Center for Health Services
Three Year Report
January 1, 2001 – December 31, 2003

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Center for Health Services
Mission

To facilitate community-based solutions to problems that impact human health.

Center for Health Services
Station 17
Vanderbilt University Medical Center
Nashville, TN 37232-8180
(615) 322-4773
From the Director

Dear Friend of the Center for Health Services,

Two founders of the Student Health Coalition, Bill Dow and Marie Cirillo, returned for a visit in 2003. Invited by Vanderbilt medical students to speak about health in Appalachia as part of World Health Week, their panel was the hands down, biggest success of a week filled with interesting people and challenging ideas. Here’s why.

Marie has been a community builder in Appalachia for more than 30 years. Her work is built on the proposition that people cannot be healthy if the earth that they inhabit is not healthy. That means clean air and water, of course. But, it also means that the communities in which people live must be governed with justice. Young and old, rich and poor, the community’s members must decide how community life will be lived.

When Marie first approached Dean John Chapman of Vanderbilt Medical School in 1968, she was young and determined. She had recently moved to Claiborne County, Tennessee, from a traditional Catholic convent in the northeast. She drove 200 miles from rural east Tennessee to Nashville because she wanted to know what Vanderbilt intended to do about her Appalachian county’s lack of clinics and doctors.

During her visit, Dean Chapman introduced her to medical student Bill Dow. Intense, intelligent and articulate, Bill was interested in concepts like power and community control, but he wanted to act not just talk. His personal warmth and Mississippi accent made him an easy confidante for Marie.

Neither Bill nor Marie worked alone in those days, nor do they now. Marie represented a medically underserved community full of strong leaders, with a track record of doing for themselves. Their heritage was hard work and union organizing. Bill was part of a large group of students from across the university who had the same energy, brains, and desire to make a difference in people’s lives that he had. Thirty years later Marie, Bill, and their colleagues are still working to make this a healthy region.

This report covers three recent years in the Center for Health Services’ history of student and community activism that began with Bill, Marie, and others like them. To promote health and justice in communities across the South, students, community volunteers, and dedicated and competent staff continue to recognize that every health service they provide must be part of a larger strategy. Center for Health Services’ projects are aimed at community development and social change. People cannot be healthy if the earth that they inhabit is not healthy too.

Since Bill and Marie joined forces with other students, faculty, and community leaders more than 30 years ago, nearly 50 projects have been developed and implemented through the Center for Health Services. Each has addressed health issues broadly defined to mean healthy communities, governed with justice.

The work described covered in this report owes a debt to many people who offered leadership and labor as Marie and Bill did. The Center’s visionary board members, the community partners working towards a just and healthy society for everyone, and our energetic and creative students and staff, recognize how fortunate we are to follow in the footsteps of visionaries.

Sincerely,

Barbara Clinton
Director, Center for Health Services

Barbara Clinton, Director
October 2004
Community Scholar Program

The program’s goal is to link students, faculty, and community members together to address a community health need and evaluate the result.

Community Scholar students are trained in participatory evaluation techniques, grant writing, and program planning. Since 1997, more than 75 medical students from Meharry and Vanderbilt have participated. Many have presented their work at national conferences and developed new relationships with colleagues at other medical schools, community health programs, and other parts of the university.

In 2002, a Vanderbilt undergraduate joined the group. In 2003, a Ph.D. nursing student served as a Community Scholar.

Community Scholars Program 2001

<table>
<thead>
<tr>
<th>GOAL</th>
<th>METHODS</th>
<th>COMMUNITY SPONSOR</th>
<th>FACULTY MENTOR</th>
<th>COMMUNITY SCHOLARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase senior wellness</td>
<td>Assess motivation for senior athletes, recommend motivation strategies</td>
<td>TenneSenior Service Corps</td>
<td>Harry Gwirtzman, MD</td>
<td>Greg Beuhler (V) Sarah Ramos (V)</td>
</tr>
<tr>
<td>Reduce homeless teens’ exposure to STDs</td>
<td>Review literature on teens in crises and STDs. Street outreach to teens. Recommend program strategies.</td>
<td>Oasis Center</td>
<td>John Green, MD</td>
<td>Mike Bowen (V) Matt Haemer (V)</td>
</tr>
<tr>
<td>Increase youth interest in science.</td>
<td>Develop interactive CD-ROM to be used in middle school biology classes.</td>
<td>Metro Schools</td>
<td>Virginia Shepherd, Ph.D.</td>
<td>Hayne Barnwell (U) Jamie Spicer (M)</td>
</tr>
<tr>
<td>Assess nutritional value to seniors of “Meals on Wheels”</td>
<td>Design, implement senior survey. Deliver Meals on Wheels. Present data to Metro Social Services Dept.</td>
<td>TenneSenior Service Corps</td>
<td>George Jensen, MD</td>
<td>Katherine Dennis (V) Irene Ho (V)</td>
</tr>
</tbody>
</table>

M=Meharry Medical College
N=Vanderbilt School of Nursing
U=Vanderbilt Undergraduate
V=Vanderbilt School of Medicine
## Community Scholars Program 2002

<table>
<thead>
<tr>
<th>GOAL</th>
<th>METHODS</th>
<th>COMMUNITY SPONSOR</th>
<th>FACULTY MENTOR</th>
<th>COMMUNITY SCHOLARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduce teen substance abuse.</td>
<td>Design substance use education strategy for teens in crisis. Utilize videos and popular media.</td>
<td>Oasis Center</td>
<td>John Green, MD</td>
<td>Annola Dildy (M) Marco Jarrett (M)</td>
</tr>
<tr>
<td>Increase employability in health careers for former street workers.</td>
<td>Train former street workers to conduct health screenings, offer health screenings at health fairs.</td>
<td>Magdalene House</td>
<td>Amy Chompsky, MD</td>
<td>Carmen Sulton (M) Myisha Porter (M)</td>
</tr>
<tr>
<td>Reduce senior isolation.</td>
<td>Assess need and senior interest in increased internet access.</td>
<td>TenneSenior Service Corps.</td>
<td>James Powers, MD</td>
<td>Katy Joslin (V) Hui-Min Yang (V)</td>
</tr>
<tr>
<td>Assess viability of partnerships between MIHOW and Head Start.</td>
<td>Interview directors and staff, review literature, generate recommendations.</td>
<td>Maternal Infant Health Outreach Worker Program</td>
<td>Minda Lazarov, MPH Sha-Ron Jackson (M) Michelle Griffith (V)</td>
<td></td>
</tr>
<tr>
<td>Increase Nashville Latinos access to health services.</td>
<td>Health outreach to pregnant women, organize health fair.</td>
<td>Nashville Health Corps.</td>
<td>Amy Minert, MS, FMP</td>
<td>Jacob Hathaway (V) Jamie North (M)</td>
</tr>
<tr>
<td>Increase number of volunteers working with seniors.</td>
<td>Interview seniors, funders, volunteers. Conduct focus groups, review literature.</td>
<td>TenneSenior Service Corps</td>
<td>Jacie Dunkle</td>
<td>Tometricia Brown (M) Erica Wade (M)</td>
</tr>
</tbody>
</table>

