



Partners In Care

Spring 2007

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3 Giving Grants to Improve Health



Serving the Community



Duke Medicine Partners with El Centro Hispano for Better Care

7 Free support groups help you cope with health issues



Vial of Life

Students "LEAP" at Chances to Learn Science



Annette Smith, who is participating in a Duke Medicine project to improve diabetes care, hugs her daughter Kendraeya.

Managing Your Diabetes

Like mother, like daughter.

Annette Smith hopes the old saying won't hold true for her 13-year-old daughter where diabetes is concerned.

The Durham mother is not relying on hope alone but is making healthy lifestyle changes to better manage her diabetes through a project in the community administered by the Duke Division of Community Health. Those positive changes will, in turn, affect the long-term health of her daughter Kendraeya, who has asthma.

Diabetes is a family affair for Smith, 46, whose sister died from related complications. Her late mother and uncle suffered from diabetes; another sister, a brother and two nephews currently have the disease.

"It has been such a great help to me," Smith says about the Duke Medicine Diabetes Disparities Collaborative Project. "It puts things in perspective and lets me see I can manage this disease. The decisions I make now have to include my daughter—to eat healthy, stay active and lose weight. I have a child who needs me. I don't know what would happen to her if something happened to me."

The chronic disease management project seeks to reduce health disparities in African American residents in Durham who receive Medicaid and have diabetes. It provides free services to 289 patients served by the Duke Outpatient Clinic, Lincoln Community Health Center, Duke Family Medicine and Central Family Practice.

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What's Available from the Diabetes Project?

Activities available to participants in the Duke Medicine Diabetes Disparities Collaborative Project include:

- Educational sessions on diabetes care taught in the community
- Cooking classes taught in the community by a dietician on preparing healthy and inexpensive meals
- Individual sessions at home with health care professionals to address barriers to diabetes care
- Walking program led by a certified exercise specialist
- Collaborations between project staff and participants' health care providers.

Giving Care at the End of Life

When Jackie Podger became a Duke Hospice volunteer five years ago to help dying patients and their loved ones, she never imagined how much the agency would end up helping her.

Not until her mother, her husband and father-in-law were receiving hospice care at the same time.

"I don't know what I would have done without the support of Duke Hospice. I couldn't have made it," Podger says. "This has been such a scary time. They've been there for us every step of the way, providing wonderful support and extraordinary care."

Podger, who works for Human Resources at Duke University, began volunteering for Duke Hospice after being unable to care for her dying father who resided in another state. A local hospice filled the void.

Her mother came to live with her in Durham last year and died in October. That same month, Podger's husband, Ken, a Durham dentist, was placed in Duke Hospice's care due to colorectal cancer. In July, her father-in-law, Kenneth Podger, a Durham physician for 30 years, also became a patient due to heart failure.

"Our goal at Duke Hospice is to help

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Jackie Podger and mother-in-law Edna C. Podger have relied on Duke Hospice in caring for three family members at one time.



Victor J. Dzau, M.D.

Welcome to *Partners in Care*

I recently received a heartwarming letter from a Durham resident thanking me for the extraordinary care her father received during his triple bypass and lung surgery at Duke. The letter reminded me of how Duke and Durham are so entwined—so often our patients are our friends, our neighbors, our families.

I cannot imagine Duke Medicine without seeing Durham in my mind's eye. After all, Duke has been providing quality health care to patients from Durham and surrounding regions since Duke University Hospital opened 76 years ago.

But today, we have taken founder James B. Duke's admonition to improve the health of all Durham residents beyond the walls of our hospitals and clinics. We no longer wait for patients to come to us—we are working with our partners in the community to go to them.

In this issue, we highlight just a few of the programs and services we offer at low or no cost to improve the health of all our citizens. We are continuing our strong commitment to support programs in the community such as neighborhood clinics, school clinics and care management, as well as support other organizations dedicated to improving health such as Lincoln Community Health Center, El Centro Hispano and the AIDS Community Residence Association.

This coming year will be an exciting one for us as we make even greater strides to fulfill the part of our mission that calls for Duke

Medicine to transform medicine and health locally and globally. With the recent creation of the Duke Global Health Institute, we hope to unite research and service efforts across Duke University and Health System to bring new focus and power to partnerships in our own community and around the world. Duke Medicine also will co-sponsor an annual health summit to look at ways to aid the uninsured. A similar summit we hosted in 2006 brought more than 500 leaders from across the state to address health issues.

