

Louisiana Primary Care Association

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Volume I, Issue II



Where Members Matter!

Program Completes First Progress Report

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LA Community HealthCorps Program recently completed its first Progress Report for the National Association of Community Health Centers (NACHC). The Progress Report is due once a year and programs are responsible for summarizing the activities and impact of the members for the program year.

LPCA was responsible for providing in-depth information on member's activities based on specified performance measures. They are member development, health education, volunteer generation, improving utilization, and increasing access. The Program was also asked to report on member data that focused on the

amount of active, exited, and suspended members in the program and the number of hours served.

Volunteer generation data contained information about recruited or directly supervised individuals that helped the program and members achieve community service objectives.

Members performed health education by assisting health center staff. They did this by facilitating workshops; hosting health fairs; and conducting one-on-one and group sessions with community residents and patients on healthy lifestyles and/or preventive health topics.

Members improved utilization by assisting health

care staff identify patients through various marketing initiatives. They also improved utilization by assisting with case management duties and referrals.

Members increased access by referring medically underserved patients and existing patients to health center programs, and low cost or free health insurance including Medicaid. Members were engaged in community activities and coalitions that would help spread the word about the clinic's services.

Lastly, member development is achieved through attendance at team meeting and trainings, the Community Health Service Forum, and any other educational sessions, certification or in-service opportunities provided by the site.

Mile High Club

- Willie Mae Jefferson*
- Shameca Pierre*
- Nettie Prim*
- Dan Linkford*
- Jayna Mallery*
- Janet Prince*

The *Mile High Club* is for members that have reached their half way point in the program.

Members Make Milestone

LPCA currently has 17 members participating in its inaugural year of Community HealthCorps. Three (3) more members have persevered and have completed half of their necessary service hours.

Dan Linkford began with the Community HealthCorps Program in April. He is a part-time member placed with Primary Health Services Center in Monroe.

He provides valuable outreach services to the homeless. He also assists with the clinic's mobile outreach unit. He is supervised by Gloria Monroe.

Jayna Mallery began with the Program in March. She is a full-time member placed at LPCA where she performs outreach health initiatives under the direct supervision of Tia Gipson.

Janet Prince began the program in April. She is a full-time member placed at Southern Mutual Help Association under the direct supervision of Judy Herring. She serves as Assistant Field Coordinator where she helps in the hurricane recovery and rebuilding efforts.

Congratulations Mr. Dan, Jayna, and Janet!



Eating Red Meat May Raise Breast Cancer Risk

Women who ate more than 1.5 servings of red meat per day were almost twice as likely to develop hormone-related breast cancer as those who ate fewer than three portions per week, one study found. The study was published in *Archives of Internal Medicine* and was presented at an American Heart Association conference in Chicago. The study was led by doctors at Harvard Medical School and was based on observations rather than an experiment.

The Nurses' Health Study

tracked the diets and health of more than 90,000 women who were 26-46 years old when they enrolled roughly two decades ago. They filled out diet questionnaires in 1991, 1995 and 1999, and were divided into five groups based on how much red meat they said they ate. Researchers checked on their health for 12 years on average and confirmed breast cancer diagnoses with medical records.

Meat consumption was linked to a risk of developing tumors whose growth was

fueled by estrogen or progesterone — the most common type — but not to tumors that grow independently of these hormones. The women who ate more red meat were more likely to smoke and be overweight, but when the researchers took those factors into account, they still saw that red meat was linked with an increased risk of breast cancer. However, Dr. Anne McTiernan of the Fred Hutchinson Cancer Research Center in Seattle cautioned that the findings rely on women's

recall of what they ate — an inexact way to measure diet. "A 16-ounce steak and a three-ounce piece of meat are counted the same. People are horrible at determining what is a real serving," said McTiernan, author of "Breast Fitness," a book on reducing cancer risk. It may be wise to cut down on red meat because of its fat and calorie content, McTiernan said, but "this isn't a reason to become a vegetarian if you weren't planning to do that already."