Center for Health Services’ staff and Community Scholars assist at the Cohn Community Garden and pose for the Team Tennessee AmeriCorps recruitment brochure. Back row left to right: **Annette Ehrhart**, CHS staff member; **Katy Joslin** and **Hui-Min Yang**, Community Scholars; **Melia Arnold**, AmeriCorps Program Coordinator. Front row: **Jacob Hathaway** and **Jamie North**, Community Scholars and AmeriCorps members.
### Community Scholars Program 2003

<table>
<thead>
<tr>
<th>GOAL</th>
<th>METHODS</th>
<th>COMMUNITY SPONSOR</th>
<th>FACULTY MENTOR</th>
<th>COMMUNITY SCHOLARS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhance knowledge of mental health in medically underserved areas</td>
<td>Work with partners in Appalachia to identify mental health topics. Produce and field test 1-4 video-conferences, design evaluation strategy.</td>
<td>Whitley County, KY Public Health Dept.</td>
<td>Joseph LaBarbera, MD</td>
<td>Neha Schroff (V)</td>
</tr>
<tr>
<td>Enhance HIV-AIDS education in rural areas.</td>
<td>Work with Appalachian health providers to assess community perceptions of HIV-AIDS etiology. Field test videoconference sessions.</td>
<td>South Central West Virginia Education Center</td>
<td>Victoria Harris, Ph.D.</td>
<td>Claire Turchi (V) Annie Antar (V)</td>
</tr>
<tr>
<td>Support stressed families of newborns</td>
<td>Engage medical students in a program for parents of newborns with special needs. Review data collected by program. Conduct in-depth interviews/focus groups with families.</td>
<td>Nurses for Newborns</td>
<td>Patricia Temple, MD</td>
<td>Belinda Graham (M) Sharon Karp (N)</td>
</tr>
<tr>
<td>Reduce senior loneliness</td>
<td>Review data from Senior Loneliness Scale. Conduct in-depth interviews with seniors, care providers, geriatricians. Design program strategy, field test, and evaluation.</td>
<td>TenneseNIor Service Corps.</td>
<td>James Powers, MD</td>
<td>Alicia Perry (M) Chris Morgan (M)</td>
</tr>
<tr>
<td>Increase senior wellness</td>
<td>Review mobile screening programs. Design 26-week screening program, including bone density, vision, hearing, cholesterol, blood-pressure. Identify congregations to sponsor health days, design evaluation strategy.</td>
<td>TenneseNIor Service Corps.</td>
<td>Sharon Adkins, MS. N</td>
<td>Catherine Harrington (M) Theo Morgan (M)</td>
</tr>
<tr>
<td>Increase pediatricians’ and parents’ understanding of attachment parenting principles.</td>
<td>Describe elements of attachment parenting in parent-friendly format. Recommend strategy for dissemination to pediatricians. Design evaluation.</td>
<td>Attachment Parenting International</td>
<td>Dorothy Marcic, Ph.D.</td>
<td>Shannon Glanton (M)</td>
</tr>
<tr>
<td>Reduce pediatric lead exposure</td>
<td>Identify neighborhoods where clusters of lead paint have been reported. Create database, design community information strategy. Research Metro compliance with lead regulations.</td>
<td>Center for Construction and Environmental Training</td>
<td>Tom Cook, Ph.D.</td>
<td>Vijay Khatpal (V)</td>
</tr>
<tr>
<td>Reduce tobacco abuse with teens in crisis.</td>
<td>Design and field test strategy for increasing knowledge about health effects of tobacco.</td>
<td>Oasis Center</td>
<td>C. Fuchs, MD</td>
<td>Candace Adair (M) Kristy Wolske (V)</td>
</tr>
</tbody>
</table>
Maternal Infant Health Outreach Worker (MIHOW) Program

THE MISSION OF MIHOW

The Maternal Infant Health Outreach Worker (MIHOW) Program has a bold mission—to stimulate the birth and growth of locally generated, low cost, mother-to-mother interventions that improve health and child development for low-income families. Through home visits and parenting groups, MIHOW’s trained paraprofessional outreach workers promote healthy lifestyles among economically disadvantaged pregnant women and families with young children. MIHOW outreach workers listen attentively to parents’ concerns, teach them about nutrition, health, and child development, model effective parenting, and link families to medical and social services.

MIHOW is a partnership between local community service agencies and the Center for Health Services. Since 1982, MIHOW workers in six states in the Southeast have served more than 10,000 low-income families. Each site is given assistance by the Center for Health Services in developing, implementing, and evaluating these services. In 2001-2003, there were 25 sites in Kentucky, West Virginia, Tennessee, Mississippi, Louisiana, and Arkansas.

THE MIHOW STRENGTH-BASED APPROACH TO FAMILY SUPPORT

The foundation of all MIHOW services is the recognition that regardless of living conditions or circumstances every family has strengths.Helping the MIHOW staff and participants acknowledge and build on these strengths is the fuel that drives each MIHOW program. This process of self-discovery, encouragement, and action begins with the selection and training of outreach workers and continues throughout their MIHOW journey. The workers, in turn, apply the same skills to home visiting, focusing on the needs identified by the family members and using the family’s strengths to address those needs. This approach sets the stage for healthy living, lasting motivation, and self-sufficiency. As a result, participating families, outreach workers, and the sponsoring agencies become confident and effective activists for improving the health and social services in their communities.

EXPANSION

Nine new sites were added to the Mississippi Delta/Deep South region during 2001-2003, expanding the MIHOW network by over one-third. These new sites in Mississippi include Friends of Children in Crystal Springs, Laurel, Newton, and Walnut Grove, Pearl River Valley Opportunity (PRVO) in Pike and Stone Counties, and Prentiss, Bassfield, and Carson (PBC) Families First. Our first two sites in Louisiana were launched—Healthy Babies Concordia and St. Mary Community Action Head Start. A sister organization, the Center for Sustainable Health Outreach at the University of Southern Mississippi in Hattiesburg, is our partner in providing capacity building, training, technical assistance, and monitoring for the sites in this region.

A Message from Chancellor Gordon Gee of Vanderbilt University

Congratulations on your 20th anniversary! The Maternal Infant Health Outreach Worker Program is an important program not only to Vanderbilt, but to the wider world. Yours is a very special program whose reputation as an exemplary home visiting program is spreading far and wide. By your good work, you bring great recognition to yourselves and to the University, and for that we sincerely thank you...

On behalf of your colleagues at Vanderbilt University and of the thousands of families served by MIHOW, thank you for 20 years of outstanding service.
Conducting a community survey of parents and pregnant women is the first step in establishing a MIHOW program in a new community. This survey helps identify local needs and generates local enthusiasm for each new program. Results from surveys with 236 women indicate that low-income families, more than ever, confront regular challenges with maintaining health care coverage, making the transition from welfare to work, finding quality child care, and integrating breastfeeding into the work environment.