We're pleased that so many people and organizations in Durham have chosen to partner with us in caring for our community and improving health for all. Because in the end, Duke and Durham are inextricably entwined, linked to one another by our families and friends, by our hopes and our dreams.

Victor J. Dzau, M.D.
Chancellor for Health Affairs
President and CEO of
Duke University Health System

Helping the Community

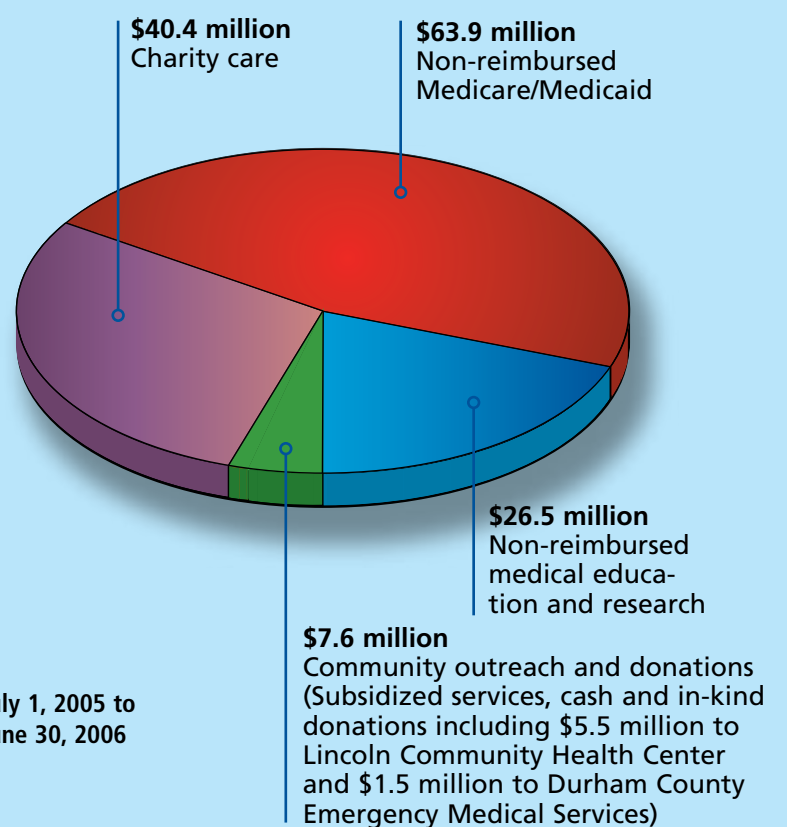
Since the founding of Duke University Hospital 76 years ago, Duke Medicine has dedicated itself to improving health care in the Carolinas and ensuring that people across the region can get the medical care they need regardless of their ability to pay.

Take a look at the chart on the right to see some of the benefits that Duke University Health System provides to the Durham community and the region to improve health care.



Duke University Health System Community Benefits Funding

Total \$138.4 million



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Need Extra Copies or More Info?
For extra copies of *Partners in Care* or more information on Duke community services and programs, call 919-419-5054.
(Phone services available in English only.)

Funding Grants to Improve Health

The AIDS Community Residence Association's mission is to provide housing and compassionate care to people with AIDS in Durham and surrounding areas.

To meet that mission, the non-profit organization relies not only on government subsidies but also charitable grants such as one it receives annually from Duke Medicine.

Duke University Health System (DUHS) awarded the agency \$15,000 for fiscal year 2006 to help pay for operating expenses and staffing for three, affordable housing facilities that serve 52 individuals. Facilities include a group home with 24-hour care and two apartment buildings for individuals and small families. The funds also help another 50 people with AIDS get medical and other services they need and provide emergency financial assistance for rent and utilities.

"The grant from Duke is really critical," says Janice Johnson, ACRA director. "It helps us

fill gaps in our funding by keeping our housing going and providing some staffing. We look at Duke as being a partner because so many of our clients get care at the Duke Infectious Diseases Clinic. It's a great col-

"Duke Medicine is committed to helping our community..."

— MaryAnn Black, associate vice president of DUHS Community Relations

laboration because we're both meeting the needs of people in the community."

DUHS funded \$209,500 in charitable grants in fiscal year 2006 to more than 20 organizations that work directly on improving health through services, prevention, treatment and research.

The grants affect many health issues including asthma, diabetes, breast cancer, heart disease, obesity and lung disease. They have direct



AIDS Prevention Program for At-Risk Youth

Partners in Caring, a statewide program of Duke University Hospital Pastoral Services and the Duke University AIDS Research and Treatment Center, offers a prevention program for at-risk youth and an education program to promote healthy living for people with HIV, among numerous other free programs.

