

Thrive

For Your **Whole** Life | Expanded care from Edgewater Health



Now Open!
**Edgewater Health's
Cedar Lake Clinic**

MEET THE PROVIDERS [PG.4](#)

Hello Friends!

Thank you for picking up the latest issue of Thrive, which we've filled with a lot of useful information – just for you!

To start, we'd love to hear from you about how we're doing: Using your phone's camera, scan the QR code on this page and drop us a few words on the Google review form that opens up. Tell us what we're doing well – and where we can improve!

Next, take a look at pediatrician Dr. Roland Walker's advice about getting your child vaccinated for the new school year.

It's hard to believe, but our new clinic in Cedar Lake has been open for a few months now. If you haven't had the chance to meet our providers there, they've provided a little insight into what

they love about their jobs – and how they care for their patients.

You'll also find two stories about recent – and recurring – programs here at Edgewater Health: our HEART Health Program, designed to help people live healthier lifestyles and An Hour of Power, which will become a month-long, annual program each May, focusing on mental health in our community.

Finally, don't miss our final few Farmers Markets of the season – you can find all the details on the back of this issue or on our website.

Yours in good health,

Dr. Danita Johnson



DR. DANITA JOHNSON
PRESIDENT AND CEO
EDGEWATER HEALTH

How'd We Do?

Let Us Know – Provide a Review!

Have you recently had an appointment with an Edgewater Health provider, or used one of our services?

We'd love to hear from you!

- 1 Scan the QR code below with your phone
- 2 You'll see a link to a Google Review form
- 3 Using the QR code makes it fast and easy to give us feedback!

Share your experience not just with us, but with others like you! We take your feedback very seriously – it helps us celebrate our fabulous team and learn where we can improve!



IT'S TIME: BOOKS, BUSES AND VACCINES

It's almost that time again:
The start of another school year!

While caregivers and kids might have opposing viewpoints about how ready they are for the first day of school, one thing we should all agree about: Childhood vaccines are important when it comes to keeping our kids healthy – and in school.

"Vaccination is the easiest and safest way for school-age children to avoid serious infectious disease," said Dr. Roland Walker, pediatrician and chief medical officer at Edgewater Health. "Progress in medicine has allowed us to live healthier lives and avoid debilitating illness through vaccination."

Typically, children begin a series of routine vaccination starting at two months of age; if your child has had scheduled well-check appointments with a pediatrician, it's likely that they will be all set for the first day of school.

"Younger children get vaccinated more often," explained Dr. Walker. "Infants are seen multiple times per year, and school-aged children should be seen at least once per year."

But even if you're not sure if your child is all caught up on their vaccines, you can simply contact your pediatrician or local health department to schedule an appointment for a missed vaccine, or get your child on a catchup vaccination schedule.

For more information about vaccines, the CDC and American Academy of Pediatrics provide extensive information online about vaccinations and a vaccine schedule, advised Dr. Walker, including newly recommended COVID-19 vaccines for 6 months and older.



DR. ROLAND WALKER
PEDIATRICIAN &
CHIEF MEDICAL OFFICER
EDGEWATER HEALTH

INDIANA 2021-2022 REQUIRED AND RECOMMENDED SCHOOL IMMUNIZATIONS

GRADE	REQUIRED	RECOMMENDED	
Pre-K	3 Hepatitis B 4 DTaP (Diphtheria, Tetanus & Pertussis) 3 Polio	1 Varicella (Chickenpox) 1 MMR (Measles, Mumps & Rubella) 2 Hepatitis A	Annual influenza
K-5th grade	3 Hepatitis B 5 DTaP 4 Polio	2 Varicella 2 MMR 2 Hepatitis A	Annual influenza
6th-11th grade	3 Hepatitis B 5 DTaP 4 Polio 2 Varicella	2 MMR 2 Hepatitis A 1 MCV4 (Meningococcal) 1 Tdap (Tetanus, Diphtheria & Pertussis)	Annual influenza 2/3 HPV (Human papillomavirus)
12th grade	3 Hepatitis B 5 DTaP 4 Polio 2 Varicella	2 MMR 2 Hepatitis A 2 MCV4 1 Tdap	Annual influenza 2/3 HPV 2 MenB (Meningococcal)

https://www.hccsc.k12.in.us/departments/health_services/indiana_required_school_immunizations



Edgewater Health's New Cedar Lake Clinic

Meet the Clinic's Family Medicine Providers

Get to know the family medicine and women's health providers at Edgewater Health's new Cedar Lake Clinic, which opened in May 2022.