**TRAINING**

The cornerstone of an effective and thriving MIHOW Program is a well-trained, multi-faceted outreach worker. She serves many roles—friend and confidante, advocate, maternal and child health resource, community networker, role model and case manager. Especially for outreach workers from isolated areas, MIHOW trainings offer special opportunities to further their skills and education. Training is offered by CHS in a variety of settings and on a range of topics to help meet the needs of diverse sites. Training events during 2001-2003 included:

- **Annual MIHOW Conferences**
  Site leaders, outreach workers, and advocates come together for two days of networking opportunities, team building activities, and participatory workshops emphasizing maternal and child health and development, and emerging issues in family health. Each conference, held in the fall, revolves around a theme identified by local site staff. Ongoing activities and displays reinforce the theme, including poster presentations, a ‘good idea’ table that showcases creative homemade learning ideas, demonstrations, and informal brainstorming sessions.

  The 2001 conference was held at Clifty Falls State Park in Madison, Indiana. Almost 90 site leaders and outreach workers attended, making it our largest conference to date. Following the theme, Healthy Families: Our Pot of Gold, A Conference Promoting Healthy Lifestyles, sessions included Motivating Healthy Changes, Family Fun Without TV, Redirecting Children’s Behavior, and Medical Updates and Panel Discussion. CHS AmeriCorps members conducted personal Wellness Profiles, basic health screenings, and a t’ai chi class.

  The 2002 Annual Conference, 20 Years of MIHOW: Honoring the Past, Welcoming the Future, was held again at Clifty Falls State Park with site leaders and outreach workers from 24 sites. Sixteen workshops were offered, most of which were lead by MIHOW workers. These workshops included Being the Best MIHOW Supervisor You Can Be, Healthy Pregnancies Are Our Business, Spread the Love: How You Can Help Stop Hate Crimes, The Power of Confidence: Promoting Self-Esteem, and The Spiritual Dimensions of Birth. Other special activities included unveiling of the new MIHOW accreditation program and a birthday celebration commemorating MIHOW’s 20th anniversary.
Biennial Site Leaders’ Meeting

Twenty-eight staff members from eighteen sites attended the meeting in April 2001 in which the following topics were addressed: Five Year Strategic Plan, Fundraising Beyond Grant Writing, An Introduction to the MIHOW Administrator’s Manual, The Standards of Practice for MIHOW Outreach Workers—Barriers to Achieving the Standards and Using the Standards for Professional Development of Outreach Workers, and The Best and Worst of Being a Supervisor.

The 2003 meeting was attended by 32 people from 24 sites. Topics included the accreditation program, diversifying fundraising sources, monitoring and evaluation, and future trainings. This meeting was special because it coincided with the presentation of the Annie E. Casey Foundation Families Count Award and 20 years of MIHOW. On May 8, MIHOW hosted a community celebration at St. Bernard Ballroom in Nashville for 120 invited guests. Mayor Bill Purcell welcomed the guests and the Annie E. Casey Senior VP Ralph Smith, who also spoke at the site leaders’ meeting, presented MIHOW with the Families Count Award.

Quarterly Regional Trainings

Regional Consultants Sandy Good, Sonyia Kidd, Nonie Roberts, Debbie Withrow, and Linda McGlone created training opportunities tailored to the regions’ and individual sites’ needs. Topics included:

- Promoting self-esteem among MIHOW families and workers (Kentucky and East Tennessee)
- Old Wives Tales, How Do We Deal with Them (Kentucky & East Tennessee)
- Encouraging Low-Income Women to Breastfeed (Mississippi Delta/Deep South)
- Strength-based Supervision (Mississippi Delta/Deep South)
- Brain Power—The Latest Brain Development Research (Mississippi Delta/Deep South)
- Understanding the Outreach Worker’s Role in Dealing with Domestic Violence (Mississippi Delta/Deep South)
- Increasing Your Personal Effectiveness—Exploring Your Strengths and Working Styles (Mississippi Delta/Deep South)
- Professionalism—Successfully Joining the Workforce (West Virginia)
- Recognizing Prejudices and Appreciating Diversity (West Virginia)
- Children’s Day at the Legislature (West Virginia)
- Family Planning Beyond Birth Control (West Virginia)
- Sharing Home Visiting Challenges (All Regions)
- Recognizing and Building on Strengths (All Regions)
- Resource Sharing (All Regions)
- CEMAP©/Self-Appraisal Tool (All Regions)

EVALUATION

MIHOW’s evaluation system provides a flexible, user-friendly approach to monitoring program progress and outcomes. The system documents MIHOW impact on maternal and child health and development, identifies effective program elements and areas needing improvement, and provides
analysis by site, state and region. Training in utilizing the new system has been provided to all sites and included a discussion of the purpose of evaluation to help create a clear vision of the critical role of evaluation in program quality and success. Analysis of the data began in 2003.

**FATHERING PROGRAM**

When MIHOW started in 1982, there was an assumption that mothers were the child’s first and most constant caregiver. To enhance interaction between MIHOW children and fathers/father figures, and to stimulate projects that bring fathers together, MIHOW awarded seven mini-grants in 2001 and nine mini-grants in 2002 to local MIHOW sites. CHS Board members selected the grantees with assistance from the CHS and MIHOW Directors. More than 100 fathers have participated in these initiatives. Activities in 2001–2002 included:

- A support group for fathers under the guidance of their new FAITHFUL Fathers’ group leader at Henderson Settlement in Frakes, KY.
- A summertime activity with two swimming lessons on different days, followed by lunch, a project that fathers can continue with their children at little cost, sponsored by Kathryn Harris MIHOW in Hazard, KY.
- Monthly Father Day’s activities, such as reading stories to the children, trips to the park, and a bike/kite day, plus a family trip to an amusement park at N.E.E.D.S. in Hattiesburg, MS.
- A family outing to the zoo organized by the Father Project Committee at Ohio County MIHOW in Wheeling, WV.
- An all-day T-ball tournament and cookout hosted by the Father/Grandfather Board at P.A.C.E. Head Start in Hattiesburg, MS.
- A father-planned, holiday-themed family event that included educational materials, entertainment, food, and door prizes at Red Bird Mission in Beverly, KY.
- Summertime activities, including a roller skating party, bowling, a camping trip at a nearby state park, and a trip to an amusement park in Pennsylvania, planned and organized by the D.A.D.S. group (Dads Adore Daughters and Sons) at R.O.S.E. in Greenwood, WV.
- A father-child trip to the Aquarium of the Americas in New Orleans with follow-up educational activities, including regular informational videos about sea creatures, presentations by fishermen and college faculty, and craft sessions related to sea life for the children planned by the Father Project Committee at Southeast Mississippi Rural Health Initiative, Inc. in Hattiesburg, MS.
- A variety of activities, including a hayride/wiener roast, a monthly movie night, a pool party/cookout, a trip to an amusement park, and a trip to a local science center planned by the Fathers’ Committee at Summers County MIHOW in Hinton, WV.

