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We would like to thank CHI Health Good Samaritan for providing mailing services for our newsletter.



Newsletter May 2016

What Community Partners Started

Creating *Wellness Works*

In 1996 Community Partners began to address 15 health priority areas and started identifying leaders in the community to work on task forces in these specific health priority areas. One task force that resulted from this was the Kearney well workplace group.

The Kearney well workplace task force was created to reduce the incidence of injuries and diseases by addressing wellness at the work site. The group focused its efforts on receiving a Well City Award, given by The Wellness Council of America.

Community Partners believed that focusing on this challenge would help the community achieve their health goals.

The Kearney well workplace task force brought in Dr. Howie Halperin, Wellness Council of the Midlands (WECOM) and Dr. David Honeycutt, Wellness Council of America (WELCOA) during the 1996 Building A Healthier Community Summit. They spoke to employers to create synergy around the idea of well workplaces.

The program started with two employers hav-

ing enough "wellness qualifications" to receive the Well Workplace award. The well workplace task force brought education and tools to businesses to implement health in each workplace. By 1998, 23 businesses had completed the Well Workplace University to learn how to build worksite wellness programs at their business.

"When we started Well Workplace University we were 26 employees representing a wide range of businesses with very little knowledge about worksite wellness. By going through the University process together, we formed a strong bond providing synergy and energy between the Kearney workforce with a common goal. We worked together, shared programs, attended each



Past staff person Kimmy Minning presents the "golden shoe" award to Hellman, Main, Coslor & Kathol, P.C. The award was presented to the business with greatest average of employees getting 30 min. of exercise 30 times per month.

other's events and involved the community," said **Dr. Kate Heelan**, Professor/Director of Physical activity and Wellness Lab at University of Nebraska Kearney.

On January 29, 2001 Kearney won the "Well City USA" Bronze award, presented by WECOM and WELCOA reaching over 20% of employed population in worksite wellness programing. Over 20 businesses were members of WELCOM and achieved Gold, Silver or Bronze status to earn this award. Kearney was the fifth Well City in the USA and the only rural community as well as

the only volunteer based Well City.
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Perscription Takeback was held April 30th. **371 pounds** of perscriptions were collected.

Thanks to all our volunteers and partners who made this event possible!



Thank you to our April donors!

Ariane Arensdorf
Kelly Bartling
Mark & Deanna Foradori
Bob Lammers
Joel & Jill Johnson
Terry & Judi Sickler *in honor of Bev & Gordon Muller 60th anniversary*

If you would like to partner with us through a financial donation, you may:

Contact Denise Zwiener at 308-865-2280 or dzwiener@bcchp.org

Donate on our website, bcchp.org, by clicking the blue "Donate" button.



The Torch Run is coming from Holdrege to Kearney on **June 16th.**

Come celebrate the runners from 5-7 pm at CHI Health Good Samaritan

To sign up to run go to:
CornhuskerStateGames.com/TorchRun



Reception: June 13th.
Merryman Center

Join us
5:30-7:00 p.m. See an exhibition of photos from the 2015-16 school year participants.



The Well Workplace Initiative Task Force is off and running! Businesses in Kearney are signing up to become members of WELCOM (Wellness Council of the Midlands). On March 18, 1998, Howie Halperin, the chief operating officer of WELCOM, will be in Kearney to attend a special luncheon at Good Samaritan Health Center. If you're business has already signed

Ad from the Chamber of Commerce 1998 newsletter asking businesses to take part in Well Workplace University.

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“This goes to show the strength of our partners in Buffalo County. When people see a need and set a goal then volunteers are ready to help educate the community and reach the goal,” said **Carol Schwarz**, member of Be Well and previous board member of Wellness Works.

In 2002 the members who were part of the Workplace Wellness task force created “Wellness Works” forming its own board of directors. This board was staffed by volunteers to keep the community engaged in worksite wellness.

In 2005, Mark Fenton, national public health, planning, and transportation consultant, spoke to celebrate the 10-year milestone of worksite wellness. Twenty businesses continued to earn WELCOM Awards in the community.



Kate Heelan and Bryce Abbey from UNK and Scott Hayden from City of Kearney lead Walk out on your job in 2008.