The 10-year-old program focused on rural and minority churches in African American and American Indian communities, where HIV/AIDS treatment and services had largely been overlooked, until expanding statewide.

For more information, call Dagney Jochem of Duke University Hospital Pastoral Services at 919-684-3586 or toll free at 1-888-842-9469 (phone services available in English only) or visit dart.medicine.duke.edu/partners/continue.html.

impact on at-risk youth, nursing students, public school students and many others. Recipients include the American Heart Association, El Centro Hispano and the Lincoln City of Medicine Road Race that raise funds for Lincoln Community Health Center.

"Duke Medicine is committed to helping our community address a multitude of health issues, among them health disparities," says MaryAnn Black, associate vice president of community relations for DUHS. "Giving grants to organizations in the community working to improve health not only helps Duke Medicine fulfill our mission but helps the community."

For more information about the DUHS Office of Community Relations, call 919-668-3792 (phone services only available in English) or visit www.communityrelations.dukehealth.org. ■

Giving Care at the End of Life continued from page 1

patients and their caregivers face the end of life with comfort, dignity and compassion," says Starr Browning, executive director of Duke HomeCare & Hospice, which serves over 5,700 patients a year. "The most important thing that we do is provide comforting care at a time when families need it the most. We strive to meet the physical, psychosocial and spiritual needs of our patients and their families."

Care is provided for patients expected to live six months or less by an interdisciplinary team including a social worker, nurse, chaplain, volunteers and a medical director. Hospice can provide care in the home, assisted living facilities, nursing homes or in Duke Hospice's six-bed, inpatient care facility in Hillsborough.

"No one is ever denied care because of the inability to pay," Browning says. Medicare, Medicaid and private insurance are accepted.

Edna Campbell Podger, Jackie's mother-in-law, says that the hospice staff is "terrific." She is caring for her 90-year-old husband in the couple's Croasdaile Village home.

"They are so supportive and prepare me for the next step in my husband's care so that I will be able to handle it," Edna Podger says of the Hospice staff. "The support helps so much. The worse thing that can happen to us at a time like this is to feel sorry for ourselves. That's where the help comes—they show great concern and care for us." ■

Need Hospice or Bereavement Services?

Duke Hospice provides care for patients expected to live six months or less by managing physical symptoms and providing emotional and spiritual support.

Care can be given in the home, assisted living facilities, nursing homes or in Duke Hospice's six-bed, inpatient care facility in Hillsborough.

Call 919-620-DUKE.

Duke Community Bereavement Services

Bereavement care is provided to caregivers/family members of hospice patients for up to 13 months after the death of a loved one. Also open to anyone who has suffered a loss due to death.

Services include:

- General Loss, Loss of a Child, Homicide Support, Holiday Hurt and Kid's Holiday Hurt support groups
- Free overnight camp for grieving children (grades K-8)
- School and workplace grief counseling.

Call 919-644-6869.

For more information about hospice and bereavement services, visit www.dhch.dukehealth.org. (Phone services available only in English. Interpreters can be provided for program services, and program materials are available in Spanish.)

Community Health Programs

Here are some of the many health care programs Duke Medicine and its community partners have created to ensure that all Durham residents receive health care:

MEDICAL CARE

Lyon Park Clinic

What: Medical services for all ages. Operated with Lincoln Community Health Center
Address: 1313 Halley St., in the Community Family Life and Recreation Center of the West End Inc.
Phone: 919-536-4205
E-mail: garre028@mc.duke.edu
Phone/Program Services in Spanish: Yes
Who's Eligible: Any Durham County resident
Bus: Morehead Ave. stop at First Calvary Church
Cost: Lincoln *sliding scale* for uninsured and *co-pays* for insured

Walltown Neighborhood Clinic

What: Medical services for all ages. Operated with Lincoln Community Health Center
Address: 815 Broad St.
Phone: 919-416-1254
E-mail: garre028@mc.duke.edu
Phone/Program Services in Spanish: Yes
Who's Eligible: Any Durham County resident
Bus: Stop near intersection of Broad St. and Markham Ave.
Cost: Lincoln *sliding scale* for uninsured and *co-pays* for insured

