Administrative Bulletin

V-19  1.31.14


1. THE TIE THAT BINDS; BLACK FAMILY HEALTH HISTORY

On Friday, February 21, from 9:00-12:00 pm, there will be a Black Family Health History Symposium. The Symposium will be held at the Allen County Public Library. See Enclosure #1 for more details.

Tamyra Kelly, ext. 1050

2. FOOD DONATIONS NEEDED

Associated Churches Neighborhood Food Network is asking for donations as the food supply is running drastically low and the demand is higher than ever. If a student group in your school would like to take this on as a community service project please contact Pastor Fred Meuter at 260-422-3528 ext. 101 or Roger Reece at 260-422-3528 ext. 102 at Associated Churches.

Non-perishable canned and dry goods may be dropped off at the Associated Churches warehouse at 602 East Wayne Street. Monetary donations are also accepted and can be made online at www.AssociatedChurches.Org.

Tamyra Kelly, ext. 1050

3. FRANCINE’S FRIENDS MOBILE MAMMOGRAPHY UNIT

Francine’s Friends Mobile Mammography Unit is returning to EACS. This is a wonderful and convenient service offered to EACS and to our community by Parkview Hospital, Francine’s Friends, and the Breast Diagnostic Center. Building principals please put this information in your parent newsletter as this valuable screening is also available to our community. See Enclosure #2 for more information.

Wendy Walker, ext 3321

4. EACS WELLNESS SCREENINGS

See Enclosure #3 for details regarding the 2014 EACS Wellness Screening sign-up.

Eric Manor, ext. 1003
5. **WE THE PEOPLE**

East Allen County Schools has been asked to distribute **Enclosure #4** to our educational professionals. The purpose of this distribution is to provide knowledge of this opportunity: **We The People**. If you have any questions, please contact Rebecca Reeder, Director, We The People Institute: 260/615-7745 (phone) reederr@frontier.com.

Rose Fritzinger, ext. 3161

6. **REMEMBER: SHOWCASE & INFORMATION FAIR**

The Showcase & Information Fair is scheduled to be held Sunday, February 9 from 1-4 pm at New Haven High School. Please encourage families to attend. **Enclosure #5** is the Showcase flier that you can share with families.

Tamyra Kelly, ext. 1050

7. **REMEMBER: RELAY FOR LIFE COMING TO NEW HAVEN HIGH**

The 2014 Relay For Life of Eastern Allen County will take place on June 21, 2014 at New Haven High School beginning at 9:00am. For more information how you can get involved, contact Melissa Stephens at 260-471-3911, opt. 3 or melissa.stephens@cancer.org. See **Enclosure #6** for details.

Tamyra Kelly, ext. 1050

8. **REMEMBER: BEST PRACTICES SHOWCASE**

The University of Saint Francis invites you to participate in an exciting educational opportunity on March 1, 2014: The Best Practices Showcase.

The Showcase will focus on research-based teaching strategies to infuse into classroom teaching practices. Talented educators will share “what-works” practices. The over 60 sessions will include:

- Common Core State Standards workshops
- The flipped classroom model
- Literacy across the content area
- Fiction and informational text integration
- Using technology in the classroom
- Engagement Strategies
- Many more sessions

Five Professional Growth Points will be earned by attending the Showcase.

Pre-Registration Fees: Pre-registration: $15 ISRA Members: $13 College Students: $5

Sessions fill up quickly, so pre-register for your workshops of choice. Purchase orders accepted. Contact Nancy Hankee at nhankee@sf.edu or 260-399-7700, ext. 8405, for more information.

Marilyn Hissong, ext. 3124

**DREAM IT. DO IT.**
The Ties That Bind:
Black Family Health History Symposium

Friday, February 21, 2014, 9:00-12:00 pm
Allen County Public Library
900 Library Plaza Fort Wayne, IN
RSVPs required
Contact Dr. Ruby Cain at (765) 285-9126 or rcain@bsu.edu
2000 W. University Ave. TC 845 Muncie, IN 47306
Open to community-at-large

⇒ Do you want to be an informed advocate for your health and wellness?
⇒ Are you tired of filling out the same family health history profile, when you go to your health professional? Do you struggle with the spelling of your medications?
⇒ What questions should you ask? What decisions can you make?
⇒ How can you separate myth from fact for chronic disease treatment and prevention?

Join us for a morning of education, screenings, and resources. Create a family health history profile that you can print and take to each health professional visit. Participate in health screenings for high blood pressure, diabetes, cholesterol, stroke risk assessment. Receive a flash drive of health education resources (supplies limited). Learn more about your medications, generic vs. brand name, etc. Receive health educational consultations and materials.