**NETWORKING**

- **Sister Site Project**

  To support the growth in the new MIHOW sites, the MIHOW Mentoring/Sister Site Project
was expanded. This site exchange project strengthens and unifies the technical assistance provided to new sites by matching veteran MIHOW programs and new sites with similar demographic characteristics and/or maternal and child health needs. The cultural exchange and sharing case studies and program management ideas is an effective strategy for translating the essence of MIHOW. During the exchanges, visitors from the sister site observe home visits, participate in discussions of home visiting techniques that have been effective, and examine the ‘dos and don’ts’ of starting and leading mother-baby groups.

Woodbine Community Organization (WCO) of Nashville visited Red Bird Mission of Beverly, Kentucky. The Site Leader from WCO reported “The trip took away the sense of apprehension my co-worker and I had, and made us realize the quality of the program came from the human interaction and empowerment each individual person has. . . It helped our site become a fully functioning site shortly afterwards.”

- **MIHOW Monthly**
  This informal, two-page newsletter mailed to site leaders and outreach workers is a quick and entertaining read. It provides a forum for exchange of ideas and includes information on upcoming events and deadlines, national health observances, websites of interest, outreach worker profiles, health quizzes, and family-related humor.

- **MIHOW Listserv**
  This electronic mailing list allows MIHOW staff to communicate directly with their peers about issues pertaining to the program and the families they serve.

- **MIHOW Website**
  The website was updated and expanded to include monthly updates, descriptions of MIHOW materials, and interactive contact information.

**PUBLICATIONS AND EDUCATIONAL MATERIALS**

- **The Administrators’ Manual: How to Build a MIHOW Program in Your Community**
  This step-by-step guide for launching a local MIHOW program addresses training and supervision, case management, safety and security issues for outreach workers, program planning, and sustainability.

- **The MIHOW Home Visit Guide: The Third Year of Life**
  The fourth and final volume in the series was developed to provide guidance to workers for both individual and group visits. Each of these guides in this series includes objectives, background information, pre-visit tasks, home visiting activities, questions to assist the worker in reflecting on the strengths and weaknesses of each visit, and handouts for the mother. The new Third Year Guide addresses strategies to improve mother and child’s self-image, sharpen problem-solving skills,

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“Patience is the root of positive parenting. When you are tearing your hair out over a specific behavior or stage of development, it helps to remind yourself that all things change. Luckily our children grow and change and so do we.”

LINDA STEIN, NEW RIVER HEALTH ASSOCIATION, SCARBRO, WV

MIHOW workers aim not for miracles, but for a series of small successes. Yet, given the obstacles these families must overcome, every small success is, in itself, a miracle.

NASHVILLE TENNESSEAN, DECEMBER 3, 2002
promote planning and goal setting, and includes emerging topics in child health such as attachment parenting, positive discipline, asthma, secondhand smoke, and child safety.

- The MIHOW Sister Site Directory
  This is a comprehensive guide to the resources and experience that each community agency and its staff bring to the MIHOW network. The Directory includes not only names, addresses, phone and email addresses, but also demographic information about the families served, information about what makes each site unique, and specific information on staff expertise at each site. In 2003, the Directory was updated, reorganized, and renamed the MIHOW Site Directory, with new features such as a list of training experience by site.

- The MIHOW Networker
  Two issues of this newsletter were published in 2001-2002. The first issue focused on helping MIHOW parents find affordable quality childcare. The most recent issue of the Networker was a special edition commemorating MIHOW’s 20th anniversary. This issue featured stories and photographs about MIHOW’s past, present, and future, including the story of MIHOW’s “birth,” and the new MIHOW accreditation program.

- The MIHOW Prenatal Recruitment Brochure
  A low-literacy level brochure that introduces potential participants to the program and the educational opportunities it offers. In 2003, the brochure was revised and two new culturally appropriate versions were added—one in Spanish and one for African-American women.

- REACH—The Five Step Recipe for a Home Visit
  A tool (pocket size laminated card) given to each worker to provide a quick reminder of the essential ingredients for an effective home visit.

LONG-TERM SUSTAINABILITY

Three initiatives were launched to assist CHS and local site leaders in developing financial sustainability:

- Capacity-Building Project
  With the help of professional fundraising consultant Peggy Mathews, five pilot sites in Kentucky and West Virginia participated in this training initiative to diversify local fundraising opportunities beyond grantwriting. The lessons learned from this project were summarized and disseminated to site leaders at the 2002 Annual MIHOW Conference.

- Quarterly Funding Letter
  This mailing provided sample proposals, strategies, and data to the site leaders to help them become more knowledgeable, confident, and effective in the fundraising process.

- Annual Giving Campaign
  In the summer of 2002 we launched an Annual Giving Campaign to strengthen and diversify our fundraising efforts. We amassed a list of more
than 600 donor prospects with the help of the CHS Board, community leaders, and Vanderbilt University’s Development Office. We hired development consultant Barbie Chadwick to help guide the process and published four issues of MIHOW Matters, a newsletter for donors.

In 2003, we hosted several events that attracted new donors. Our Families Count Award/20th Anniversary Celebration, with 120 guests, was a community event timed to coincide with our MIHOW Site Leaders’ Meeting. Our first annual MIHOW baby/toddler shower, with 30 attendees, was a fun way to introduce Vanderbilt employees to the program while collecting items for the new baby pantry at our Nashville site. Two MIHOW luncheons, in Nashville, Tennessee, and in Jackson, Mississippi, brought together prominent potential donors from the community to learn about the program. We also started two new, exciting initiatives: The Adopt-a-Site Project, which connects Vanderbilt student groups with local sites, and an online auction.

In the doorway of the Center for Health Services, Pamela Williams, Vanderbilt student, and Chrystal Fizer, MIHOW staff member, welcome guests to the first annual MIHOW Baby-Toddler Shower.

QUALITY IMPROVEMENT OF SERVICES TO FAMILIES

With the steady growth in the number of MIHOW sites, standards of practice for the sponsoring agencies and outreach workers were developed to protect the integrity, quality, and consistency of the program. The standards are now used as the basis of training and supervising outreach workers and as a guide for program development and growth in all sites. Building on these standards, in 2002, CHS launched the Commitment to Excellence MIHOW Accreditation Program (CEMAP©). CHS will accredit sites that achieve the standards. This program will unfold over three to five years, depending on each site’s capabilities. The goals of the program are:

- to encourage excellence in services to families;
- to provide a blueprint for successful MIHOW programs;

“My love for the MIHOW program and the women that work for it just grows and grows. The experience I am gaining will be part of the best of everything that has happened or will ever happen to me.”

MIHOW Outreach Worker in West Virginia

“CEMAP© is providing the self-motivating, non-threatening vehicle for guaranteeing quality assurance efforts are undertaken throughout the MIHOW network.”
The first urban MIHOW site, established in 1998, was Porter-Leath Children’s Center in Memphis, TN. By the end of 2003, there were 10 MIHOW sites that serve urban communities.

