



E-Vision of Health

Newsletter of the Community Health Endowment of Lincoln

Winter 2008/09 Edition

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Smoking Cessation Initiative

The Community Health Endowment, along with the Center for People In Need (CFPIN) and the Lancaster County Medical Society (LCMS), are promoting an initiative to help people who want to make 2009 the year they quit smoking. This initiative includes:



- Free over-the-counter nicotine replacement products for low-income individuals through CFPIN.
- Free prescription medications for low-income individuals through the Medication Assistance Program at LCMS.
- Sliding scale financial assistance for the first month's co-pay for smoking cessation medications.
- Free counseling and information available through the Tobacco Free Nebraska Quitline: 1-800-QUIT-NOW (1-800-784-8669) Counseling is available in multiple languages.
- Online advice and assistance is also available at www.smokefree.gov.

Beginning December 10, 2008 Nebraska Medicaid began coverage for counseling and certain drugs specifically approved to help clients quit using tobacco. For further information about these changes in Medicaid coverage, contact the Nebraska Medicaid Program at 1-877-255-3092. For further information about smoking cessation resources in the community, contact LCMS at 402-483-4800.

Are You Ready for the Health Challenge?

The dates have been set for this year's Health Challenge! This annual event, sponsored this year by CHE, Teach a Kid to Fish, the Lancaster County Medical Society, and other community organizations, will begin April 13, 2009 and run through May 1, 2009.



To participate, get a Health Challenge Scorecard and follow

Robert Lanik
Alison Larson
Maria Prendes Lintel,
Ph.D.
Britt Miller
Kim Russel
Maraget Sutton, M.D.
Michael Tavlin

the healthy activities each week. Activities may include eating at least two servings of fruit each day, finding a healthy snack recipe and making it for your family, and flossing your teeth at least four times in the week. No matter what the challenge, it will increase your awareness of healthy behaviors and move you towards improved wellness.

Thousands of individuals ages 3 and up participate in this community wide challenge each year. Contact Kate Mueller with Teach a Kid to Fish at 402-483-4800 to receive a scorecard and for resources to help you promote the challenge at your school or workplace.

Current Project Partners

[CEDARS Youth Services](#)

[Centerpointe, Inc.](#)

[Child Advocacy Center](#)

[Child Guidance Center](#)

[Community CROPS](#)

[Community Mental Health Center](#)

[Cornhusker Place, Inc.](#)

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

[Food Bank of Lincoln](#)

[Good Neighbor Community Center](#)

[Houses of Hope](#)

[Lancaster County Human Services](#)

[Lancaster County Medical Society](#)

[Leadership Lincoln, Inc.](#)

[LPS/Elliott Elementary](#)

[Interfaith Housing Coalition](#)

[Madonna Rehabilitation Hospital](#)

[Milkworks, Inc.](#)

[NeighborWorks Lincoln](#)

[People's Health Center](#)

[Region V Systems](#)

[Southeast Community College](#)

Sutton and Miller Join CHE Board of Trustees

Dr. Margaret Sutton and Britt Miller were recently appointed to the CHE Board of Trustees by Mayor Chris Beutler. Dr. Sutton, a local physician, has been with Sutton Ryan Dermatology since 1984 and has held various volunteer positions in the community.

Britt Miller is an Investment Advisor with Ferris Financial Group and has been employed with various financial firms in Lincoln. He brings to the board considerable knowledge on financial and investment matters, important to the future growth the endowment.

Legislative Update

On January 9, 2009 Senator Bill Avery introduced LB128. This bill is enabling legislation for Amendment 1, a constitutional amendment passed in May 2008 that will allow public endowments like CHE to diversify their investments. LB128 is scheduled to be heard by the Urban Affairs Committee on Feb. 3, 2009. LB128 was also listed as a top priority on Mayor Chris Beutler's legislative agenda for the City of Lincoln this year.

CHE Funding Update

CHE received 28 Spark! and 41 Open Funding applications requesting \$1,951,737 for the 2009/2010 period. CHE has \$450,000 in available funding for 2009/2010. **Stage II applications will be requested on or around**

February 27, 2009. The CHE staff and Board of Trustees would like to thank all of the applicants for contributing their time and talents towards submitting a Stage I application.



CHE Project Spotlight

CHE supports the [BackPack Program](#) through the [Food Bank of Lincoln](#) by providing for fresh fruit and milk vouchers to over 1,500 children in need each week. The program is made possible due to broad community support and hundreds of volunteers, such as that pictured above at McPhee Elementary School.

[YMCA](#)

The Health360 - Medical Transportation project run by the [Midtown Center](#), provides transportation to qualifying individuals to and from their medical appointments. In the past year of the project, 690 medical appointments were kept due to this



service. Pictured above are representatives of the Midtown Center and Lori Seibel and Kim Russel with the CHE Board of Trustees. They met for a site visit in December 2008.

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