



Service Region Bootheel Counties: Dunklin, Mississippi, New Madrid, Pemiscot, & Scott

# Monthly E-Blast

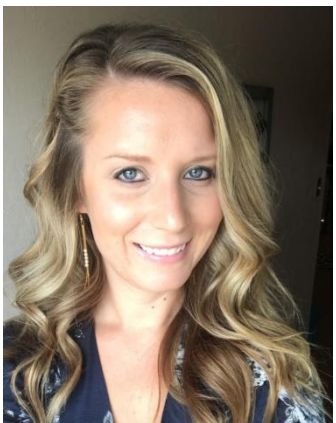
August 2018



## Introductions

## Power to Prevent Class Schedule

We would like to welcome our new Program Data Assistant, Alisha Morrill, to our team. Alisha graduated from Columbia College with a Bachelor of Science in Business Administration. She states she is excited to start her career and happy to be a part of the MBRC team.



**Sheltering Tree Ministry (New Madrid County)**  
 \*Thursday August 30<sup>th</sup> \*Thursday September 6<sup>th</sup>  
 \*Thursday September 13<sup>th</sup> \*Thursday September 20<sup>th</sup>  
 5:00 P.M. – 7:00 P.M.  
 Sheltering Tree Ministry  
 202 East Main Street, Matthews, Mo. 63867

**FCC Behavioral Health (Pemiscot County)**  
 \*Monday September 10<sup>th</sup> \*Wednesday September 12<sup>th</sup>  
 \*Monday September 17<sup>th</sup> \*Wednesday September 19<sup>th</sup>  
 10:00 A.M. – 12:00 P.M.  
 FCC Behavioral Health  
 500 Highway J North, Hayti, Mo. 63851

## Upcoming Events

**Infant Mortality Workshop**  
 Friday, September 21<sup>st</sup>  
 9:00 A.M. - 1:00P.M.  
 Miner Convention Center  
 2610 East Malone Ave.

**Diabetes Workshop**  
 Friday, November 9<sup>th</sup>  
 9:00AM-1:00PM  
 Miner Convention Center  
 2610 East Malone Ave.

## Announcements

The BHA program brochure has been revised to include the ABC's of diabetes and an additional program goal and service focused on community engagement. New copies are at MBRC office and can be picked up as desired.



# Power to Prevent Spotlight: Mertis Oliver

Mrs. Mertis Oliver was a participant in one of the Power to Prevent group classes. She graduated from the class in March 2018 and remains a participant of the BHA program. Since graduating, Mrs. Oliver has lost a total of 25 pounds! She states that she downloaded an app (Fat burning workout full body plan) on her phone that helped with motivation to exercise. The app shows how to do the exercise and even sends a reminder. She exercises in the morning and in the evening. She now has more energy than before and states that exercising at night has improved her ability to fall asleep. She is also eating better and works on portion control with her meals. With the combination of exercise and healthier eating Mrs. Oliver has also been able keep her blood sugars under control.



## BHA at the Fishing Clinic



BHA was represented at the 20<sup>th</sup> Annual Fishing Clinic. BHA program flyers and educations on diabetes was distributed to guests at the event. Guest who visited the table also entered a raffle. The winner of the raffle was Derrick Lee. Pictured to the left is Derrick with his family.

## Program Evaluation and Data Analytics Workshop

CEO, Community Outreach Specialist, Project Director, and CHW attended the Program Evaluation and Data Analytics Workshop in Duluth, Minnesota on August 28th and 29<sup>th</sup>. The workshop focused on: evaluation basics and balanced scorecard methodology review, approaches to analyzing data, communicating project impact/telling your story with data, network balanced scorecard and evaluation dashboard, & how to determine measures to best show project impact. We had the opportunity to learn from and work alongside other Network Development Grantees as well as share about the BHA program. The information provided by the RHI team will be beneficial as we continue to expand the BHA program. We look forward to sharing and discussing the information learned with our partners.



# New Educational Materials

**DO YOU HAVE DIABETES?**  
TALK TO YOUR HEALTHCARE PROVIDER ABOUT THESE TOPICS





<b>A1C</b> "Get checked at least two times a year" "Measure blood sugar over the last 2 months" "Check less than 7% unless healthcare provider says otherwise"	<b>LABS/TEST</b> "Ask your healthcare provider if you have any other abnormal lab or test results"
<b>BLOOD PRESSURE</b> "Check at every visit with healthcare provider" "Keep blood pressure less than 130/85"	<b>EYES</b> "Ask for a full eye exam with dilated pupils each year"
<b>CHOLESTEROL</b> "Checked at least once a year" "Check for cholesterol in an LDL (bad) cholesterol count of less than 100"	<b>EARS</b> "Talk to your healthcare provider if you have hearing loss" "Schedule a full hearing exam"
<b>MEDICATION</b> "Keep a current updated list of medications" "Ask how to take your medication" "Ask about side effects from the medications"	<b>GUMS</b> "Get a full mouth exam at least two times a year"
<b>FEET</b> "Get a full foot exam by a podiatrist at least once a year" "Have feet checked at every visit" "Check your own feet every day"	<b>HANDS</b> "Tell your healthcare provider about any numbness or tingling"
<b>KIDNEYS</b> "Get your kidneys checked once a year" "Blood test to see how well the kidneys are filtering" "Urine test to check for albumin (protein)"	<b>QUESTIONS</b> "It is important to get a pneumococcal immunization (Pneumovax) one time in your life" "You should also get a flu shot one time a year"
<b>INSULIN INJECTION SITE</b> "If you are not sure of how or where to inject insulin, ask your healthcare provider for help" "If you are on insulin, ask your healthcare provider to look at injection sites"	