Just For Us

What: Medical services, care management, nutrition assessment and counseling, and occupational therapy. Services delivered in patients' homes. Operated with Lincoln Community Health Center
Address: Office at J. J. Henderson Towers (807 South Duke St.)
Phone: 919-956-5386
E-mail: garre028@mc.duke.edu
Phone/Program Services in Spanish: No
Who's Eligible: Homebound seniors and adults with disabilities living at J. J. Henderson Towers, Oldham Towers, Forest Hill Heights, Scattered Sites, St. James Place, Carver Creek, Preiss-Steele, JFK Towers and Lakewood Gardens

Cost: Lincoln *sliding scale* for uninsured and *co-pays* for insured

MEDICAL/MENTAL HEALTH CARE FOR STUDENTS

What: Medical care is available for students during the school year at Duke clinics based in four Durham Public Schools (DPS). All of the clinics, except the one at Glenn Elementary School, also offer mental health care delivered by the Center for Child and Family Health or the Durham Child Guidance Clinic.

Where: Southern High School and E. K. Powe, George Watts and Glenn elementary schools

Program Services in Spanish: Yes

Phone Services in Spanish: No

Cost: Any DPS student may be enrolled in the clinics by a parent/guardian regardless of ability to pay. The Southern High clinic bills for services, with *discounts* available.

MANAGING CARE AND PROVIDING SUPPORT TO PATIENTS

Durham Community Health Network

What: Community-based team that helps patients with chronic illnesses manage their health care by providing patient support and health education in patients' homes

Phone: 919-620-8034, ext. 222

E-mail: simo0001@mc.duke.edu

Phone/Program Services in Spanish: Yes

Who's Eligible: Durham County Medicaid patients (Carolina Access II/ Community Care of NC)

Cost: *Free*

Local Access To Coordinated Healthcare (LATCH)

What: Community-based team that provides health education and patient support in patients' homes

Phone: 919-620-8034, ext. 224

E-mail: mcmil031@mc.duke.edu

Phone/Program Services in Spanish: Yes

Who's Eligible: Durham County residents without health insurance

Cost: *Free*

Pathways in Caring

What: Practical advice to help family caregivers care for family members and themselves. Training available on the Web (call to get Web address)

Phone: 919-668-3787

E-mail: simmo031@mc.duke.edu

Phone/Program Services in Spanish: Yes

Who's Eligible: Anyone

Cost: *Free*

Learning Together

What: Supervised Duke health students work with community organizations on projects that improve the health of Durham County residents. Projects include health education in schools, churches and neighborhoods, as well as helping homebound elderly complete Medicaid and Food Stamp applications.

Phone: 919-668-3787

E-mail: simmo031@mc.duke.edu

Phone/Program Services in Spanish: Yes

Who's Eligible: Durham County residents

Cost: *Free*

Obesity Prevention/Reduction

What: Community-based childhood obesity prevention and reduction programs operating across North Carolina with guidance from Duke, supported by the Health and Wellness Trust Fund

Phone: 919-681-3086

E-mail: lori.c.edwards@duke.edu

Who's Eligible: Residents in 49 N.C. counties, including Durham

Cost: *Free*

Managing Your Diabetes

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The Division of Community Health administers the project through the Durham Community Health Network (DCHN) program, with the help of the Community Health Coalition in Durham. The project, which is in its third year, is funded through a contract with the state of North Carolina and with donations by Bristol-Myers Squibb.

"Diabetes is a major health problem in the African American community," says Jessica Simo, project manager and network coordinator for DCHN. "The people we have reached with this project are gaining skills and confidence to manage their diabetes. They are getting support from each other and learning to communicate with their health care providers so they can be more involved in their care. We feel this new community-based approach will improve health."

Want to Know More?

Contact Andrea Leach with the Diabetes Disparities Collaborative Project at **919-620-8034, ext. 246**, or at **andrea.leach@duke.edu**.

(Phone and project services available in Spanish.)

African Americans are especially hard-hit by the disease, with death rates 27 percent higher than for whites and a greater likelihood of developing complications.

"All the groups partnering together in this grant have the common goal of improving the health of folks in the community who are most vulnerable," Simo says. "By working together, we can be the most effective."

The project includes a registered dietician and a registered nurse, both certified diabetes educators, who provide program activities and counseling for participants at locations in the community and in their homes. (See sidebar for project activities on page 1.)

The project is showing positive results with the blood glucose levels of participants in the highest risk category having decreased significantly. The project is also working to reduce blood pressure levels in high-risk participants and cut pharmacy, inpatient and emergency room costs.