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Health Center Sponsors Breast Cancer Awareness

This year in America, more than 211,000 women will be diagnosed with breast cancer and 43,300 die. One woman in eight either has or will develop breast cancer in her lifetime. In addition, 1,600 men will be diagnosed with breast cancer and 400 will die this year.

If detected early, the five-year survival rate ex-

ceeds 95%. Mammograms are among the best early detection methods, yet 13 million U.S. women 40 years of age or older have never had a mammogram.

In honor of Breast Cancer Awareness Month HealthCorps member Shameca Pierre organized an event at Southwest LA. Center for Health Services. The center choose October 25, 2006, as

their *Pink Day*. Shameca was able to get area car dealership owner, Billy Navarre to sponsor the event.

On their *Pink Day*, patients of the center were treated to juice and cookies. Pink ribbon lapel pins were donated by St. Patricks Hospital and employees of the health center were able to wear t-shirts sponsored by Billy Navarre. All of the

ladies wore pink t-shirts with a dark pink breast cancer ribbon and the men wore black t-shirts with a light pink breast cancer ribbon. Pink ribbon was also bought and made into pins for the patients to wear.

Shameca states that, "the project was a great success."

Inflammatory Breast Cancer



The symbol of the pink ribbon requires very little explanation. Most people easily recognize it as the official symbol for breast cancer. Today it not only shows support for the cause, but the pink breast cancer awareness ribbon stands for the sisterhood that helps women survive and conquer the disease.

Inflammatory breast cancer is a unique and uncommon type of cancer. It is unique in that it does not produce a distinct mass or lump that can be felt within the breast. The lack of a lump or mass also makes it difficult to detect by mammograms. Inflammatory breast cancer cells infiltrate the skin and lymph vessels of the breast. When the lymph vessels become blocked by the breast cancer cells the breast typically becomes red, swollen, and warm. The skin changes associated with this cancer can cause the breast skin to look like the skin of an orange, a finding called *peau d'orange*. The appearance is similar to other inflammatory conditions called by cellulitis or mastitis. Other possible associated symptoms include enlarged lymph nodes under the arm or above the collar bone on the affected area. This cancer is diagnosed based upon the results of a biopsy and physician's judgment.

Typically, inflammatory breast cancer grows rapidly and requires aggressive treatment. Inflammatory breast cancer is aggressive, most oncologists recommend both systemic and local treatment. With aggressive treatment using this multimodality approach, the 5 year survival for inflammatory breast cancer has improved significantly from an average survival of 18 months to an approximately 50% survival rate at 5 years. The median age range is between 45 and 55 years old, but there may be patients either younger or older. The symptoms must guide the diagnosis, and age should not be used to exclude it.

Source: Dr. Jeff Patton of Tennessee Oncology

Alzheimer Services of the Capital Area



November 4, 2006 A Walk Run to Remember event. A family who lost a loved one to Alzheimer's visiting the Children's Village with their child.

Recently, Jayna Mallery, LPCA Community HealthCorps member, participated in several events hosted by the Alzheimer's Services of the Capital Area. Alzheimer Services of the Capital Area has many programs. Their programs assist in the implementation of a multi-pronged approach to help Alzheimer and dementia patients in the Baton Rouge and surrounding area cope with the disease.

Alzheimer's is a degenerative brain disease of unknown cause that is the most common form of dementia. It usually starts in late middle age or during later stages of life and results in progressive memory loss, impaired thinking, disorientation, and changes in personality and mood.

Although the cause of Alzheimer's is unknown, some suspected causes include diseased genes or a genetic predisposition, abnormal protein build-up in the brain and environmental toxins. No cure for Alzheimer's is presently available, however good planning and management can ease the burdens on the patient and family.

