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Precision Health Network Fund grants awarded

H-T Report

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Eight local agencies will receive a total of \$31,857 in Precision Health Network Fund grants.

The agencies “are helping people in our area achieve optimum health through sound lifestyle choices, preventive measures and preparedness for emergencies,” said Community Foundation President and CEO Shari Woodbury.

Since 1996, the Precision Health Network Fund has granted more than \$280,000 to applicants serving Monroe, Lawrence, Brown, Greene, Morgan, Orange, Martin and Daviess counties.

The agencies are:

- Monroe County YMCA-ACHIEVE coordinator, \$9,600: The Monroe County YMCA is one of 43 selected to advance community leadership in the nation’s efforts to prevent chronic diseases and related risk factors through a locally collaborative approach, called ACHIEVE — Action Communities for Health, Innovation and Environmental change. ACHIEVE aims to help local leaders and stakeholders build healthier communities by promoting policy, systems and environmental change strategies that focus on physical activity, nutrition, tobacco cessation, obesity, diabetes and cardiovascular disease. The grant will provide funds for a part-time coordinator to guide community leaders through the assessment process and to help develop a community action plan.
- Bloomington Hospital Center for Women and Children, on behalf of the Bloomington Breastfeeding Coalition, Breastfeeding: Raising Health Awareness, Raising Healthy Babies, \$1,000: The goal is to educate the public and local businesses on the importance of breastfeeding and how to create breastfeeding-friendly environments through a five-day media campaign during World Breastfeeding Week.
- Monroe County United Ministries Childcare Health Services, \$4,225: Many families enrolled in MCUM’s child care program have difficulty paying for basic health services such as immunizations, physicals, lead screenings and flu shots. The grant will make these services more accessible by providing them on-site whenever possible. It will provide financial assistance to families for whom a small co-pay for a doctor visit is a barrier to accessing health care.
- American Red Cross, Monroe County Chapter’s Basic Aid Training Program, \$1,898: The BAT program teaches the basic skills and knowledge necessary for children to identify and prevent potentially harmful situations, to treat common injuries, to respond in emergency situations and to

resist drugs and alcohol. The chapter will introduce the BAT program to six elementary schools' fourth-grade students during the 2009-10 school year.

- **Hands-On Programs at WonderLab Museum on Health, the Human Body, Medicine and Future Careers in Medical Fields, \$6,594:** The museum will offer programs such as "Doctor Day," hands-on activities with the goal of informing the public about medical and medical technology issues, as well as attracting young people into careers in medical professions; "Healthy Foods Cooking Workshops," in which WonderLab will partner with Mother Hubbard's Cupboard to educate the public about healthy eating and cooking; plus 10 hands-on programs for preschool age children and their caregivers focused on health and human body topics. Many programs will be carried out in partnership with the Bloomington Hospital's Children's Therapy Clinic.

- **Martha's House, Healthy Lifestyles on a Budget, \$1,500:** Martha's House, a temporary emergency shelter for men and women experiencing homelessness, will offer a six-week cooking class for residents of the shelter and participants in the agency's permanent supportive housing program. The program is designed to demonstrate how to eat healthfully on a budget. The project facilitator will work with Mother Hubbard's Cupboard to purchase food and supplement those purchases with produce from the grocery that will not exceed one meal's worth of food stamps.

- **Volunteers in Medicine, Empowering Uninsured Patients through Wellness Programming, \$6,040:** Volunteers in Medicine of Monroe County will implement a weekly class to help patients manage their diseases and become "positive self-managers." VIM's patients, especially those with chronic diseases, need basic education and encouragement concerning how to self-manage their health care issues such as colds, flu and minor cuts and sprains.

- **Indiana University IU HPER and Kinesiology Department, It Pays to Play Each Day: Activities for Fun and Health, \$1,000.** This grant provides pedometers for the students at Clear Creek Elementary School who will be participating in the program. The program is designed to promote physical activity while engaging the parents of participants to be a support system for the participants as they work through the program monitoring their activity on a daily basis.

For more information on Community Foundation programs, call the foundation at 812-333-9016, e-mail renee@cfbmc.org, stop by the office on the third floor of Fountain Square Mall, Suite 321, or refer to the Community Foundation Web site at www.cfbmc.org.

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