



# E-Vision of Health

Newsletter of the Community Health Endowment of Lincoln

Summer 2009 Edition

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## CHE Announces Funding Awards

On June 3, 2009 the Board of Trustees of the Community Health Endowment (CHE) announced the funding of 21 projects to begin July 1, 2009. The awards represent \$378,923 in funding. Seventy applications were reviewed prior to the final selection. CHE also granted \$232,905 towards three targeted initiatives earlier in the year. [CLICK HERE](#) to read a listing of our latest grant awards.

## Project A.L.L. - Academy for Local Leadership

The second session of Project A.L.L. ended May 27, 2009, with 12 participants completing the program. Participants represented a range of racial and ethnic backgrounds and a variety of organizations and businesses. According to Deane Finnegan, Executive Director of Leadership Lincoln and facilitator for the program, "This was an



outstanding group. They really became immersed in the program and took the message about serving the community to heart. We are going to see great things happen in the community because of them!"

During the session days participants were able to learn about local human service agencies, the nuts and bolts of board service and governance, their own leadership style, and network with fellow community members. Each participant has completed an interest indicator and is in the process of meeting with appropriate agencies regarding potential board service.

Project A.L.L., a partnership of CHE, Leadership Lincoln, and the Mayor's Office, is intended to increase representation of traditionally under-represented groups on boards and governmental committees. Since beginning in 2008, 25 individuals have participated in the program and many have gone on to serve on governmental and non-profit boards in the Lincoln community.

## CHE Horizon and Closing the Gap Awards Announced

CHE award recipients were announced during the Annual Meeting with the Community on June 10, 2009 at the BryanLGH East, Plaza Conference Center. Receiving this year's **Closing the Gap Award**, which recognizes a person, program,



## Partners

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Community Church

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Need

Centerpointe, Inc.

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Center

City of Lincoln -  
Emergency  
Communications  
Center

Clyde Malone  
Community Center

Community Mental  
Health Center

Cornhusker Place,  
Inc.

E.D. Connections  
(BryanLGH Health  
System & St.  
Elizabeth Regional  
Medical Center)

Food Bank of  
Lincoln

Fresh Start Home

Friendship Home

Houses of Hope

Indian Center Inc.

Lancaster County  
Medical Society

Leadership Lincoln,  
Inc.

Lincoln Council on  
Alcoholism & Drugs,  
Inc.

LPS/Elliott

or agency that has made a significant contribution toward addressing health disparities in our community was [Nebraska Appleseed](#) (*pictured*). Appleseed was recognized for their continued commitment to advancing policies and practices for immigrant and refugee populations and its work in the area of healthcare access. For example, Nebraska Appleseed has made significant contributions to the **Medical Translation & Interpretation Leadership Group of Lincoln** over the past three years to advance policies related to medical interpretation for limited English proficient groups.



Receiving this year's **Community Horizon Award**, which recognizes a person or group who is enriching the community by sharing their time, resources, and talents to make Lincoln the healthiest community in the nation, was **Pat Talbott** (*pictured*). Pat was selected due to her commitment to community service and long-standing work as a mental health advocate. She has taken a leadership role in training hundreds of peer specialists to provide mental health services, providing hope for recovery to those suffering mental illness.

The Annual Meeting also featured a presentation by Dan Buettner of [Blue Zones](#). Dan shared lessons about living longer and better that he has learned from visiting the world's blue zones, or longevity hotspots. Dan also shared information about the **Vitality Project**, a health makeover focused on the city of Albert Lea, MN where specific Blue Zone lessons are being implemented to help residents gain additional years of life. [CLICK HERE](#) to learn more about the Vitality Project and what Albert Lea is doing to get healthy.

## Many Participate in Lincoln's Health Challenge!

Lincoln's annual Health Challenge was a partnership between CHE and Teach A Kid to Fish, a local foundation whose mission is to encourage kids to eat healthy and be more active. Approximately 1,800 people participated, including 445 adults, and virtually every school in Lincoln, including some rural schools. Participants had a chance to win prizes such as savings bonds, exercise equipment, a Wii Fit, iPods, bicycles, t-shirts, gift certificates for junior golf, swimming, play centers, the Children's Zoo, baseball games, as well as "activity goodie bags" filled with outdoor play items.

This year's Health Challenge also incorporated the following education messages from the program **Eating Right and Being Active are as Easy as [54321 Go](#)**:

- **5 servings of fruits and vegetables a day**
- **4 servings of water a day**
- **3 low-fat dairy servings a day**
- **2 hours or less of screen time**
- **1 hour or more of physical activity**

Special thanks to everyone that participated and to Cornhusker Bank, US Bank, Valentino's and the Lancaster County Medical Society for helping to sponsor this event.

## MTI Leadership Group Completes 3 Year Project

Elementary  
 Matt Talbot Kitchen  
 & Outreach  
 Milkworks, Inc.  
 Mourning Hope Grief  
 Center  
 People's Health  
 Center  
 Region V Systems  
 Saint Elizabeth  
 Foundation  
 St. Monica's  
 Teach a Kid to  
 Fish

A Celebration Luncheon was held June 30, 2009 at Southeast Community College to review and celebrate past accomplishments of the [Medical Translation and Interpretation \(MTI\) Leadership Group](#) and to announce future work planned by partner organizations. The MTI Group was supported by a three year grant from CHE and by the Lancaster County Keno Human Services Prevention Fund, Lancaster County Medical Society, BryanLGH Health System, and Saint Elizabeth Regional Medical Center.

Participants of the group represented a broad range of organizations and community stakeholders that worked to implement eight action strategies as part of a community wide plan for significantly improving MTI services and healthcare in Lincoln. Most action strategies have been accomplished in the three year period, specifically in the areas of public and provider education. Work remains in the area of public policy and efforts to develop a certification process for MTI professionals. Agencies have been identified that will carry on the work of the MTI Leadership Group.

### Former CHE Trustee Helen Boosalis Remembered

A longtime friend of CHE and former Trustee, Helen Boosalis, passed away in Lincoln on Monday, June 15, 2009. Helen had a long history of service to the community, state, and nation, including serving two terms as Lincoln's Mayor. She served as a member of the CHE Board of Trustees from 1999 to 2005 and served on the Funding Committee throughout her service.

### CHE Annual Report Released



CHE has released its 2008/09 Annual Report. Click on the cover above to view an online version. To request a hard copy of the report, please contact the CHE office.

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Community Health Endowment of Lincoln



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