



COLUMBUS CITY COUNCIL

TAVARES TIMES NEWS

From the Office of Councilmember Charleta B. Tavares

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WELCOME

As the important national debate to provide health care to U.S. residents continues, Columbus is one of only a handful of cities fortunate to have a network of primary health centers available to serve its citizens. In September, our primary care system—Columbus Neighborhood Health Center, Inc. (CNHC)—got stronger with the opening of the Westside Health & Wellness Center. This expanded center replaces the facility that was located on Sullivant Avenue. Read more about this exciting news on page two.

In addition to the medical services residents can receive from CNHC, I would like to draw attention to the wide variety of other social and health-related organizations that help people living in Columbus and Central Ohio to meet their critical needs. Two of these fine agencies are the Alzheimer's Association, Central Ohio Chapter and LifeCare Alliance. Read about how these organizations are partnering to provide free consultations to individuals and families dealing with Alzheimer's on page three.

As chair Council's Health, Housing and Human Services Committee, I am proud of the many organizations the City of Columbus supports. As you ease into autumn, please take the good advice to get vaccinated, get active, and eat healthy fresh foods. If my office team or I can be of assistance to you, please do not hesitate to call (614) 645-8580 and speak with my legislative aide, James Ragland.



Sincerely,
Charleta B. Tavares
Charleta B. Tavares

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LOCAL AGENCIES RECEIVE BUDGETED RESOURCES

More than 40 programs that provide a wide range of critical services for children, seniors and families will receive funding originally appropriated in the 2009 operating budget by City Council in February. Ordinance 0617-2009, sponsored by Health, Housing & Human Services Committee Chair Charleta B. Tavares, provides \$1,182,972 that was intended for these agencies earlier in the year. The money was held back due to several changes in revenue projections occurring after Councilmembers adopted the budget. Current revenue projections allow the promise to be fulfilled. This legislation targets social service agencies that provide help to families and households through access to self-sufficiency, counseling, transportation, youth programs, childcare, senior services, and treatment services.

Tavares notes, "The city supports these programs and activities so that the greater population is assured access to information, technical and other community assistance like childcare and housing referral, work force development, literacy education and community mediation activities."



OPENING OF WESTSIDE HEALTH AND WELLNESS CENTER



In an effort to provide greater access to primary care and other health services to the residents of the West Side, elected officials, neighborhood leaders and area residents came together to cut the ribbon on a new Westside Health & Wellness Center in the Hilltop. The new health center is located at 2300 West Broad Street, incorporating portions of the old Fire Station #17.

This \$7.9 million modern Westside Health & Wellness Center replaces the Hilltop Health Center that was located at 2500 Sullivant Avenue. The new center is expected to serve some 7,200 patients a year with more than 22,000 visits, which triples the number of patients and patient visits of the Hilltop Health Center.

"Everyday, 45 million Americans are without health care," said Charleta B. Tavares, chair of the Health, Housing & Human Services committee. "This project continues the trend to build bigger, more efficient, environmentally friendly health care centers in Columbus while helping preserve an important piece of history."

As one of five Columbus Neighborhood Health Centers, the new center will offer a wide variety of quality primary care services, including OB-GYN, podiatry, dental, family practice, nutrition services, immunizations and pediatric services. The services are not only accessible and comprehensive, but also affordable. The new facility also houses Columbus Public Health's Women, Infants and Children (WIC) Program, which offers access to nutritious foods, nutrition and breastfeeding education and support to women who are pregnant or breastfeeding, and infants and children under 5 years of age.

"We are pleased to be part of the important services that will be provided to our residents of the West Side – right in their own back yard," said Health Commissioner Dr. Teresa Long. "I am also proud of the efforts of West Side residents to work with primary care and public health leaders to bring these services to this historic site. Together we are helping families build healthier, safer neighborhoods."

A Citizens Advisory Committee made up of local members of the business community, the area commission, local historical society, neighborhood leaders and healthcare advocates was created to help facilitate community input on location and design. After listening to the resident's concerns, the old Fire Station #17 was selected to preserve one of the most significant historic structures in the Hilltop and it will also serve as a family center that will have community space for meetings, social events and local groups.

"Today's groundbreaking ceremony on the West Side and the South Side center recently announced, are two of the many accomplishments in the transformation of access to care in our community," said Tom Horan, Interim CEO of the Columbus Neighborhood Health Centers, Inc. "Efforts over the last 8 years have helped us bring high quality access to primary care to every quadrant of our city."



Columbus Board of Education Member Gary L. Baker, II and Councilmember Charleta B. Tavares attend opening of Westside Health Center.

The new health center will help jump start the West Broad Economic Development Plan to revitalize the portion of West Broad Street from Highland to Terrace avenues, known as the Highland West District and serve as the cornerstone for future economic development that will bring in jobs and other opportunities along the corridor.

"After years invested in the process to locate a new health center on the west side of Columbus, it is gratifying to see the vision begin to take shape," said Gary L. Baker, II, Immediate Past Chairman of the Greater Hilltop Area Commission and member of the Columbus Board of Education. "The new West Side Family Health & Wellness Center will bring historic Old Engine House #17 back to life and will also contribute economic and housing development in the Highland West District of the historic Hilltop area."