Program of It is Well With My Soul of Ball State University Department of Educational Studies; University of Saint Francis Nursing and Physician Assistant Departments; and Indiana University - Purdue University Fort Wayne (IPFW) Psychology Department.

Partners: American Heart Association; Ball State University Nursing Department; Community Home Health Care, Inc.; Delta Sigma Theta Sorority, Inc. Fort Wayne Alumnae Chapter and Anderson Muncie Alumnae Chapter; Indiana Conference Branch of the Women’s Missionary Society of the AME Church; Indiana University - Purdue University Fort Wayne (IPFW) Nursing Department; Manchester University College of Pharmacy; NAACP Fort Wayne/Allen County Branch 3049; Parkview Community Nursing, Parkview Health.

Registration Form for The Ties That Bind: Black Family Health History Symposium

Name:_________________________________  Address:_________________________________
Phone:_________________________________  Email:_________________________________

I will attend the following workshops (check one for each time frame):

9:30-10:20 am:
- Creating Family History Profile (computer lab)
- Strategies For Mental Health and Wellness Across Cultures
- Don't Be Tongue-Tied. Communication: Keys to Reduce Barriers To Your Health Information
- Health Screenings & Educational Resources

10:30-11:20 am:
- Creating Family History Profile (computer lab)
- Get the Facts Stay on Track
- Researching Your Family Health History Using Genealogy Resources
- Health Screenings & Educational Resources
- Health Care Decision-Making

11:30-12:00 am:
- Creating Family History Profile (computer lab)
- Health Screenings & Educational Resources
- Don't Be Tongue-Tied. Communication: Keys to Reduce Barriers To Your Health Information
The Ties That Bind:  
Black Family History Symposium

Friday, February 21, 2014, 9:00-12:00 pm  
Allen County Public Library  
900 Library Plaza Fort Wayne, IN  
RSVPs required  
Contact Dr. Ruby Cain at (765) 285-9126 or rcain@bsu.edu  
2000 W. University Ave. TC 845 Muncie, IN 47306  

Workshops, Health Screenings, Health Education Resources and One-on-One Assistance

⇒ Family Health History Profile: Create an online file of your family health history profile that can be continuously updated. Receive a printed copy of your profile for your records and to share with your health professional. Receive a flash drive of health resources and your saved profile.

⇒ Health Screenings, Educational Consultations and Resources: Receive screenings for high blood pressure, diabetes, cholesterol, and stroke risk assessment.

⇒ Don't Be Tongue-Tied. Communication: Keys to Reduce Barriers To Your Health Information by Wendy Clark RN, FNP-BC, DNP, University of Saint Francis Department of Nursing
  ♦ Learn the importance of communicating accurate health history. Use terminology/phrases to communicate in the health care environment. Ideas to improve health literacy in the community, importance of genograms.

⇒ Get the Facts Stay on Track by Christine Moore, Registered Dietitian, Parkview Health
  ♦ Risk factors for prevention of diabetes, high blood pressure. Getting the facts on diabetes, high blood pressure. Disputing misinformation (separating myth from facts). Connecting the dots between chronic disease and obesity

⇒ Health Care Decision-Making by Victoria Duke, J.D. Associate Professor, Indiana Tech Law School

⇒ Strategies For Mental Health and Wellness Across Cultures by Rachele Dixie, Drug and Alcohol Therapist, Park Center Family Empowerment Program
  ♦ Cultural factors and differences impacting mental health, substance use, diagnosis, treatment, and prevention

⇒ Researching Family Health History Using Genealogy Resources by Dr. Ruby Cain, Assistant Professor, Adult and Community Education, Ball State University Department of Educational Studies
  ♦ Search genealogy family health information on your ancestors.

Program of It is Well With My Soul of Ball State University Department of Educational Studies; University of Saint Francis Nursing and Physician Assistant Departments; and Indiana University - Purdue University Fort Wayne (IPFW) Psychology Department.

Partners: American Heart Association; Ball State University Nursing Department; Community Home Health Care, Inc.; Delta Sigma Theta Sorority, Inc. Fort Wayne Alumnae Chapter and Anderson Muncie Alumnae Chapter; Indiana Conference Branch of the Women’s Missionary Society of the AME Church; Indiana University - Purdue University Fort Wayne (IPFW) Nursing Department; Manchester University College of Pharmacy; NAACP Fort Wayne/Allen County Branch 3049; Parkview Community Nursing, Parkview Health.
Francine’s Friends Mobile Mammography Unit is returning to EACS. This is a wonderful and convenient service offered to EACS and to our community by Parkview Hospital, Francine’s Friends, and the Breast Diagnostic Center.

