



SYSTEM NEWS

January 2019

Letter From the CEO

The New Year offers all of us a time to pause and reflect on the accomplishments over the past year. Please join me in celebrating some of key milestones Cook County Health achieved in 2018. We:

- Celebrated the 25th Anniversary of Provident Hospital joining Cook County Health, which has been an anchor in Chicago's South Side community since first opening its doors in 1891.
- Marked 20 years of preventive care and research of infectious diseases at the Ruth M. Rothstein CORE Center.
- Joined "March for Our Lives" rallies across the country by going to Washington D.C. to speak out against gun violence and funding for gun violence research.
- Earned HIMSS 7 for our electronic medical record system from the Healthcare Information and Management Systems Society. Fewer than 7% of U.S. hospitals and less than 11% of ambulatory clinics have achieved this designation.
- Completed a successful reaccreditation survey by The Joint Commission for Stroger Hospital and our community health centers.
- Honored the Auxiliary of John H. Stroger, Jr. Hospital, who have shown 50 years of unwavering support.
- Cut the ribbon to open the new 9-story, 282,000 square foot Professional building, a state-of-the-art facility that includes administrative space and outpatient clinic areas for dental, ophthalmology, oncology, infusion, dermatology, diabetes care, endocrinology, and adult medicine. And as a result, we demolished the Fantus Clinic, which opened in 1959, and two other buildings, updating the Cook County Health central campus facilities and surrounding area.
- Unveiled Stroger Hospital's new Women & Children's Center, consolidating inpatient and outpatient services in one area, making it more convenient for families.
- Continued to reduce the reliance on local taxpayer support—in FY2019, local taxpayer support will represent just 3% of our operating revenue.
- Fostered improved patient experience and safety through system-wide training



- programs.
- The U.S. District Court's dissolution of a consent decree between the Department of Justice and Cermak Correctional Health Services, entered in 2010, noting that the policies and practices that support detainees' constitutional rights to healthcare were in full compliance.
 - Continued to expand CCH's behavioral health footprint in primary care, medication assisted treatment and assisted outpatient treatment to provide vulnerable populations with coordinated treatment and support services so they can lead healthier lives, with less social isolation.
 - Maintained the CCH Fresh Truck partnership with the Greater Chicago Food Depository, resulting in the provision of fresh fruits and vegetables to 19,579 individuals, representing 64,640 household members, and totaling more than 415,000 pounds of fresh produce. In partnership with Black Oaks Center, CCH hosted "Fresh Food Markets" at three CCH health centers.
 - Awarded one of seven state contracts for managed Medicaid and grew CountyCare to be the largest in the county to serve Medicaid beneficiaries.
 - Inaugurated community advisory boards at Cottage Grove Health Center, Englewood Health Center and Arlington Heights Health Center, who offer feedback on how CCH can better serve patients and the community.

I offer my most heartfelt appreciation of your partnership and support that enables us to remain true to our historic mission of caring for all regardless of their ability to pay. Our biggest strength remains the trust of our patients and the communities we serve. And we look forward to furthering our mission-driven efforts of improving, growing and investing in the health of our communities in 2019. Happy New Year!

A handwritten signature in black ink, appearing to read "Dr. Jay Shannon", with a stylized flourish at the end.

Dr. Jay Shannon, CEO, CCH

Arlington Heights Health Center
Opened January 14th



CCH is committed to providing quality, compassionate care that is tailored to each patient's needs, with community-based health centers that offer primary care medical homes for families throughout Cook County. The new Arlington Heights Health Center has opened in a 25,000 sq. ft. modern facility that includes 25 exam rooms, dental space, an on-site lab, and more. The comprehensive patient care team includes bilingual Spanish speaking staff members.

Patient-focused services include:

- Primary Care for Children and Adults
- Physicals, Wellness Checks and Immunizations
- Pediatrics
- Prenatal Care
- Chronic Disease Management
- Health Education Classes
- WIC Nutrition Services
- Dental Services – New!
- Mammography – Coming Soon!
- Pharmacy – Coming Soon!