ALZHEIMER’S ASSOCIATION OFFERING FREE CONSULTATIONS

The Alzheimer’s Association, Central Ohio Chapter is offering free onsite care consultations for individuals and families dealing with Alzheimer’s disease. The program begins in September and will continue each month at five community wellness centers in Franklin County operated by LifeCare Alliance.

“The impact of caring for someone with Alzheimer’s and other dementia diseases pose special challenges and many caregivers report their health is fair or poor,” said Michelle Chippas Executive Director & CEO of the Alzheimer’s Association, Central Ohio Chapter. “As we commemorate our 30th anniversary, we want to extend our reach and provide the support and resources needed by caregivers. Our collaboration with LifeCare Alliance will help us reach into those areas of the community we have not had much success reaching on our own.”

Through care consultations, clinicians help those living with Alzheimer’s disease and their caregivers by linking them with community resources, creating a long-term plan, and offering caregiver education and support. Kathy Papp, Director of Wellness Services at LifeCare Alliance comments, “We are delighted to be working with the Alzheimer’s Association to bring this much needed service to our clients and their caregivers. We are actively preparing for an increase in the numbers of seniors we see with dementia disorders due to the coming of age of the Baby Boomer generation.”

The Central Ohio Chapter also continues to provide education programs and support groups it has offered for thirty years. These programs are funded by the Central Ohio Area Agency on Aging, Franklin County Senior Options and individual donations.

“In this age of shrinking resources and higher demand, it is great to see organizations partnering on efforts to meet community need,” said Councilmember Charleta Tavares. “I commend the Alzheimer’s Association, Central Ohio Chapter and LifeCare Alliance on this important initiative.”

Onsite consultations are conducted by appointment only. Please call (800) 272-3900 to schedule an appointment with the Alzheimer’s Association.



From left to right, Jim Flynn, Board President, Alzheimer’s Association Central Ohio Chapter; Michelle Chippas, Executive Director, Central Ohio Chapter; Columbus City Councilmember Charleta B. Tavares, Chair Health, Housing and Human Services Committee; State Representative Ted Celeste; Joanie Johnson, in-coming Board President, Central Ohio Chapter; and Charles W. (Chuck) Gehring, President & CEO, LifeCare Alliance.

Location	Address	Day	Time
Maplewood Senior Center	91 Maplewood Avenue Whitehall, OH 43213	1st Thursday of the month	12:30-4:30pm
Dorrian Hilltop Senior Center	375 Alberty Trail Way Columbus, OH 43228	2nd Monday of the month	12:30-4:30pm
Gillie Center	4625 Morse Center Drive Columbus, OH 43229	2nd Tuesday of the month	1-5pm
Trinity Baptist Church	461 St. Clair Avenue Columbus, OH 43203	1st Tuesday of the month	1-5pm
Marion Franklin Community Center	2801 Lockbourne Road Columbus, OH 43207	4th Tuesday of the month	12:30-4:30pm



COLUMBUS CITY COUNCIL

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HEALTH HOUSING AND HUMAN SERVICES COMMITTEE / WORKFORCE DEVELOPMENT COMMITTEE MEETINGS

Councilmember Tavares' Health, Housing and Human Services and Workforce Development Committee's monthly schedule is listed below. Meeting time and location is 5:30 p.m. in the Columbus City Council Chambers, 90 West Broad Street, Columbus, OH 43215. A picture ID is needed to enter City Hall.

Agendas will be posted on www.columbuscitycouncil.org as soon as they are available.

- ◆ Wednesday, October 7, 2009
 - ◆ Wednesday, October 21, 2009
 - ◆ Wednesday, November 4, 2009
 - ◆ Wednesday, November 18, 2009
 - ◆ Wednesday, December 2, 2009
 - ◆ Wednesday, December 16, 2009
- Meeting dates and times subject to change

PROTECT YOURSELF...GET VACCINATED

The single best way to protect against the flu is to get vaccinated. It can prevent flu-related deaths, severe illness, and protects others. Washing your hands and covering your cough are also very important to protecting yourself and others from the flu.

What is Flu (Influenza)? The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

How does the Vaccine work? Flu vaccines are made from killed influenza viruses. These viruses cannot give you the flu, which is a common myth. While no vaccine is 100% effective, the flu shot usually protects most people, and if you get the flu – symptoms will be less severe.

When is it best to be vaccinated? A flu shot can be given before or during the flu season. While the best time to get a flu shot is November, a shot in February can still protect you against the flu. Flu season usually peaks in February, continuing into spring.

Who should get vaccinated?

People at high risk for complications from the flu, including: children age 6 months to 18 years; pregnant women; people 50 years of age and older; people of any age with certain chronic medical conditions; people who live in nursing homes and other long term care facilities.

People who live with or care for people at high risk, including: household contacts of persons at high risk for complications from the flu; household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated); health care workers.

Anyone who wants to decrease their risk of getting the flu.

If you have questions about whether you should get a flu vaccine, consult your health-care provider. Visit www.vaccine4me.com for local clinic locations and information.

To receive the **Tavares Times News** directly by ground mail or e-mail call (614) 645-8580 or email jcragland@columbus.gov.