"The Lord put them in my life," Smith says of the staff. "At one time, I thought I was alone with diabetes. But working with them I've learned that there are others who struggle with it. We get together and support each other. I've come a long way, and I've got a ways to go to be where I want to be. But I'm sure I can get there with the help of this program." ■

Making the Exchange

Tabria Miles and her classmates at E.K. Powe Elementary School in Durham use computers donated by Duke. The Duke Computer Exchange Program recycles computers replaced by newer ones at Duke for use in Durham schools and community centers.



Duke Medicine: Serving the Community



Hitting the Books

First-year Duke University medical students (from left) Jerlinda Ross, Jeremy Miles and Dionne Peacher unpacked new books at the Healthy Start Academy Charter Public School in Durham as part of a community service project during medical school orientation week last August. Performing community service is an integral part of medical education at Duke.



Healthy Habits Make the Grade

Caleb Coyle, a fourth grader at Rolesville Elementary School in Wake County, participates in "Wholesome Routines," a school-based nutritional and physical activity program for third through fifth graders across the state. The Alice Aycock Poe Center developed and is implementing the program. It is being funded in Durham and several other counties by the GlaxoSmithKline Foundation and Kate B. Reynolds Charitable Trust, and in Wake County by The Duke Endowment through Duke Raleigh Hospital.



Vision on Wheels

If you see the North Carolina Lions' van parked at your local Kroger grocery store, take a closer look. You'll find Duke Eye Center doctors and technicians providing free eye screenings to anyone. Each year the Duke Eye Center and the Durham Lions hold several vision screenings at Kroger stores in Durham. The van has been customized with state-of-the-art ophthalmologic equipment.

Nifty to Be Thrifty

Bobbie Brown, president of the Duke Medical School Faculty Wives Club, and Mary Wilkinson (left), past president, stand in The Nearly New Shoppe. The thrift store has provided low-cost items for the Durham community for 38 years, and uses its profits to provide medical and nursing scholarships. (Call 919-286-4597 for directions.)





Josefina Carrillo and her children (from left) Yaqueline, Eric, Yesica and Maria prepare to eat a healthy dinner. Carrillo learned how to prepare more healthy meals and to exercise regularly by participating in a program for Latinos offered by the Duke Hypertension Center and El Centro Hispano.

Working Together

Some of the initiatives that Duke Medicine and El Centro Hispano work together on include:

- Local Access to Coordinated Healthcare (LATCH)
- Diabetes education project at Lincoln Community Health Center
- Health fairs with Duke volunteers providing free health screenings and health education
- Achieving Nursing Practice Program at Duke Hospital that assists people educated as nurses in their native Spanish speaking countries to get nursing jobs in this country
- Collaborations with the Latino Health Project at Duke Hospital.

Partnering for Better Care

Josefina Carrillo loves to prepare the traditional foods of her native Mexico for her family. But along with serving familiar food that tastes good, she wants her family to have a healthy diet.

How to find the balance?

Carrillo has found it through Promoting Healthy Habits (Promoviendo el Estado Saludable - PESA), a 20-week program developed by the Duke Hypertension Center in collaboration with El Centro Hispano. She was among 19 women participating in the diabetes prevention, nutrition, education and weight reduction program.

"The classes have taught me how to cook without as much oil and fat," says Carrillo, who is married and has four children ranging from 7 to 16 years old. "The best part is that my family can have the foods we love but just prepared in a healthier way. I've also lost more than 30 pounds by eating a more healthy diet and exercising. This program has helped me find the balance I need to create a healthy lifestyle for me and my family."

PESA is one of many partnerships between Duke Medicine and El Centro Hispano, a non-profit organization dedicated to improving the

Want to Know More?

- **El Centro Hispano**
201 West Main St., Suite 100
Durham, NC 27701
Call 919-687-4635 or
visit www.elcentronc.org
- **Duke Hospital Latino Health Project**
Contact Rebecca Reyes at 919-668-2193 or at reyes004@mc.duke.edu
- **Promoting Healthy Habits Program**
Call Pilar Rocha at 919-672-5950 or at 919-419-5849 or Maritza Chirinos at 919-687-4635, ext. 35

quality of life for Latino residents in Durham and surrounding areas.

"El Centro and Duke have been key partners in creating some strong health initiatives to provide access to the health care system for thousands of Latino immigrants who otherwise would not have access," says Alba Onofrio, executive director of El Centro Hispano. (See

sidebar top right.) "We each bring our own expertise: Duke has a tremendous effect on our community because of its resources while El Centro has extensive knowledge about the needs of the Latino community."