Common Warning Signs of Alzheimer's are:

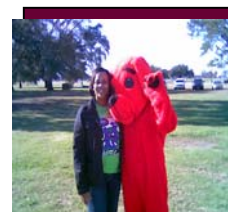
- Recent Memory Loss That Affects Job/Life Skills or daily activities
- Difficulty Performing Familiar Tasks
- Problems With Language
- Disorientation of Time and Place
- Poor or Decreased Judgment
- Problems with Abstract Thinking
- Misplacing Things
- Changes in Mood or Behavior
- Changes in Personality
- Loss of Initiative

Alzheimer's Services of the Capital Area provides information and support to 10 parishes in the Greater Baton Rouge area. Services includes Caregiver Network meetings, a telephone HelpLine, a Community Resource Directory, newsletters, educational and reference materials, the

Safe Return Program, Speakers Bureau, an annual education conference for healthcare providers, and a variety of other educational programs on topics of interest to family caregivers.

Jayna worked with the Alzheimer Services of the Capital Area to :

- Provide case management services to caregivers by linking them to community resources to which they are entitled through networking workshops.
- Assist staff members with assembling caregiver packets with educational material.
- Coordinate event service activities for the *Walk Run to Remember* event; which included making volunteer lists, putting together runner and walker packets, and making team phone calls.
- Provide caregivers with support groups, sitters, and free information packets!



A Diet to Prevent Alzheimer's

A so-called Mediterranean diet centered on fruits, vegetables, olive oil and a paucity of red meat and dairy products may lower the risk of Alzheimer's disease, for reasons that are unclear, researchers recently stated. The finding from Columbia University Medical Center in New York was based on a look at 1,984 adults with an average age of about 76, of whom 194 already had the debilitating brain disease and 1,790 did not. What they ate during the preceding 12 months was analyzed for how well it matched the Mediterranean diet.

After taking into account other possible risk factors for the disease such as age and how fat or thin the test subjects were, researchers found that those in the top third in terms of how their diets matched the Mediterranean model had 68 percent lower odds of having Alzheimer's disease than those in the bottom one-third. Those in the middle third had 53 percent lower odds.

The study, published in the Archives of Neurology, said there is growing evidence that the Mediterranean diet cuts the risk of stroke, heart disease and diabetes, suggesting that vascular factors may contribute to the chances of developing Alzheimer's. "However, when we considered vascular risk factors in our models, the association between the Mediterranean diet and Alzheimer's disease did not change," the report said. Indicating that the diet's apparent protective effect may work through other pathways.

In a second study in the same journal, researchers at Karolinska Institute in Stockholm, Sweden, reported that Omega-3 fatty acid food supplements may slow mental decline in some patients with very mild Alzheimer's disease, but do not appear to affect those with more advanced cases.

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Member Spotlight

LPCA's Community HealthCorps Program would like to spotlight the special contributions of a star team member. Nettie Prim is a part-time member serving at David Raines Community Health Center in Shreveport, LA.

Ms. Prim plays a vital role in the health center's day-to-day functions. Her responsibilities include community development activities, attending outreach meetings with community partners, such as the Caddo Council on Aging, and attending Executive Board meetings where the course of the health center is mapped out..

Ms. Prim is also responsible for upcoming community events that take place at the health center. She is often asked to develop flyers, news releases, or correspondence to increase community awareness. In addition, Ms. Prim has been asked to coordinate the health center's 2006



Nettie Prim

Community Outreach Worker

Christmas Party.

Other activities that Ms. Prim is responsible for include:

- faxing news releases to local newspapers;
- redesigning marketing flyers for events;
- organizing employee volunteer participation at community events;
- designing layouts for advertisements in community sponsored print ads;
- attending luncheons, meetings, and banquets in order to repre-

sent the center;

- placing orders for marketing and community development supplies;
- developing partnerships with local schools in order to foster community initiatives;
- participating in various community health fairs and career fairs; and
- ensuring that patient education information is displayed or broadcast in patient waiting areas.

Ms. Prim has also participated or will participate in the following health fairs:

- Minority Business Fair on November 1, 2006;
- LSU – Shreveport Recreational Sports Annual Health and Wellness Fair on November 2, 2006;
- Operation Stand Down at the Overton Brooks VA Medical Center on November 7, 2006;

- Black Nurses' Association Fair on November 11, 2006;
- David Raines Health and Fitness Fair on November 17, 2006; and
- Vivian Chamber Parade and Fair on December 2, 2006.