- to identify and honor exemplary and inspiring MIHOW programs;
- to promote a culture of accomplishment through team effort;
- to support professional development of MIHOW workers and sponsoring agencies;
- to strengthen MIHOW’s identity within its network;
- to protect and further MIHOW’s reputation as a high quality family support program; and
- to nurture each site’s ability and passion to work effectively and creatively in the community.

**AWARDS**

MIHOW was recognized both nationally and internationally in 2001 and 2002.

**The Oscar van Leer Award** (2001): The MIHOW Program received this biennial award on November, 2001, in The Hague for excellence in enabling parents and communities to help young children realize their full potential. MIHOW is the first American program to receive this international award presented by the Netherlands-based Bernard van Leer Foundation.

**The Annie E. Casey Families Count National Honors Program** (2002): The MIHOW Program is one of eight organizations nationwide recognized by the Foundation for making a difference in the lives of families struggling to survive in tough neighborhoods.

**Points of Light Foundation President’s Award** (2002): The MIHOW Program received the Points of Light Foundation President’s Award for developing innovative programs that meet community needs and improve the lives of children and families in the neighborhood.

“The President’s Award was created to honor community organizations that identify community needs and develop innovative solutions and resources—both people and financial—to address those needs. I am very pleased to present this award to MIHOW, which has more than met the President’s Award criteria.”

—Robert K. Goodwin, President and CEO, Points of Light Foundation

R. Freudenberg, Trustee of the Bernard van Leer Foundation, presents MIHOW with the Oscar van Leer Award, for the program’s success in enhancing the lives of very vulnerable children. Accepting the award are former MIHOW Director Mary Porter, current MIHOW Director Minda Lazarov, and CHS Director Barbara Clinton.
MIHOW Program Sites

Appalachia—Kentucky/East Tennessee

1. Henderson Settlement
Frakes, KY (rural)
(severing Bell County, KY, Whitley County, KY, Campbell County, TN, and Claiborne County, TN)
- % in poverty = 31.1, 26.4, 22.8, and 22.6, respectively
  
  Frankie Blackburn, Site Leader
  Linda McGone, MIHOW Coordinator and Outreach Worker
  Vicki Stephenson, Outreach Worker

2. Kathryn Harris MIHOW
Hazard, KY (rural)  •  % in poverty = 29.1
  Sandy Good, Site Leader
  Enamine Montgomery, MIHOW Coordinator and Outreach Worker

3. Mountain Community Parent Resource Center
White Oak, TN (rural)  •  % in poverty = 22.8
  June Pyle, Site Leader
  Becky England, MIHOW Coordinator
  Dawn Ivey, Fundraiser/Coordinator
  Sheila Smith, Outreach Worker

4. Owlsley County H.O.P.E.
Booneville, KY (rural)  •  % in poverty = 45.4
  Vetta Kidd, Site Leader and Outreach Worker
  Phyllis Barrett, Shana Marshall, Outreach Workers

5. Red Bird Mission
Beverly, KY (rural)
(severing Bell, Clay, and Leslie counties, KY)
- % in poverty = 31.1, 39.7, and 32.7, respectively
  Tracy Nolan, Site Leader
  Marlene Griffitts, MIHOW Coordinator
  Marlene Griffitts, Kim Roark, Christy Smith, Outreach Workers

6. Whitley County Communities for Children
Williamsburg, KY (rural)  •  % in poverty = 26.4
  Cheryl Owens, Site Leader

Appalachia—West Virginia

1. A.B.L.E. Families, Inc.
Kermit (rural)
(severing Mingo County, WV, and Martin County, KY)
- % in poverty = 29.7 and 37, respectively
  Sister Janet Petersworth, Site Leader
  Garnet Fitchpatrick, MIHOW Coordinator
  Ora Brumfield, Susie Cook, Charlene Crum, Rosemary Dillon, Garnet Fitchpatrick, Sheila Hundley, Kim Jude, Jessica Murphy, Charlene Newsome, Emma Sue Pack, Terri Stepp, Karla Stroud, Sonia Sturgill, Outreach Workers

2. APPALREAD
Mt. Gay (rural)
(severing Lincoln, Logan, McDowell, Mingo, Wayne, and Wyoming counties, WV)
- % in poverty = 27.9, 24.1, 37.7, 29.7, 19.6, and 25.1, respectively
  Pauline Sturgill, Site Leader
  Christine Spalding, MIHOW Coordinator
  Kathy Adkins, Sabrina Brown, Sherry Flannery, Hazel Manns, Cathy Payne, Debra Prater, Outreach Workers

3. Camden Medical Center
Camden-on-Gauley (rural)  •  % in poverty = 31.8
  Beth Tanner, Site Leader
  Randy Lowe, Site Leader
  Iona Wofford, Outreach Worker

4. New River Health Association
Scarbro (rural/urban)  •  % in poverty = 21.7
  Nonie Roberts, Site Co-Leader
  Debbie Withrow, Site Co-Leader
  Kathy Bracken, Melanie Claypool, Michelle Clifton, Candice Craddock, Kara Diest, Jackie Hinkle, Kathie Kizer, Lori Marsteller, Charlene Newkirk, Julie Phillips, Sue Slater, Rhonda Walker, Traci Wilson, Outreach Workers
  Michelle Clifton, Lisa Crookshanks, Marsha Miller, Starting Points Group Leaders

5. Ohio County MIHOW
Wheeling (urban/rural)  •  % in poverty = 15.8
  Marlene Midget, Site Leader
  Linda Osmaisani, Sally Riley, Jonnie Robinson, Julie Stein, Heida Thomas, Lori Byhanna, Nadine Wilson, Outreach Workers

6. Rural Options for Services & Education (R.O.S.E.)
Greenwood (rural)
(severing Doddridge, Ritchie, and Tyler counties, WV)
- % in poverty = 19.8, 19.1, and 16.6, respectively
  Donna Spellman, Site Leader
  Carol Loehr, MIHOW Coordinator
  Tammy Henry, MIHOW Coordinator
  Tammy Henry, Chelsea Wellings, Janice Whitehair, Outreach Workers
  Brandt Al-Taher, Lynn Brown, Suzetta Campbell, Sharon Harris, Carol Loehr, Marisa Niemiec, VISTAs

7. Summers County MIHOW
Hinton (rural)  •  % in poverty = 24.4
  Peggy Rossi, Site Co-Leader
  JoAnn Miller, Site Co-Leader
  Glenda Comer, Lisa Smith, Outreach Workers
  Nicole Callihan, Gale Cate, Olivia Peden, Sue Storms, AmeriCorps

8. Tug River Health Association
Gary (rural)  •  % in poverty = 37.7
  Carol Perfin, Site Leader

The countywide data are from FedStats. The data on percentage in poverty are 1999 model-based estimates.
Mississippi Delta and the Deep South

1. Boys, Girls, Adults Community Development Center
   Marvel, AR (rural)  •  % in poverty = 32.7
   Beatrice Clark, Site Leader
   Tonja Nesby, MIHOW Coordinator and Outreach Worker
   Jennette Jackson, MIHOW Coordinator and Outreach Worker