In 2006, to keep energy going, Wellness Works enters statewide Physically Active Communities Excel competition with other Nebraska communities. Buffalo County won by logging 1,564,726,988 steps and earned \$10,000 in award funds to be granted out to the community to improve wellness. To help community members kick off the walking challenge, Wellness Works adopted Walk Out On Your Job from the Kearney Clinic. They had 1,553 participants for their first year.



K-walk was the symbol for the community step competition in 2006.

In 2008 the Wellness

Works board dissolved and the members joined with Activate Buffalo County to increase wellness efforts in Buffalo County.

“When Activate Buffalo County and Wellness Works merged it was just strengthening what members were already doing. This merger created one very strong coalition with resources being spent in better ways for the community,” said

Bryce Abbey, Activate Buffalo County Member.



Howie Halperin of WELCOM presents Well City Award to Kearney businesses in 2001.



Kearney Area Chamber of Commerce staff accepting worksite Wellness Award 2001. Left to Right: Sonja Harms, Kelli Krier, Cindy Richter and Roger Jasnoch .

Creating HelpCare Clinic

“The free clinic has been a 15 year journey,” said **Denise Zwiener** in a Hub article published February 4, 2015. It all started in 2000 when Community Partners began investigating ways to provide medical care to those who could not afford it. The Community Health Access Team, CHAT, was formed as a coalition powered by Buffalo County Community Partners to work on the issue.

In July 2009 the CHAT team, received grant funding from CHI Health to develop a plan to improve access to care and serve a defined high risk population. They conducted research around best models to improve access to care and found that there was a need to utilize community health workers as a part of the integrated care team. A community health worker is the link between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery.

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In 2012, CHAT received the largest CHI Health Grant of \$540,000 to implement the ‘Pathway Model’ to enroll 250 individuals with diabetes, linking them to a community health worker and defining an access to care path. This pilot program showed a 4:1 return on investment after three years.

Even when people were being linked with a community health worker, individuals still had barriers to accessing primary care. The need for a primary care facility to serve this population of people in the community became apparent.

Linda Mulbach, first executive director of HelpCare clinic shares the history;

“When I joined Buffalo County Community Health Partners as a board member, research was being done regarding the feasibility of developing a free clinic in Kearney. Mark Rukavina, a health care expert, from Boston had been hired to do an environmental scan to find out the need and resources available in the area. His work showed that there was definitely a need and the area could support a free clinic. On a trip to visit my sister-in-law in Minneapolis, I learned of a group called ECHO Clinics that her church was thinking of partnering with to bring a free clinic to their area. I contacted ECHO Clinics and found that they provided free consulting to churches and communities that wanted to develop a grass roots solution to the need for free medical care for the uninsured, low income in their communities.

After bringing this option to the BCCP board, Denise and I contacted ECHO Clinics and they were interested in partnering with us. The journey began in January 2014 after signing with them to assist us. They provided \$50,000 of consulting to us for free through the help of their consultants. I worked on their development plan with our consultant, Jane, every Friday, and in April we held a community meeting to enlist volunteers for planning committees and a board of directors for the clinic. I was hired by BCCP in May of 2014 to become the Planning Team Leader and eventually the Executive Director, a role ECHO promoted in their development plan.

Many volunteers throughout the community helped put together ideas in the areas of finance, operations, site, communications, legal and environmental development. A group of board members was developed. I led the volunteers through the process ECHO guided us in, which included a timeline of benchmarks to be established. On April 30, 2015 HelpCare Clinic opened its doors to see patients. All the hard work has paid off! So many uninsured, most of whom have one or more chronic illnesses, are being cared for by mostly volunteer health professionals through HelpCare Clinic. What a blessing it has been to be a part of this process! It is so rewarding to see that so many are getting the health care they need to help them become productive members of our community. Our tagline from Matthew 25:36 is, “...I was sick and you cared for me...”. This has truly been the work of the clinic, to care for those in need.”

First Year of the HelpCare Clinic
 over 100 volunteers and only 5 paid staff:
829 patient visits
351 unique patients
81% are extremely low income based on Federal Poverty Level



Linda Muhlbach, former Executive Director HelpCare, Julie Weir, Chairman of the Board HelpCare, Denise Zwiener, Executive Director Community Partners, and Nikki Gausman, Chairman Community Partners Board present check to HelpCare Clinic in 2015.



Linda Muhlbach, former Executive Director HelpCare Clinic speaks at a community meeting in 2015 to enlist volunteers to support the opening of the HelpCare Clinic.