

Indianapolis Center Receives Parental Assistance

On July 30, 2011 a group of parents with children in the Indianapolis Center volunteered their time to build a fence. The fence was built around the toddler playground to provide a safe environment for the children who use the playground.

Parents who participated in the construction of the fence include Mr. Vicente Flores, Mr. Roger Ravell, and Mr. Mario Melchor. These parents took time from their Saturday to assist the staff from the Indianapolis Center with this project.

The parents continue to be the greatest asset towards the success of TMC.



Marion County Health Department Visits Center

Staff from the Marion County Health Department took time to visit TMC's Indianapolis Center to provide the children with free medical exams. The medical staff examined each child with emphasis for exposure to lead poisoning.

The Marion County Childhood lead Poisoning Prevention Program is a part of Indiana's Department of Housing and Neighborhood Health. The Program's primary goal is to identify lead hazards within the community, either through blood lead screening or environmental risk assessment. All services that are offered through the Marion County Childhood lead Poisoning Prevention Program are free of charge.

Currently, the Marion County Childhood lead Poisoning Prevention Program (MCCIPPP) is in the second year of a two-year funding cycle from Centers for Disease Control and Prevention (CDC).



Health Fair Held at Helena Center

Staff from the Helena Center held a Health Fair to promote a healthy living environment within each family served by TMC. Representatives from Bellevue Hospital served the children with blood pressure and glucose exams. Representative Ruby Fintel from Ohio Extension Services provided health information for the families; also Ohio Mobile Dental provided children and families with dental cleanings.

Special guest Ronal McDonald visited with the children of the Center and members of the Helena Volunteer Fire Department took time to demonstrate to the children fire prevention techniques. Also, El Corazon de Mexico entertained the families that were in attendance and local donors provided families with free clothing.



Health Care Reform: Preventive Care Coverage for Adults

The Affordable Care Act requires new health plans to provide coverage and eliminate cost-sharing requirements for preventive services. According to the Act, if you or your family enroll in a new health plan on or after September 23, 2010, then that plan will be required to cover recommended preventive services without charging you a co-pay, coinsurance or deductible. These protections apply to health plans that are not grandfathered. If your company sponsored a plan before March 23, 2010, it may be considered a “grandfathered” plan. Grandfathered plans are exempt from certain health care reform requirements, including this preventive care requirement and other patient protections.

Depending on your age and your health plan type, you may have easier access to services such as: Counseling from your health care provider on topics such as quitting smoking, losing weight, eating better, treating depression and reducing alcohol use; and routine vaccines for diseases such as measles, polio and meningitis and flu and pneumonia shots. Covered services that help prevent and control heart disease and obesity include: Screening for obesity, and counseling from your doctor and other professionals to promote sustained weight loss, including dietary counseling; Blood pressure screening, tests to screen for high cholesterol and diabetes; and Counseling on the daily use of aspirin to reduce the risk of stroke.

A variety of cancer prevention tools are covered, including: Annual mammograms for women over age 40, referrals to genetic counseling and discussion of chemoprevention for certain women at increased risk; Regular Pap smears to screen for cervical cancer and coverage for the HPV vaccine that can prevent cases of cervical cancer; Tobacco cessation interventions including counseling or medication to help individuals quit; and screening tests for colon cancer for adults over age 50.