2. Delta Community Partners In Care
   Clarksdale, MS (rural)  •  % in poverty = 35.9
   Lela Keys, Site Leader
   Sandy Lee, MIHOW Coordinator
   Justina Gee, Lisa Johnson, Outreach Workers

3. Friends of Children of Mississippi, Inc.
   (Early Intervention Center/Mississippi Jobs Corps)
   Laurel, MS (rural)  •  % in poverty = 19.8
   Janice McCullum, Site Leader
   Bobbie Posey, MIHOW Coordinator
   Joyce Chambers, Deborah Jones, Outreach Workers

4. Friends of Children of Mississippi, Inc.
   (Early Head Start of Jones County)
   Newton, MS (rural)  •  % in poverty = 19.9
   Tonya Johnson, Site Leader
   Bobbie Posey, MIHOW Coordinator
   Rhonda Newell, Outreach Worker

5. Friends of Children of Mississippi, Inc.
   (Wonderful World Early Head Start)
   Walnut Grove, MS (rural)  •  % in poverty = 23.3
   Debra Payton, Site Leader
   Bobbie Posey, MIHOW Coordinator
   Debra Hutchins, Lawanda Triplett, Outreach Workers

6. Healthy Babies Concordia
   Alexandria, LA (rural)  •  % in poverty = 20.5
   Georgia Washington, Site Leader
   LaShandra Brown, Outreach Worker

   Hattiesburg, MS (rural)  •  % in poverty = 22.5
   Rose Harrell, Site Leader
   Catherine Brawell, MIHOW Coordinator
   Beverly Samuel, MIHOW Coordinator
   Geraldine Griffin, Outreach Worker

8. Pearl River Valley Opportunity–Pike County
   Magnolia, MS (rural)  •  % in poverty = 25.3
   Angel Lewis, Felisha Shaw-Lee, Site Leaders
   Verna McEwen, Jasmine Rush, Outreach Workers

9. Pearl River Valley Opportunity–Stone County
   Wiggins, MS (rural)  •  % in poverty = 17.5
   Angel Lewis, Felisha Shaw-Lee, Site Leaders
   Raquel Ready, Jasmine Rush, Outreach Workers

10. Prentiss, Bassfield and Carson (PBC) Families First
    Prentiss, MS (rural)  •  % in poverty = 29.2
    Judy Broom, Site Leader
    Suzie Griffith, Outreach Worker

11. Southeast Mississippi Rural Health Initiative, Inc.
    Hattiesburg, MS (rural/urban)
    (serving Forrest, Lamar, and Perry counties, MS)
    % in poverty = 22.5, 13.3, and 22, respectively
    Vickie Martin, Site Leader
    Geraldine Griffin, Outreach Worker

12. St. Mary Community Action Head Start
    Franklin, LA (rural)  •  % in poverty = 25.0
    Ella Hamilton, Site Leader and Outreach Worker

Tennessee Urban

1. Porter-Leath Children’s Center
   Memphis (urban)  •  % in poverty = 16
   Gwen Cook-Price, Jean Kirby, Site Leaders
   Pamela Coleman, Gina Ricard
   Karen Tyler, MIHOW Coordinator
   Vanessa Bell, Lakesha Edwards
   Nakeisha Ellery, Tamara Garland
   Allan Rivers-Roach, Helen Ship
   Greta Thomas, Bridgette Torrance, Outreach Workers

2. Woodbine Community Organization
   Nashville (urban) (serves part of SE Nashville)
   % in poverty = 22 (area served)
   Cathie Dodd, Acting Site Leader
   Tracey Bryant, Site Leader
   Tonya Ellis, Site Leader
   Claudia Ailks, Normalis Guzman, Outreach Workers
Service Training for Environmental Progress (STEP) Project

Since its inception over 20 years ago, 200 students and more than 60 environmental groups have worked with the STEP program to mobilize and educate citizens about environmental health. Community members have gained technical and research skills necessary to protect their environmental health. At the same time, students have gained valuable hands-on learning experiences in recycling and environmental planning.

In 2001, STEP interns addressed the danger of lead poisoning in a primarily Hispanic community in Nashville. To prepare for the project, the interns researched testing techniques, and recruited families interested in lead testing. Working with Vanderbilt’s Girls and Science (GAS) camp, STEP interns Amy Evans and Rachel Forbes trained school-age volunteers on the hazards, testing methods, and reduction techniques associated with high-lead amounts in homes.

During the fall of 2001, Vanderbilt University student Danielle Delancey interned for STEP working on community follow-up for the lead testing, as well as assisting the STEP administration. Danielle also authored a STEP manual and set up the STEP website (www.mc.vanderbilt.edu/chs/step.htm).

In 2001 and 2002, STEP partnered with local community organizations in western Tennessee to research and educate the community on the effects of aerial spraying aspect of the Boll Weevil Eradication Program. STEP intern Alyson A. Johns-Robinson provided assistance with video production, management of the project, and assistance to SOCM (Save our Cumberland Mountains) and PITCH (People Insisting on Their Children’s Health).

Because the economy requires businesses to cut costs, STEP volunteers Emily Davis, Sam Yount, and Patrick Nolan helped businesses increase efficiency, but at the same time to become “greener” overall. Working with Nashville Metro Recycling in 2002-03, they visited interested businesses, and separated their dumpster contents by type of waste: cardboard, paper, glass, etc. The percentage of each type of waste was calculated, along with the number of waste pick-ups per week and the cost of disposal to the business. The comparative value of recycling, and recommendations regarding waste minimization, were presented to the business. One business immediately began recycling, reducing the amount of cardboard going to a landfill and the cost of trash pick-ups.
The Student Health Coalition

The Student Health Coalition has been a strong presence in our region for 35 years, providing volunteer and technical support to local communities as they address their health problems. The Coalition has helped communities address a wide range of health issues, including drug abuse, AIDS, teen pregnancy, family violence, maternal and infant health, and the special needs of senior citizens. In over 130 health fairs, the Coalition workers and local volunteers have provided clinical breast exams, physicals, bone density screenings, pap smears, and many other screenings to more than 15,000 residents in 5 southern states.

In 1995, recognizing that the health of older adults is a critical area of need, the Coalition began to focus its efforts in that direction. The TenneSenior Service Corps was created because we firmly believe that old age does not have to be synonymous with poor health. We believe that if senior citizens are given access to health care, are skillful in taking care of their bodies, and are given opportunities to do so, they will live long lives as active and contributing members of their communities.

The TenneSenior Service Corps provides free health screening and health education to rural and low-income senior citizens, where senior citizens receive a battery of health screenings free of charge. Local healthcare professionals and others often provide additional services as well. The TenneSenior Service Corps provided health screenings to nearly 6,000 senior citizens in 12 counties in middle Tennessee during 2001, 2002, and 2003. They screened the vision of 537 seniors and the bone densities of 535 seniors (crucial in detecting risk for osteoporotic fracture).