The American Cancer Society recommends women have a baseline mammography screening from age 35 to 40, the screening is available to all women age 35 and older.

All participants must have a family physician as the screening report is sent to the physician.

For those that have EACS Group Health Insurance, Mammograms will be considered as a wellness benefit, covered at 100% if:
1. The individual is between the ages of 40 - 49, one annually
2. If the individual is between the ages of 50 - 74 the benefit is limited to a mammogram every 2 years.

NO ONE will be turned away for inability to pay. Francine’s Friends has funding available and a donation toward the cost of the mammogram is welcome.

EACS screening schedule will start in January 2014 and run through April.

1/22/2014 New Haven High School
2/10/2014 New Haven Middle School
3/17/2014 Leo Jr-Sr High School
4/10/2014 Woodlan Primary School
4/15/2014 Heritage Elementary School

Call (260) 483-1847 or (800) 727-8439, ext. 26540, to schedule your appointment.

If appointments available, walk-ins welcome!
Call Wendy Walker at extension 3321 if you have any questions
Dear EACS Employee and Spouse,

To encourage you to take an active role in your health and well-being, EACS and Parkview Total Health are offering a wellness screening that includes blood tests at a discounted rate and a Health Risk Assessment (HRA). Your participation is not mandatory; however everyone who participates in the wellness screening and completes an HRA will be entered into a drawing to win a free Fitbit made possible by Parkview Total Health and Dick’s Sporting Goods. A total of 176 Fitbit’s will be given away!!!! All you have to do is participate in the screening and you could be a lucky winner!!

**How do I schedule my Appointment?**

**When and Where:**
You and your spouse may register for any of the EACS wellness screening locations. When you schedule your online appointment, you will find a complete list of locations, days and times for all screenings. This list may also be found on the next page.

**How the Wellness Screening Works**
The following will take place during your screening appointment and should take no more than 10 minutes.

<table>
<thead>
<tr>
<th>Height &amp; Weight Measurement</th>
<th>Waist Circumference Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Pressure</td>
<td>Blood Draw</td>
</tr>
</tbody>
</table>

- Fasting is required 10-12 hours prior to your appointment time
- Please take your regular medications with small sips of water

**Cost for those with East Allen County Health Insurance**
A Chemistry 17 blood draw (total cholesterol, HDL, LDL, triglycerides, glucose, etc.) will be Free for those who have EACS health insurance. If you choose to have additional test(s) the cost will be deducted through payroll and East Allen County Schools will process your claim for you. **If you are not an EACS employee, you will pay for all requested blood test(s) by check the day of the screening. Please make all checks payable to EACS.** (Additional blood tests listed below).

**Cost For Employees without East Allen County Health Insurance**
A Chemistry 17 blood draw (total cholesterol, HDL, LDL, triglycerides, glucose, etc.) will be **$17.00** for those employees who do not have EACS health insurance. Additional test(s) will be available as well. If you are an EACS employee, all charges will be deducted through payroll. **If you are not an EACS employee, you will pay for all requested blood test(s) by check the day of the screening. Please make all checks payable to EACS.** (Additional blood tests listed below).

**Additional Blood Test(s) Available**
- Prostate Specific Antigen (PSA) - $20
- Thyroid Stimulating Hormone (TSH) - $20
- C-Reactive Protein (CRP) - $20
- Complete Blood Count (CBC) - $8
- Vitamin D - $35
# EACS Wellness Screening Schedule