Ms. Prim has shown an eagerness to help and has welcomed the new responsibilities with gratitude. She describes these experiences as "very rewarding and a great learning experience."

LPCA is very proud to have Ms. Prim as a member of the Community HealthCorps Program and is extremely appreciative of her commitment and dedication to community health care.



Photo Gallery



November 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 8 a.m. Alzheimer's Walk to Remember
5	6	7	8	9	10	11
12	13	14 11a -2 p Southern Uni- versity Health Fair	15	16 2 p Team Meeting Conf. Call	17	18
19	20	21	22	23 Thanksgiving Offices	24 Holiday Closed	25
26	27	28	29	30 Time Logs & Performance Measures Due		

Mark Your Calendars

December 1, 2006

World Aids Day Statewide

December 11-13, 2006

Pre- Service Orientation
Baton Rouge, La
8a.m.-5 p.m.

December 14-15, 2006

Team Meeting
Baton Rouge, LA
10am-4pm

January 15, 2006

MLK Service Project
Baton Rouge, LA

February 11-13, 2006

Community Health Service Forum
San Diego, CA

Note: Time Logs and Performance Measures are due on the 15th and last day of each month.

Louisiana Primary Care Association, Inc.

Louisiana Primary Care Association

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We're on the web!

www.lpca.net

Did you know?

- One (1) member was featured in their local community newspaper to promote clinic services.
- One (1) Community HealthCorps member completed Project Baby Shower, a community event for expectant moms, hosted by their health center.
- The Community HealthCorps Program added four (4) new members in October.
- Two (2) Community HealthCorps members are attending an abstinence training in Baton Rouge.

Community HealthCorps Sites

Chantel Arrington

Daughters of Charity
New Orleans, LA
Roslyn Arnaud, Site Supervisor

Kenyatta Breaux

American Red Cross
Baton Rouge, LA
Ruth Merrell, Site Supervisor

Kelli Emerson

Daughters of Charity
New Orleans, LA
Roslyn Arnaud, Site Supervisor

Jessica Gipson

Eastside Community Health Center
St. Gabriel, LA
Gail Williams, Site Supervisor

Tonya Gosa

Louisiana Primary Care Association
Baton Rouge, LA
Tia Gipson, Site Supervisor

Willie Mae Jefferson

Jefferson Community Health Center
Avondale, LA
Jeanette Gray, Site Supervisor

Danyell Joubert

Capitol City Family Health Center
Baton Rouge, LA

Lillie Carr-Chambers, Site Supervisor

Dan Linkford

Primary Health Services Center
Monroe, LA
Gloria Monroe, Site Supervisor

Jayna Mallery

Louisiana Primary Care Association
Baton Rouge, LA
Tia Gipson, Site Supervisor

Brandon Norwood

EXCELth, Inc.
Baton Rouge, LA
Aurelia Pittman, Site Supervisor

Shameca Pierre

Southwest LA Center for Health Services
Lake Charles, LA
Rose Turner, Site Supervisor

Nettie Prim

David Raines Community Health Center
Shreveport, LA
Jeanetta Scott, Site Supervisor

Janet Prince

Southern Mutual Help Association
New Iberia, LA
Judy Herring, Site Supervisor

Joy Seals

Baton Rouge Primary Care Collaborative
Baton Rouge, LA
Matsue Wiles, Site Supervisor

Keidron Stewart

EXCELth, Inc.
Baton Rouge, LA
Mary Crooks, Site Supervisor

Ronnie Williams

Iberia Comprehensive Community Health Center
New Iberia, LA
Nicole Roberson, Site Supervisor

Kartika Womack

Greater King David Baptist Church
Baton Rouge, LA
Lillie Carr-Chamber, Site Supervisor



Thanks to contributors: Jayna Mallery, Tonya Gosa, Jessica Gipson, Nettie Prim, and Shameca Pierre.

Where Members Matter!