Screenings given during health fairs were a great success, drawing over 250 seniors. More than 25 professional volunteers provided physical exams, phlebotomy services, podiatry, and various other health screenings. As part of this community emphasis, TenneSenior also engaged 80 students and health care professionals in volunteer work for seniors and children.

In one of these screening events, members worked with another AmeriCorps program in Nashville to provide vision screenings to 786 elementary students in Stewart County. Out of those students, 87 were referred for a full vision examination. The physicians’ reports verified that many of the children were in desperate need of corrective lenses.

In addition to health screenings, members also provided broader health information to 319 seniors who were at risk for age-related illnesses, by administering Personal Wellness Profiles to identi-
to identify individual health risk areas. To enable many seniors to reach their own health goals, members provided health and fitness classes to 367 seniors. These classes included tai chi, yoga, exercise and sing-alongs to improve their mental and physical health.

Aside from simply identifying health risks, TenneSenior members took steps toward minimizing those risks by improving seniors’ living environments. For those senior citizens who were physically or mentally limited from doing improvements themselves, members provided home repairs, assisted in necessary renovations and constructed over 30 ramps for those with impaired mobility. Through a total of 165 different projects, TenneSenior was able to directly benefit 187 people. Seniors who completed a satisfaction survey indicated their overall satisfaction as either “good” or “excellent.”

AmeriCorps members also provided social interaction opportunities for 48 seniors who were at risk for depression and isolation. They assisted seniors in participating in religious services and helped them engage in community activities. As a result of this intervention, 72% of the seniors reported they were less lonely after receiving our home visits and participating in community events.

**BREAST HEALTH INITIATIVE**

A Breast Health Advocate is a volunteer who works in her local community, educating women about breast cancer risks and how to minimize them. Advocates receive periodic training through the Center for Health Services and the Student Health Coalition. They give formal and informal presentations throughout the year to their church groups, work colleagues, clubs, and neighbors. There are currently 85 advocates who educate senior women in 13 counties surrounding the mid-Tennessee area, promoting a three step plan:

- Mammograms done every one-to-two years
- Breast Self Exams every month
- Clinical Breast Exam done by a health professional at least once a year.

The Breast Health Initiative grew in leaps and bounds during the past year. Debra Bradshaw, AmeriCorps member and Breast Health Coordinator, introduced the “beaded key chain” to the advocates. This key chain was developed in an effort to reach a broader audience (men) and to help keep costs affordable. It was so popular, our advocates were able to reach across the state of Tennessee with the key chain workshops. With the assistance of the Vanderbilt Ingram Cancer Center for Health Services

**Breast Health Advocates 2000-01**

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Johnnie Adomitis</td>
<td>Mary Ann Lewis</td>
</tr>
<tr>
<td>Jan Alexander</td>
<td>Sarah Ligon</td>
</tr>
<tr>
<td>Jane Anderson</td>
<td>Katherine Long</td>
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<tr>
<td>Sheila Baggett</td>
<td>Dorothea Loose</td>
</tr>
<tr>
<td>Kay Barrish</td>
<td>Leslie Masters</td>
</tr>
<tr>
<td>Susanne Brinkley</td>
<td>Bernice McClun</td>
</tr>
<tr>
<td>Amy Brown</td>
<td>Lucy McDonough</td>
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<tr>
<td>Amber Brown</td>
<td>Susan Merrill</td>
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<tr>
<td>Helen Burns</td>
<td>Sylvia Moore</td>
</tr>
<tr>
<td>Bonnie Cain</td>
<td>Molly Olenick</td>
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<tr>
<td>Sylvia Clardy</td>
<td>Joyce Prater</td>
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<tr>
<td>Barbara Collins</td>
<td>Irene Rich</td>
</tr>
<tr>
<td>Carolyn Cook</td>
<td>Glenda Riker</td>
</tr>
<tr>
<td>Nell Copeland</td>
<td>Judith Shelby</td>
</tr>
<tr>
<td>Kay Covington</td>
<td>Harriet Folland</td>
</tr>
<tr>
<td>Mary Dean</td>
<td>Dorothy Sanders</td>
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<tr>
<td>Delores Defuso</td>
<td>Chris Scannaliato</td>
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<tr>
<td>Pat Denton</td>
<td>Betty Schecteg</td>
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<tr>
<td>Lynda Ellis</td>
<td>Minday Schuster</td>
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<tr>
<td>Peggy Ervin</td>
<td>Michelle Scott</td>
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<tr>
<td>Pam Everett</td>
<td>Jerry Seamus</td>
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<tr>
<td>Mary Fleming</td>
<td>Jeanette Shaw</td>
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<tr>
<td>Amy Frazier</td>
<td>Mary Smith</td>
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<tr>
<td>Donna Frye</td>
<td>Hazel Smotherman</td>
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<tr>
<td>Martha FydenKeveg</td>
<td>Yvonne Stinnet</td>
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<tr>
<td>Gloria Gannon</td>
<td>Delinia Storr</td>
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<tr>
<td>Judy Gibson</td>
<td>Rose Stults</td>
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<tr>
<td>Novella Gibbs</td>
<td>Celeste Sullivan</td>
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<tr>
<td>Reba Gregory</td>
<td>Hattie Thompson</td>
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<tr>
<td>Gayle Hellemann</td>
<td>Pat Thompson</td>
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<td>Lynn Herman</td>
<td>Betty Townsend</td>
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<td>Nicole Herndon</td>
<td>Brenda Truman</td>
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<tr>
<td>Connie Hill</td>
<td>Willie Mae Turner</td>
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<tr>
<td>Shirley Horner</td>
<td>Susanne</td>
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<tr>
<td>Carolyn Huffman</td>
<td>Underwood</td>
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<tr>
<td>Patricia Jenkins</td>
<td>Evelyn VanCourt</td>
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<tr>
<td>Amanda Jones</td>
<td>Lisa Watts</td>
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<tr>
<td>Shirley Kinney</td>
<td>Mary Welker</td>
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<tr>
<td>Nancy Kirkendoll</td>
<td>Lillian White</td>
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<tr>
<td>Doris Knutson</td>
<td>Dot Williams</td>
</tr>
<tr>
<td>Heather LaFeverv</td>
<td>Virginia Woolston</td>
</tr>
<tr>
<td>Alyssa Leonard</td>
<td>Marlly Worsham</td>
</tr>
<tr>
<td>Yvonne Lee</td>
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</tbody>
</table>
Center, Debra Bradshaw and the breast health advocates, more than 10,500 senior women were educated about the importance of early detection of breast cancer. TennSenior also recruited 15 new advocates during this period.

TennSenior got involved in several other far-reaching programs for seniors. On three different “Commodities Day” projects, members helped deliver food to over 85 seniors in Dickson. They also gave 25 presentations on recycling to 360 senior citizens and signed up 50 recycling champions. Volunteering with regional and national senior Olympic games, members cheered on seniors who got to show their capabilities on the track and court. Never bound to its immediate location, TennSenior drove over 5,000 miles through 9 states and one foreign country to Get Things Done for America. The group also organized a National Day of Service, Make a Difference Day, providing service to 13 different domestic violence shelters and other community agencies.