One of the largest programs is Local Access to Coordinated Healthcare (LATCH). More than 8,500 uninsured Durham County residents, mostly Latino, are enrolled in the free program that helps patients navigate the health care system, secure needed medical care and follow up on their providers' recommendations. (See page 4 for details.)

El Centro Hispano also receives several grants from Duke to help fund its mission.

"The collaborations with El Centro strengthen Duke Medicine's commitment to diversity," says Rebecca Reyes, coordinator of the Latino Health Project at Duke University Hospital. "Since Duke Medicine is being called upon to provide health care to the new and rapidly growing Spanish-speaking population, El Centro is a valuable resource in helping Duke develop programs to improve access to care, enhance cultural competencies and provide more opportunities for community-based research." ■

Did You Know...?

- **Duke Medicine** is participating in the Duke-UNC GlaxoSmithKline Health Disparities Project to determine the effectiveness of having trained lay health advisors in Durham and Chatham counties offer free coping skills sessions (under clinical supervision) to Latinas over age 18 with simple depression and anxiety.

Call 919-668-3787 (phone services available in Spanish).

- **Duke Medicine's Teer House** offered a new series of free community health education classes in Spanish for the first time. Topics included asthma, low back pain, sexually transmitted diseases, anxiety, depression, nutrition and diabetes.

For information about the more than 500 classes offered annually by Teer House, call 919-416-DUKE (phone services in English only) or visit www.dukehealth.org. For information about classes in Spanish, call 919-668-2193 (phone services available in Spanish).

- **Duke International Patient Services (IPS)** has 13 full-time Spanish medical interpreters, and two Arabic and French medical interpreters. Interpreters for other languages can be arranged by appointment or through a phone interpreting service.

Call 919-681-3007 (phone interpreting available in 150 languages).



Brushing Up, Down and All Around

Alejandra Luna practices brushing teeth at Lakewood Elementary School during a health fair held by Duke students in partnership with the school through the Duke-Durham Neighborhood Partnership (<http://community.duke.edu>). Volunteers joined community and school representatives to educate students and their parents on health topics. This is one of many health fairs in the community in which Duke students and employees participate.

Duke Medicine Support Groups

These support groups are **free** and open to anyone in the community.

Breast Cancer Support Groups (including groups for younger women and for family members)	684-4497
Brain Tumor Support Group	681-1890
Cancer Support Groups (including group for family members)	Lyn Lamont 684-4497
Chronic Pain Support Group	684-2154
Congestive Heart Disease Support Group	Leatrice Short 681-9275
Coping with Change and Losses Support Group	416-DUKE (416-3853)
Daughters Concerned for Aging Relatives	660-7510
Duke Community Bereavement Services (Unicorn Bereavement Center) (variety of bereavement support groups for all ages)	644-6869
*Duke Heart Center Patient Community Support Program	Leatrice Short 681-9275
Hepatitis C Support Group	Pat Bixby 681-6819 or 684-8992
*** HIV/AIDS Support Group	668-0169
Leukemia Support Group	Lyn Lamont 684-4497
*Limb Loss Support Group	Nancy Payne 668-0135 or Deborah Jackson 684-2474
**Living with Vision Loss	Renee Halberg 684-2477 or Traci Haas-Thompson 733-4234
Look Good...Feel Better (for patients undergoing chemotherapy and radiation)	Lyn Lamont 684-4497
***Mended Little Hearts (support group for families of children with heart defects)	970-3153
Multiple Myeloma Support Group	Lyn Lamont 684-4497
***Memory Disorder Support Group (for patients and caregivers)	Roberta Wallace 668-2836
Parkinson's Disease Support Group	681-2033 or 668-2938
Pediatric Inflammatory Bowel Disease Youth Group Meetings	Rhonda Lowe (day) 784-3468 or (evening) 846-3875
Polycystic Ovary Syndrome Support Group	684-5002
Pregnancy and Postpartum Depression Support Group	Bill Meyer 681-6840
Prostate Cancer Support Group (partners welcome)	Lyn Lamont 684-4497
*Stroke Support Group	416-DUKE (416-3853)
*Triangle Amputee Support (TAS) Group	Nancy Payne 668-0135 or Deborah Jackson 684-2474

Community Support Groups

These support groups are not sponsored by or associated with Duke Medicine. They are listed solely as a community service.