Each provider was asked

- 1 Why they chose to pursue a career in medicine?
- 2 What is their approach to helping patients live healthier lives?

Take a look at their responses below!



"Working in family medicine gives me the ability to see people of all ages, throughout their life spans."

APRIL DONALD, FNP

Specialty: Family Medicine

Education: Master of Science in Nursing Administration, Indiana Wesleyan University, Marion, AANP Certified

- 1 I wanted to be able to have a bigger impact on my community and help drive their health goals.
- 2 I really like to connect with my patients where they are and then begin to work toward getting their health stable. Afterwards, we can focus more on preventive medicine.



"Family medicine provides the unique opportunity to treat the entire family as a unit."

MARSHALL JAMES, MD

Specialty: Family Medicine

Education: Chicago Medical School, Rosalind Franklin University of Medicine and Science

Residency: Cook County Hospital, Chicago

- 1 I admired my pediatrician; I noticed his kind and gentle nature, and that he was always calm and collected, even when his waiting room was swarming with screaming children. I decided then that I would become a physician and provide competent, compassionate care to my patients.
- 2 My approach is to improve the health of patients, families and communities with education, and to focus on spiritual, social and clinical needs.



"I love helping a pregnant patient understand the new changes that they are experiencing."

SHARON JAMES, MD

Specialty: Obstetrics and Gynecology

Education: Creighton University School of Medicine, Omaha

Residency: Cook County Hospital, Chicago

- 1 Initially, I became interested in medicine simply because I hated being sick all the time as a kid. Living with asthma, eczema, and a host of seasonal allergies led me to think about how to cure it or make it better. Although, I loved playing in the snow, I dreaded feeling my chest tighten as I struggled to take a breath outside in the cold Chicago winters. I "grew" out of my asthma as I became older, but I never forgot how helpless I felt when I had an attack. I knew I wanted to help people when they became ill.
- 2 I love to help patients learn to listen to their own bodies – such as understanding the importance of taking a few minutes to make a mental note about health concerns, and then addressing them during their next office visit. The patient and their physician can work together to set goals, decrease risks, and develop and maintain a healthy lifestyle.



"My approach to helping patients live healthier lives is being honest, communicating with women and educating them."

DEBORAH MCCULLOUGH, MD

Specialty: Obstetrics and Gynecology

Education: Indiana University School of Medicine, Indianapolis

Residency: Cook County Hospital, Chicago

- 1 When I was growing up there were no women doctors to talk to or to sympathize with my problems.
- 2 By being honest, communicating with women and educating them and not taking them for granted. My hope is to lead small seminars where we can start talking to young girls and not only help them understand physical changes taking place within their bodies, but also build up mental strength and confidence so they can develop better opinions of themselves.

New Clinic Opened in May

Edgewater Health celebrated the opening of its Cedar Lake Clinic on Monday, May 9. Located at the new Summer Winds Plaza, across the street from Hanover High School, the new clinic focuses on family medicine and women's health.

"In Cedar Lake, we saw a need that is perfect for Edgewater Health's approach: We believe it is essential to treat the whole person rather than just a condition, and our focus on family medicine and women's health is a perfect fit," said Dr. Danita Johnson, CEO of Edgewater Health.

Family medicine includes routine checkups and screenings, as well as chronic disease management and wellness education.

Family medicine is essential to preventing disease, keeping healthcare costs low, and improving quality of life. As part of serving women's health needs, the clinic will also provide gynecological care, offer 1st trimester obstetrical care and newborn care through the family medicine practice.

"We are excited to expand our services to this community and look forward to establishing new relationships in Cedar Lake," added Johnson.



EDGEWATER HEALTH CEDAR LAKE CLINIC

9855 Lincoln Plaza Way

**To make an appointment,
call (219) 390-7838.**

Monday – Tuesday: 9 a.m. – 5 p.m.

Wednesday: 9 a.m. – 6 p.m.

Thursday – Friday: 9 a.m. – 5 p.m.

EDGEWATER, PARTNER KICK OFF



Edgewater Health and HealthVision Midwest partnered in March to offer Gary residents the inaugural HEART Health Program, a free six-week session designed to help participants make healthier lifestyle choices. HEART stands for **Healthy Eating, Active living, Reduce stress, and Test your numbers.**

The goal for the program is to help people lower their weight and decrease their blood pressure and cholesterol levels by altering their eating and exercising habits. Ten participants completed the first series; Edgewater and HealthVision Midwest are in the process of planning the next session, which is scheduled to run this fall.