This facility replaces the former Vista Health Center in Palatine. The new center is located at 3250 N. Arlington Heights Rd. in Arlington Heights, and is open Monday and Wednesday, 10 a.m. to 6 p.m., and Tuesday and Thursday through Saturday, 8 a.m. to 4 p.m. Free parking is available. For more information, please call 847-934-7969.

Food As Medicine

CCH's Fresh Truck partnership with the Greater Chicago Food Depository has resulted in 152 visits to 12 CCH health centers – Austin, Cicero, the CORE Center, Collage Grove, Englewood, Logan Square, Near South, Oak Forest, Prieto, Robbins, Woodlawn, and Provident/Sengstacke. Beginning this spring, the Fresh Truck will also make visits to the new Arlington Heights Health Center. Collectively, the Fresh Truck distributions have resulted in the provision of fresh fruits and vegetables to 19,579 individuals, representing 64,640 household members, totaling more

than 415,000 pounds of fresh produce. Most of the people who benefit from the Fresh Truck screened positive for food insecurity at a CCH health center visit.

CCH Fresh Markets have moved indoors for the winter. The Fresh Market schedule is listed below:

- Oak Forest Health Center on Wednesdays, 9 a.m. to 2 p.m.
- Robbins Health Center on Thursdays, 11 a.m. to 3 p.m.
- Cottage Grove Health Center on Fridays, 9 a.m. to 2 p.m.

Fresh produce is supplied by Black Oaks Center, a nonprofit that seeks to create a just, holistic and local food system through education, entrepreneurship, and access to healthy, affordable foods. CCH partners with Experimental Station's Link Up Illinois Link Match program to offer SNAP users with a match on all purchases at CCH Fresh Markets, up to \$20 per market per week.



GOT LINK/SNAP?

Double Your Value With Link Match

COOK COUNTY HEALTH FRESH FOOD MARKETS

Presented by Black Oaks Health Center

Local, Certified
Organic and affordable
fruits & vegetables!

Food demos
& tastings!

Dry Goods:
beans, peas, lentils,
whole grains!

WEDNESDAYS

9am-2pm

Oak Forest Health Center
E-Building Auditorium
15900 South Cicero Ave.
Oak Forest, IL 60452

THURSDAYS

11am-3pm

Robbins Health Center
13450 South Kedzie Ave.
Robbins, IL 60472

FRIDAYS

9am-2pm

Cottage Grove Health Center
1645 South Cottage Grove
Ford Heights, IL 60411

Link Match Double Value,
Farmers Market Coupons,
Cash, Credit and Debit Accepted



COOK COUNTY
HEALTH



www.cookcountyhhs.org

www.healthyfoodhub.org

Winning Healthy Recipe: Zucchini Spaghetti



Zandra Boyd, CCH Lifestyle Center health literacy coach, participated in the 2018 Diabetes Cook-Off, an annual contest hosted by the South Side Diabetes Project during National Diabetes Month, and won in the entrée category for her zucchini pasta with marinara sauce dish. The Diabetes Cook-Off is an opportunity for everyday chefs to compete and share their best diabetes-friendly recipes – demonstrating that healthy food can be delicious, affordable and enjoyed by the entire family. Here is her recipe:

Ingredients

- 2-3 large zucchini
- 2 1/2 cups tomatoes
- 12 sundried tomatoes, soaked to soften
- 3 dates, pitted and soaked to soften
- 1/4 cup olive oil
- 3 cloves of garlic
- 2 tbsp parsley
- 1 tsp sea salt
- 1/8 tsp cayenne

Instructions

1. Spiralize the zucchini in a spiral slicer or spiralizer.
2. Place the remaining ingredients into a food processor with the S-blade and blend until smooth (leave it a little chunky if you prefer).
3. Pour sauce over the pasta and serve. Garnish with fresh basil or oregano.