Alzheimer's Disease Support Group	Edna Ballard 660-7510
***Autism Support Group	Susanne Harris 493-8388
A Gift of Time (a caregivers' respite program)	Juanita Allen 688-8247
Crohn's and Colitis Support Group	Laura Bradford 233-0163
Cornucopia House Cancer Support Center (various support groups)	Becky Carver 401-9333
***Domestic and Sexual Violence Support Groups (Durham Crisis Response Center)	Christine Hudelson 403-6562
Durham Mothers' Club	Amy Garner 596-0695
Durham/Chapel Hill Fibromyalgia/Chronic Fatigue Support Group	Rosalyn Doughtry 430-1670
Food Addicts in Recovery Anonymous	Anne 841-1698
***LaLeche League of Durham	Elizabeth Townsend (English) 382-8750 or (Spanish) 405-2279
Metamorphosis (for people who have experienced psychiatric conditions)	688-1366
National Alliance on Mental Illness (NAMI) Durham	Violette Blumenthal 490-5236 (9 a.m. to 5 p.m.) or 231-5016
***NOW and LATER (Welcome Baby program for parents of newborns)	Evelyn Rajas (Spanish) 560-7390 or Pat Harris (English) 560-7341
Parent Care (perinatal loss group for death from conception to age 1)	Lil Gaphin 350-8567
***Parent Link Up (developmental disabilities support group)	Jane Johnson-Chavis 493-8141
Rex Triangle Amputee Support Group	Wilma Miller 781-1234
Sickle Cell Support Group of Durham County	Mary Abrams 684-6464
Strong Families – Durham	880-7728
TOPS (Take Off Pounds Sensibly)	Laura Wickwar 870-0479
Triangle Area Scleroderma Support Group	Teresa Stone 596-0560 or Jane Pahner 969-7676
Triangle Chapter of National Stuttering Association	Abhi Banerjee 931-6235
Womenheart (support network for women with heart disease)	Carol Morrissey 968-3094

* (Group has Spanish translation available for meetings.)

** (Group has Spanish translation available for phone services.)

*** (Group has Spanish translation available for phone services and meetings.)

All phone numbers are in the 919 area code.

WIN \$100 GIFT CERTIFICATE



WIN \$100 GIFT CERTIFICATE

Win a \$100 gift certificate to a local grocery store. Your name will be entered in a drawing to win one of three, \$100 gift certificates if you fill out the following survey:

Name: _____ Phone number: _____

Address: _____

Where did you pick up this issue of *Partners in Care*? _____

Was the information useful to you? _____ Have you ever used any of the services? _____

Do you think you will use any of the health care services you've read about in this newsletter? _____

How can we improve this newsletter? _____

Mail the survey to Duke Office of Creative Services and Marketing Communications, DUMC 3687, Durham, NC 27710, fax to 919-419-1848 or drop it off at Lincoln Community Health Center or El Centro Hispano. The deadline to enter is May 31, 2007.

The Vial of Life

Ellen Repasky couldn't speak. Unable to get her breath and with shooting pains in her chest, she couldn't tell paramedics that she was allergic to aspirin when one suggested giving it to her.

But fortunately the Vial of Life in her refrigerator could speak for her when she couldn't speak for herself.

The vial, a specially marked pill bottle that is kept in the fridge, contains an individual's medical information that emergency responders can use in a critical illness or accident in the home. Responders are trained to check the exterior of refrigerators for a magnet with the Durham County Emergency Medical Services (EMS) logo denoting participation in the Vial of Life Program.

Repasky credits the **free** program with saving her life. "If they had given me aspirin it would probably have killed me," said the 62-year-old, who has heart disease and other illnesses. "I am so grateful to this program. Everyone should have a vial in the refrigerator because it helps paramedics do their jobs when your life is hanging in the balance."



The national program is coordinated locally by the Durham County EMS in collaboration with the Council for Senior Citizens in Durham County, the Durham Housing Authority, Wal-Mart (which supplies the plastic vials for free), and the Duke University School of Nursing. Durham County EMS also provides the forms and logos.

As part of an ongoing relationship with the senior citizens council in addressing community health and health promotion needs, Duke nursing students got involved in the program last year.

Their involvement was through two of the council's satellite senior centers, Preiss-Steele (located at Preiss-Steele Place) and Duke Street (at J. J. Henderson Housing Center), in a community health nursing course.