In addition to receiving information about nutrition, cardiovascular risks, exercise options and how to prepare heart-healthy meals, participants also received a blood pressure monitor, smart band for tracking daily steps, personal electronic food scale, measuring spoon and cookbook.

"Gary has the highest rate of high blood pressure in the United States, so the HEART Health Program could not have come at a better time," said Dr. Tanya Rogers, director of health integration at Edgewater Health.

The primary care staff at Edgewater Health will be working closely with the community health workers from HealthVision Midwest to ensure patients are provided information to address cardiovascular risks and foster prevention.

For information about the next session of the HEART Health Program, please contact Edgewater Health's Community Outreach Coordinator Sandra Campos at **(219) 885-4264, ext. 2808** or email at **scampos@edgewaterhealth.org**.



Q&A

WITH HEART HEALTH PARTICIPANT EDNA MACON

How would you describe the HEART Health Program classes?

Very informative; they had a different twist to each class. The instructors were welcoming and made everyone feel comfortable. Our instructor Christopher Jefferson was detailed with all the information he gave and answered every question that was asked.

What did you learn during this class?

I learned about the nutritional facts in foods and the importance of looking at food labels. The amount of sodium in food was also a huge topic of discussion.

How has the class prepared you for a healthier lifestyle?

I feel the class prepared us to take a new look at cooking food. Our instructor, along with the materials we received, helped us with implementing a healthier lifestyle.

What was your favorite part of the class?

The humor and the conversation of participants made the class fun and engaging. The instructors also made everyone feel comfortable.

ONE HOUR BRINGS THE POWER

Shedding Light on Mental Health



May is recognized annually as Mental Health Awareness Month, which focuses on educating people about mental illness and advocating for support for them and their families.

Edgewater Health, which has always emphasized a healthy mind as a key component to overall health, presented “An Hour of Power” each Thursday afternoon in May to help bring awareness to mental health.

“Typically, severe depression is higher among African Americans and lower-income communities due to problems with housing, finances and parenting,” said Dr. Dewnzar Howard-Jones, medical director of behavioral medicine at Edgewater Health. “Profound sadness that has lasted for more than two weeks is a warning sign and an indication that help is needed.”

The stigma associated with mental illness often makes it difficult for individuals to seek help, specifically in urban areas. One of the program’s objectives is educating the community about mental health because it increases awareness and changes perceptions.

“Getting the word out to the community about An Hour of Power will continue to raise awareness about the importance of mental health,” said Woodson. “We want to let people know about the programs Edgewater Health provides that address mental health and wellness.”

The inaugural program was such a success that Edgewater is already putting plans in motion for a 2023 program for next May.

The city of Gary’s Chief Probation Officer, Gregory Henry, knows firsthand that mental health issues have increased, particularly since the COVID-19 pandemic, and applauded Edgewater Health for creating the series.

“The presentations were detailed and gave a wealth of information that was available to the community-at-large during Mental Health Awareness Month,” said Henry. “The topics that were addressed provided education for everyone. I strongly encourage more residents to attend next year’s program.”

Each session focused on a different aspect of mental health; participants and attendees were invited to openly discuss their experiences, as well as listen to presentations on a variety of topics.

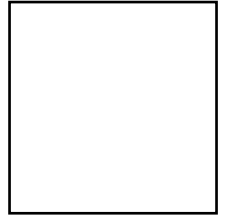
“Getting the word out to the community about An Hour of Power will continue to raise awareness about the importance of mental health.”

For additional information about “An Hour of Power,” please contact Sandra Campos, Edgewater Health’s community outreach coordinator, at **(219) 885-4264, ext. 2808**, or email at scampos@edgewaterhealth.org.

Dr. Howard-Jones, who presented on depression and suicide prevention during the series, added that people don’t need to wait for next year’s session to get help: “Edgewater Health is open for individuals to walk-in to receive an evaluation that will give insight on a person’s mental health and work towards a treatment plan.”

We
are here
to serve
you!





Free Blood
Pressure
Screenings and
COVID Testing!

Healthy Harvest

FARMERS MARKET



11 AM - 2 PM
Thursdays

June 2
June 16

July 7
July 21

August 4
August 18

September 1
September 15

Edgewater Health Main Parking Lot | 1100 W. 6th Ave, Gary, IN