*(Schedule your appointment by February 11th – No walk-ins will be allowed)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cedarville Elementary School</td>
<td>Tuesday, February 25th</td>
<td>6:30am-8:30am</td>
</tr>
<tr>
<td>Leo Elementary School</td>
<td>Tuesday, February 25th</td>
<td>6:00am – 8:00am</td>
</tr>
<tr>
<td>Leo High School</td>
<td>Wednesday, February 26th</td>
<td>6:00am-8:30am</td>
</tr>
<tr>
<td>New Haven Intermediate</td>
<td>Thursday, February 27th</td>
<td>6:30am-8:30am</td>
</tr>
<tr>
<td>New Haven Primary</td>
<td>Thursday, February 27th</td>
<td>6:30am-8:30am</td>
</tr>
<tr>
<td>New Haven High School</td>
<td>Tuesday, March 4th</td>
<td>6:00am-8:30am</td>
</tr>
<tr>
<td>EACS Service Center</td>
<td>Wednesday, March 5th</td>
<td>7:00am – 10:30am</td>
</tr>
<tr>
<td>Woodlan/Intermediate High School</td>
<td>Wednesday, March 5th</td>
<td>6:00am-8:30am</td>
</tr>
<tr>
<td>Southwick Elementary</td>
<td>Thursday, March 6th</td>
<td>6:30am-8:30am</td>
</tr>
<tr>
<td>Heritage High School</td>
<td>Thursday, March 6th</td>
<td>6:00am-8:00am</td>
</tr>
<tr>
<td>Heritage Elementary School</td>
<td>Tuesday, March 11th</td>
<td>6:00am-8:00am</td>
</tr>
<tr>
<td>New Haven Middle School</td>
<td>Wednesday, March 12th</td>
<td>6:00am-8:00am</td>
</tr>
<tr>
<td>Paul Harding Jr. High/EAU</td>
<td>Thursday, March 13th</td>
<td>6:00am-8:00am</td>
</tr>
<tr>
<td>Woodlan Primary School</td>
<td>Wednesday, March 19th</td>
<td>6:00am-8:00am</td>
</tr>
<tr>
<td>Prince Chapman Academy</td>
<td>Thursday, March 20</td>
<td>6:30am-8:00am</td>
</tr>
<tr>
<td>EACS Administration Office</td>
<td>Tuesday, March 25</td>
<td>7:00am – 9:00am</td>
</tr>
</tbody>
</table>

Two weeks after your screening you will receive your lab results from your blood work and instructions on how to complete your online Health Risk Assessment (HRA). **All of your results will remain CONFIDENTIAL and can’t be shared with EACS.**

Remember, you must participate in the wellness screening and complete your **online HRA** to be entered into the drawing to win a **free Fitbit**. **Your HRA MUST BE COMPLETED NO LATER THAN MAY 9th.**

**Questions related to the wellness screening or wellness screening online registration?**
Please contact Alana Neumeier at Parkview Workplace Wellness at (260) 266-8046 or email at Alana.neumeier@parkview.com.

**Questions related to your wellness screening payment or EACS insurance related questions?**
Please contact Leslie Reisgies in the EACS Administration Building at (260) 446 – 0100 ext. 1051 or email at lreisgies@eacs.k12.in.us
This information is provided by We The People representatives for distribution to EACS staff.

EACS Teachers, January 2014

We are excited to announce that we are able to offer two summer professional development opportunities to all levels social studies teachers in Indiana in June, 2014. We are bringing nationally recognized constitutional scholars to both institutes and allow teachers to attend at no personal expense. Food, housing, materials, and presentations will all be covered.

If you have never attended a summer institute or are new to the We The People program, you will want to take a look at the Basic Institute. This is designed help teachers improve both content and process. There will be scholarly presentations on all six units as well as opportunities to work with experienced WTP mentors.

Follow this link for details and registration instructions for the Basic Institute. All registrations are online.

If you have attended one or more WTP summer institutes in the past, you will want to look at the Advanced Institute. This extended weekend will focus on a single issue, campaign finance, but will not spend time on pedagogy. New teachers are welcome to attend this session as well. Just know that there will be no explanation of the hearing process or the district, state, or national competitions.

Follow this link for details and registration instructions for the Advanced Institute. All registrations are online.

All levels of WTP teachers are invited to register for one or both of the sessions. Keep in mind that registration is limited to 25 for the Basic and 20 for the Advanced. We would like to give preference to new teachers to the Basic, so if you're an Institute veteran, hold off registering for that one. If we have empty slots, we'll send out a second round of invitations to register.

We think we have put together a wonderful experience for Indiana teachers this summer. Feel free to share this with colleagues and friends. If you have any questions, please contact me.

Rebecca Reeder
2014 WTP Institute Director
260-615-7745
reederr@frontier.com
SCHOOL SHOWCASE & INFORMATION FAIR

- 2014-15 Kindergarten Registration
- School Transfer/Choice Selection
- East Allen University Application
- Learn more about each school and departments
- Free food samples, entertainment & fun

Shuttle bus service beginning 12:45 pm~ pick up at Paul Harding Jr.

SUNDAY, FEBRUARY 9, 2014
1:00 - 4:00 pm
NEW HAVEN HIGH SCHOOL
1300 Green Rd. New Haven, IN

Sponsors:
Relay For Life Kick Off!

Join the worldwide movement to end cancer right here in Eastern Allen County!!

When? Thursday, January 30, 2014 at 6:30 pm

Where? New Haven High School
1300 Green Rd., New Haven, IN 46774

To get involved, contact:

Amy Saxton at
asaxton@giveandgo.com
or visit www.RelayForLife.org/EasternAllenCountyIN

We hope to see you with your family, friends, co-workers, and team there!