Students presented the Vial of Life in the senior centers through drama, handouts and one-on-one interviews, as well as going door-to-door in the two residential housing facilities last August through October. They registered new participants and helped them fill out the form, plus updated forms of current participants. They signed up 58 of the 87 residents at Preiss-Steele Place, where Repasky lives alone, and 104 of the 172 residents at J. J. Henderson Housing Center.

"The students gained an understanding and empathy for elderly residents and an awareness of some of their multiple medical concerns," says Alison Edie, a clinical instructor with the nursing school. "This program is also a great example of how community partners working together can do more to improve health than by working alone."



Ellen Repasky (right) credits the Vial of Life Program with saving her life. She is shown here with nurse Debra Thiel, who as a Duke nursing student helped seniors sign up for the program at two Durham housing facilities.

The program has been vital to the well-being of seniors, agrees Debbie Webb-Ogundele, senior center director of the Council for Senior Citizens. "There are many older adults who move into senior housing communities who need this information recorded and to have it easily accessible for individuals outside of the immediate family. Working with older adults, particularly those with multiple chronic diseases, you realize that it is essential for programs like the Vial of Life to exist in the community because of the value it brings to a person's life." ■

All About the Vial of Life

What: A program to give emergency responders vital medical information about a person during an emergency situation in the home

How It Works: The individual fills out a form with his or her medical information. The form then goes in a plastic vial and is put in the refrigerator. A magnet with the Durham County EMS logo is attached to the exterior of the fridge. Emergency responders are trained to look for the magnet when responding to a call if unable to get information from the patient or a bystander.

Cost: Free

To Sign Up: Call 919-560-8287, ext. 205 (phone services in English only) or e-mail Kevin Underhill with Durham County EMS at kunderhill@co.durham.nc.us.

Students "LEAP" at Chances to Learn about Science

Many teens rate going to the movies, the pool or the mall as their top choices for fun summer activities. But Duke Medicine offers teens fun alternatives that might also put them on the fast track for a career in science.

Stefanie Geiss of South Granville High School and Tony Ray Godwin Jr. of Person High School (pictured right) participated last summer in the Launch into Education About Pharmacology (LEAP) science enrichment program for 10th and 11th graders in Durham, Orange, Wake, Person, Chatham and Alamance counties.

They leaped at the chance to participate in the three-week, summer course in pharmacology sponsored by the Duke Department of Pharmacology & Cancer Biology's RISE (Raising Interest in Science Education) Office to excite students about science.

The summer program is supported by the Burroughs Wellcome Fund.

Call 919-684-5183 (phone services available only in English) or visit www.rise.duke.edu/leap/.

Other **free** summer programs that Duke Medicine holds to interest students in science and encourage them to choose health careers include:

■ **Three summer camps for middle and high school students offered by the Duke Area Health Education Center (AHEC).** Two camps for rising eighth and ninth graders help them explore the roles of many health profession-



Rochelle Schwartz-Bloom, Ph.D., a Duke pharmacology professor, shows high school students Stefanie Geiss and Tony Ray Godwin Jr. how to use an instrument to measure receptors in the brain.

als. The third camp for bilingual Latino high school students, fluent in English and Spanish, provides interpreter training and exposure to health careers.

Call 919-477-2644 (phone services available only in English) or e-mail debra.carter@duke.edu.

■ **Summer on the Edge** program by the Duke Comprehensive Cancer Center for high school students ages 16 and older to do six weeks of cancer research. The program receives support from the Burroughs Wellcome Fund.

Call 919-684-3377 (phone services only in English) or visit www.cancer.duke.edu/summerontheedge. (The deadline has passed

for 2007 but information about the next summer will be available in early 2008.)

■ **National Institutes of Health's Summer Science Research Program**, a paid, six-week program at the Duke Comprehensive Sickle Cell Center to expose high school students to sickle cell research in literature and the laboratory with nationally recognized scientists.

Call 919-684-6464 (phone services available in Spanish).

■ **Fitness, Fun, and Food: Habits for a Lifetime**, a one-week program for children 10-12 years old to learn simple meal preparation tips, ideas for healthy snacks and lunches, kitchen math and fitness.

Call Teer House at 919-477-2644 (phone services only in English).

■ **Building Opportunities and Overtures in Science and Technology (BOOST)**, a free, year-round program to excite elementary and middle-school students about science and to encourage under-represented minority students to pursue careers in medicine. The program also has a summer science immersion component. It is a partnership between Duke Medicine, Durham Public Schools and the North Carolina School of Science and Math.

Call David Stein at 919-668-6271 (phone services only in English) or visit community.duke.edu/boost. ■