools to make it safer and more convenient for kids' travel.

Last Fall, during Walk, Bike, and Roll to School Day, the REACH program partnered with the Community Heights Neighborhood Association, Health By Design, the Indianapolis Metropolitan Police Department and other groups to have a special event for kids to learn how to safely walk or bike on their way to school.

While she appreciates special events like that, Dunham said the goal of the program is to improve lighting, walkways and infrastructure so that people can regularly walk or bike to schools, stores or other everyday destinations.

"All of this work is collaborative," Cummings said. "We count on partnerships with residents, community organizations, businesses and institutions to work together to encourage systems and environmental changes that will make healthier eating and daily physical activity more possible for more people."



MARION COUNTY VITAL RECORDS SERVICES

Certified Marion County birth and death certificates can be obtained at the Marion County Public Health Department, located at 3838 N. Rural St., Indianapolis, IN (near East 38th and Keystone.)

BIRTH CERTIFICATES: \$15

DEATH CERTIFICATES: \$20

Cash, money orders and credit cards accepted.

For more information about hours, fees and acceptable forms of ID:

CALL: 317-221-2400

E-MAIL: inquire@hhcorp.org

**VISIT OUR
WEBSITE
BY SCANNING
THE QR CODE**



UPCOMING EVENTS

DIABETES MANAGEMENT

The ABC's of Diabetes Self-Management Education/Support program of the Marion County Public Health Department is committed to providing adults with ready access to educational services and information in the area of managing and preventing diabetes.

Please register at least one week prior to the first class. Participants should plan to attend all four classes for the month.

QUESTIONS: email diabetes@marionhealth.org or call 317-221-2094.

REGISTER AT: www.marionhealth.org/diabetes

MAY

Online classes

Thursdays 9, 16, 23, 30
1:30 – 3 p.m.

JUNE

Haughville Library

2121 W. Michigan St.
Tuesdays 4, 11, 18, 25
5:30 – 7:30 p.m.

JULY

Online classes

Wednesdays 10, 17, 24, 31
1:30 – 3 p.m.



NUTRITION EDUCATION

The Marion County Public Health Department's Nutrition Services Program has Registered Dietitians available to provide guidance for a wide variety of nutrition concerns.

They also offer nutrition education classes to Marion County residents as part of the Diabetes Impact Project – Indianapolis Neighborhoods, or Dip-IN.

The classes are free, but pre-registration is required. To register for classes, please call or Haughville Library at 317-275-4420 or Indy Parks at 317-327-7275.

FACT OR FAD: WEIGHT MANAGEMENT

Haughville Library – May 14 • 12 p.m.

Rhodus Park – May 16 • 5:30 p.m.

Municipal Gardens – May 21 • 12:30 p.m.

Washington Park – May 22 • 12 p.m.

Riverside Park – May 23 • 12 p.m.

COOKING WITH GREENS, BEANS & BERRIES

Haughville Library – June 11 • 12 p.m.

Rhodus Park – June 13 • 5:30 p.m.

Municipal Gardens – June 18 • 12:30 p.m.

Riverside Park – June 20 • 12 p.m.

For more information about the Nutrition Services program, please call 317-221-7403.

SAFE SITTER TRAINING

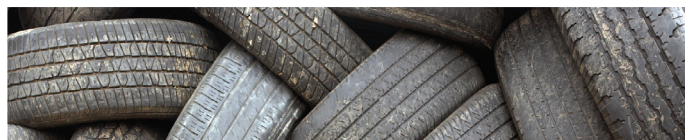
The Marion County Public Health Department's Safe Sitter Program prepares students in grades 6-8 to be safe when they are home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR.

Class fee is \$30. Limited economic hardship scholarships available. Students should bring a sack lunch. PRE-REGISTRATION IS REQUIRED.

For more information, call 317-221-5729 or email DMilner@marionhealth.org. Register early as classes fill quickly.

JUNE 7, 12 & JULY 10

9 a.m. – 4 p.m • 4012 N. Rural St.



TIRE RECYCLING DAY

The Marion County Public Health Department's Vector Borne Disease Prevention Program will hold a free Tire Recycling Day event.

JUNE 15 8 a.m. - 4 p.m.

As part of the event, Marion County residents can bring up to six passenger vehicle tires (no industrial tires) to the Mosquito Control building at 4001 East 21st Street, or to the Southeast Community Organization at 1925 Fletcher Avenue.

The event is open to residents, and is not for use by tire retailers or auto salvage yards. Tires must be without rims.

Waste tires are a prime breeding ground for mosquitoes. Help reduce the spread of West Nile Virus and other mosquito-borne diseases by disposing of tires properly.

For more information, please call the MCPHD's Mosquito Control office at 317-221-7440.

MCPHD PROVIDES RESOURCES FOR TOTAL ECLIPSE 2024



(Above) MCPHD staff hosted a Public Health Open House on Saturday, April 6. Participants could pick up eclipse glasses, learn about MCPHD programs and job opportunities, receive services, and see an Indianapolis Fire Department truck and Indianapolis Metropolitan Police Department Mounted Patrol horses. (Right) MCPHD staff distributed more than 5,000 free eclipse glasses at two drive-thru events on April 2 and 4.





Back to School

and Community Resource Day

Featuring IFD Fire Safety Festival

SATURDAY

JULY 13

8:30AM - 12NOON



MARION COUNTY PUBLIC HEALTH
DEPARTMENT (PARKING LOT)
3838 NORTH RURAL STREET
INDIANAPOLIS, IN 46205



3838 North Rural Street
Indianapolis, IN 46205

DIRECTORY OF SERVICES • GENERAL INFORMATION - 317-221-2000

ACTION Health Center Pediatric, Adolescent, Young Adult Services 317-221-3400 B.A.B.E. 317-221-3050 Bed Bug Education & Prevention 317-221-2155 Bell Flower Clinic • Sexually Transmitted Disease Testing & Prevention 317-221-8300 Birth and Death Certificates 317-221-2400 Body Art Facility Regulation 317-221-2270 Cardiovascular Health 317-221-2322 Child Car-Seat Helpline 317-221-2045 Chronic Disease Programs 317-221-2094 Dental Health 317-221-2329	Diabetes Education 317-221-2104 Environmental Health, Safety & Management 317-221-7596 Epidemiology 317-221-3355 Food and Consumer Safety 317-221-2222 Foreign-Born/Refugee Health 317-221-2133 Hazardous Materials 317-221-2266 Health Education, Promotion & Training 317-221-2092 Healthy Families 317-221-2349 Healthy Homes, Environmental Consumer Management & Senior Care 317-221-2155 HIV/AIDS Prevention Information 317-221-3000	Housing & Neighborhood Health 317-221-2150 Immunizations 317-221-2122 Indoor Air Quality 317-221-2266 Infectious Disease Control 317-221-2117 Injury Prevention 317-221-3145 Laboratory 317-221-4670 Maternal & Child Health 317-221-2312 Mortgage Loan Inspections 317-221-2266 Mosquito/Rodent Control 317-221-7440 Northeast District Health Office 317-221-7300 Northwest District Health Office 317-221-7500	Nutrition Services 317-221-7403 Older Adult Health 317-221-2092 School Health Services 317-221-2367 Wells & Drinking Water Quality/ Sewage & Septic System Regulation 317-221-2147 Social Work 317-221-2364 South District Health Office 317-221-5701 Substance Use Outreach Services 317-221-4618 Swimming Pool Regulation 317-221-2270 Tobacco Control 317-221-3007 Tuberculosis Control 317-221-2110 WIC 317-221-7401
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