\*\*This advice provided in the handbook is intended to be a complete list of your healthcare needs and is for educational purposes only. It is important to consult your healthcare provider for a full health assessment and discuss any questions or concerns that you may have.  
This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under the grant No. 5U49CE000464. The contents are those of the author and do not necessarily reflect the official position or policies of HRSA or the U.S. Government.  
For More Information Contact the MBRC, Inc. Office: 903 S. Kingshighway, Suite A / PO Box 947 / Sikeston, MO 63801  
Phone: (573) 471-9400 / Fax: (573) 471-9401 / Toll Free: (888) 317-4949  
For more information about BHA & other programs visit our WEBSITE: www.mbrcinc.org

Pictured to the left: Handout to assist individuals with talking to their healthcare provider.

Pictured to the right: Business card for their wallet that will serve as a reminder for their ABCs and other information.

We can help!  
Our BHA program helps individuals to prevent and/or manage Diabetes.

Contact us at:  
Phone: (573) 471-9400 / Fax: (573) 471-9401 / Toll Free: (888) 317-4949  
903 S. Kingshighway, Suite A / PO Box 947 / Sikeston, MO 63801  
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This Card Belongs To:

Name _____	Date _____
<b>A</b> What is my current A1C? _____	<b>B</b> How do my feet look? Are there any cuts, blisters, or red spots from pressure from shoes? _____
<b>B</b> What is my current Blood Pressure? _____	<b>C</b> How often should I check my Blood Sugar and what number should it be? _____
<b>C</b> What is my current Cholesterol level? _____	

## Childhood Obesity Prevention Program

### SCHEDULED CLASSES

**Bowdin Center**  
Facilitator: Lester Gillespie  
Charleston, MO

**Saint James Word Outreach Center**  
Facilitator: Pastor Johnny Hood  
Hayti, MO

**Life Changers Ministries**  
Facilitator: Pastor Earl Grissom  
Lilbourn, MO

### SCHEDULED FAMILY FUN NIGHTS

October 17<sup>th</sup> 6:00 PM- 8:00 PM  
**Bowdin Center**  
Charleston, MO

October 18<sup>th</sup> 5:30 PM-7:30 PM  
**Saint James Word Outreach Center**  
Hayti, MO

### ANNOUNCEMENTS

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Childhood Obesity Prevention Program enrollment and participation provides the opportunity to learn through a series of classes that consists of nutrition and physical activity. Family participation is strongly encouraged.

An additional focus of the program is working alongside case managers to promote breastfeeding as a way to reduce childhood obesity.

A Family Fun Night will be scheduled throughout the community at different times. Contact the office for more information on the interest of your church or organization of hosting a Family Fun Night event.

**MBRC, Inc. Office Phone: 1-573-471-9400**  
**Toll Free: 1-888-317-4949**  
(Ask for the Project Director or Community Health Worker)

# Community Outreach Reports

## Community Outreach Specialist:

- Provided an overview of the program at the Hayti Heights tenant meeting.
- Met with the Care Coordinator at FCC in Hayti to provide an overview of the program and schedule Power to Prevent Classes in September.
- Provided education on what diabetes is, risk factors, complications, and what changes can be made to prevent and or manage diabetes through a workshop at Sheltering Tree Ministry on August 16<sup>th</sup>.
- Met with Pastor Robert Anderson and the deacons at Mt. Olive Baptist Church in New Madrid, MO on August 21<sup>st</sup> to provide an overview of the program and discuss future Power to Prevent Classes.

## REMINDERS

Weekly reports will be due every Monday. The monthly reports will still be due on the 5<sup>th</sup> of every month. Please submit your narrative and data reports to Alisha Morrill and invoices to Patricia Cope.

## CONTACT INFORMATION

If you have any questions, please feel free to contact:

Rhonda Diebold, Community Outreach Specialist  
573-471-9400 ext. 310 [rdiebold@mbrcinc.org](mailto:rdiebold@mbrcinc.org)

Patty Cope, Bookkeeper  
573-471-9400 ext. 316 [pcope@mbrcinc.org](mailto:pcope@mbrcinc.org)

Alisha Morrill, Program Data Assistant  
573-471-9400 ext. 310 [AMorrill@mbrcinc.org](mailto:AMorrill@mbrcinc.org)

Thank you for your continued commitment and hard work in ensuring the BHA program is successful.

Visit our website for employment opportunities [www.mbrcinc.org](http://www.mbrcinc.org)