Combat the Winter Blues



If you experience the “winter blues” this time of year, know you are not alone. Seasonal affective disorder (SAD) is a form of seasonal depression triggered by the change in seasons. An approximate half million people in the U.S. suffer from SAD, while 10 to 20% may suffer from a milder form of winter blues. There are several lifestyle changes that can improve symptoms and lift your mood:

- Get plenty of sunlight. Sunlight cues special areas in the retina, which trigger the release of serotonin.
- Get moving. Research shows the psychological and physical benefits of exercise can help improve mood and reduce anxiety. Exercise can be as simple as walking for at least 30 minutes a day, attending a yoga class or doing some jumping jacks in your living room.
- Build strong relationships. Having a strong support system and an active social life is important for your mental health. A support system can offer support, a shoulder to cry on, or shared laughter to give you a little boost.
- Eat well. Eating balanced meals with lean protein and lots of fruits and vegetables will help ensure your body has the vital nutrients it needs to keep your brain in good working order.
- Limit alcohol use. In addition to reducing inhibitions, alcohol can increase depression symptoms both when drinking and afterwards.

If you haven’t been feeling like yourself and think you may be depressed, don’t hesitate to speak with your doctor—this will open the door for you to get the help you need.

Executive Profile:

Beena S. Peters, DNP, RN, FACHE, FABC

Ms. Peters joined Cook County Health last fall to serve in the position of Chief Nursing Officer, and began to focus her efforts on three key goals: nursing quality, patient experience and staff engagement. Ms. Peters is building an effective and efficient nursing workforce to deliver high-quality, integrated, patient-centered care to improve the health of the people and the communities served by

CCH through collaboration and partnership.

She comes to CCH after nearly three decades at the University of Illinois Hospital and Health Sciences System in Chicago, where she has served in various nursing roles since 1991. She was most recently Associate Chief Nursing Officer, with administrative responsibility for Women, Children and Psychiatric Services. Among her accomplishments was the implementation of a care coordination model that used community health workers to reduce preterm birth rates as part of the March of Dimes national initiative. She also served as co-lead of a project to add a \$1.2M Federally Qualified Health Center site to the UI Health System. Ms. Peters has earned her master's degree in nursing and a doctorate of nursing practice.



Cook County Health in the News



[Dealing with gun fallout from an ER Nurse's perspective](#)



[Cook County Health doubles down on preventive, outpatient services](#)



[County tests insured model on the uninsured](#)



[US poor and minority areas turning into 'pharmacy deserts'](#)



ABC 7 CHICAGO

[13 children killed by flu this year, including 1 in Illinois, CDC says](#)



[Wind Chill Advisory Begins as Dangerous Cold Blasts Chicago Area](#)

Watch us on CAN TV

Every month, Cook County Health features a guest expert on CAN TV to offer viewers information on various health topics, such as heart disease and breast cancer, and discuss

Cook County Health in the Community: Winter Events

CCH's outreach team participates in a variety of community events throughout

prevention and treatment strategies. Be sure to tune in to CAN TV on the second Tuesday of each month at 5 p.m. to catch CCH's monthly segment, and call in with your health questions at 312-738-1060. To find archived episodes, visit YouTube and look for the Community Health Hotline. The next show will air on Tuesday, February 12 at 5 p.m.

Cook County. Whether it is a health fair, festival, job fair or community picnic, CCH's outreach workers make sure that Cook County residents know about the full portfolio the system provides. If you would like to know where CCH will be this month, please check our calendar of events.

Visit Our Website at cookcountyhhs.org.

If you would like to invite a representative from CCH to attend a community event, please send an email to events@cookcountyhhs.org.

To provide feedback on CCH Community News, update your contact information, or unsubscribe, please email Marcelino Garcia, Director of Community Affairs, at mgarcia6@cookcountyhhs.org.