This program continues to value the personal growth and education of the members of AmeriCorps. Members participated in many trainings and services that not only helped them be better members, but also encouraged them to continue volunteering in the future, after their AmeriCorps term was complete. Trainings offered for professional development included CPR/First Aid Certification; Conflict Resolution; Diversity Training; Group Exercise Instructor Certification; Team Building and Citizenship. Members also participated in information sessions that discussed aging health issues and well as professionalism in their Life after AmeriCorps.

SERVICE PROJECTS

2001-02

- Packing, window washing, yard work, painting interiors and exteriors, moving furniture, organizing kitchen and cleaning cabinets, fixing door locks, removing wheelchair ramp, wheelchair ramp construction, shampooing rugs.
- Student Involvement: 53 student volunteers directly benefiting 418 people.
- Conducted health fairs, visited isolated seniors at home and helped move furniture, provided yoga instruction, Tai Chi instruction, vision screenings at elementary school.

2002-03

- Screened 535 seniors’ bone density
- Provided 59 home repair projects benefiting 58 seniors
- Built over 30 wheelchair ramps
- Screened the vision of 537 seniors
- Reached 1308 senior women through the Breast
Health Initiative (72 got mammograms after participating in a beaded keychain workshop)
- Recruited 15 new Breast Health Advocates
- Engaged 22 students in service to seniors
- Organized and put on 5 health fairs with 249 seniors in attendance; with over 25 different professional volunteers assisting
- Helped deliver food to over 85 seniors on 3 different “Commodities Day” projects in Dickson
- Volunteered at regional and national senior Olympic games
- Provided health programs to over 90 seniors in exercise and/or yoga classes
- Gave 25 presentations on recycling to 3360 senior citizens and signed up 50 recycling champions
- Organized a National Day of Service in October, Make a Difference Day, providing service to 13 different domestic violence shelters and other community agencies.

### Student Health Coalition

#### Senior Health Fairs–2000-01

<table>
<thead>
<tr>
<th>LOCATIONS</th>
<th>NUMBER OF SENIORS SCREENED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centerville</td>
<td>9</td>
</tr>
<tr>
<td>Clarksville</td>
<td>65</td>
</tr>
<tr>
<td>Cohn</td>
<td>82</td>
</tr>
<tr>
<td>Dickson</td>
<td>399</td>
</tr>
<tr>
<td>Gallatin</td>
<td>40</td>
</tr>
<tr>
<td>Hendersonville</td>
<td>53</td>
</tr>
<tr>
<td>LaVergne</td>
<td>43</td>
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<tr>
<td>Mt. Juliet</td>
<td>48</td>
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<tr>
<td>Murfreesboro</td>
<td>40</td>
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<tr>
<td>Springfield</td>
<td>20</td>
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<tr>
<td>St. Ann's</td>
<td>96</td>
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<tr>
<td>Waverly Sr. Ctr</td>
<td>46</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>940</strong></td>
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</table>

#### Senior Health Fairs–2001-02

<table>
<thead>
<tr>
<th>LOCATIONS</th>
<th>NUMBER OF SENIORS SCREENED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Argyle Senior Living Center</td>
<td>11</td>
</tr>
<tr>
<td>Dickson</td>
<td>107</td>
</tr>
<tr>
<td>Cohn Sr. Renaissance Health Fair</td>
<td>93</td>
</tr>
<tr>
<td>Leah Rose Fitness Fair</td>
<td>21</td>
</tr>
<tr>
<td>Madison Station Senior Center</td>
<td>49</td>
</tr>
<tr>
<td>McKendree Fitness Fair</td>
<td>38</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>319</strong></td>
</tr>
</tbody>
</table>

### Student Health Coalition

#### Exercise/Fitness Classes–2001-02

<table>
<thead>
<tr>
<th>LOCATIONS</th>
<th>NUMBER OF SENIORS SCREENED</th>
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<tbody>
<tr>
<td>Ashland City</td>
<td></td>
</tr>
<tr>
<td>Brentwood</td>
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<tr>
<td>Catholic Charities</td>
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<td>Clarksville</td>
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<tr>
<td>College Grove</td>
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<tr>
<td>Dickson</td>
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<td>Donelson</td>
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<td>Dover</td>
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<tr>
<td>Gallatin</td>
<td></td>
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<tr>
<td>Hendersonville</td>
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<tr>
<td>J.B. Knowles Adult Day Care</td>
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<tr>
<td>John Glen</td>
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<tr>
<td>LaVergne</td>
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<tr>
<td>Madison</td>
<td></td>
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<tr>
<td>McKendree Towers</td>
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<tr>
<td>Mt. Juliet</td>
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<tr>
<td>Orlinda</td>
<td></td>
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<tr>
<td>St. Clair Street Sr. Center</td>
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<tr>
<td>Springfield</td>
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<tr>
<td>Waverly</td>
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<tr>
<td>Whitehouse Sr. Ctr.</td>
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</tr>
</tbody>
</table>

### AmeriCorps Members

#### 2000-01
- Jim Blakeslee
- Debra Bradshaw
- Amy DeJesus
- Joann Dunkle
- Sunny Hong
- Tracy Kane
- K. T. Park
- Maranda Witherspoon

#### 2001-02
- William Askew
- Lauren Boyd
- Debra Bradshaw
- Greta Clinton-Selin
- Eliza Hughes
- Sherry Prentice
- Jill Snodgrass
- Dana Watson

#### 2002-03
- Adam Chapman
- Rusty Huddleston
- Nina Page
- Laurie Samuels
- Jennie Smith
- Eddie Southall
- Stephanie Sullivan
The Center for Health Services’ Board of Directors, fall 2003. Ideas are being proposed for new projects to benefit seniors. Left to right: David Dils, board chair; Randy Rasch, board member; Theo Morgan, Community Scholar; Brandy Harless, Ibironke Oduyebo, Jill Guelich, Cathy Taylor, and Lewis Lefkowitz, board members.

Center for Health Services Board of Directors, 2001-2003

Lisa Andrews  
Student, Vanderbilt School of Medicine

Annukka Antar  
Student, Vanderbilt School of Medicine

Leanne Busby  
Professor, Chair, Department of Nursing, Cumberland University

Karen Caines  
Student, Vanderbilt School of Nursing

Kitty Calhoun  
Attorney, Legal Services of Middle Tennessee

Angela Carbonetti  
Student, Vanderbilt School of Nursing

Mitzi Cerjan  
Volunteer Coordinator, Campus for Human Development

Carrie Daughtrey  
Assistant Prosecuting Attorney, Davidson County

Kenton Dickerson  
Independent Living Advocate, Center for Independent Living

David Dilts  
Professor, Owen School of Management, Vanderbilt University

Tonya Elkins  
Director, Family Resource Center, Woodbine Community Organization

Virginia George  
Professor Emerita, Vanderbilt School of Nursing

Gerry Gilman  
Member, Director’s Guild of America

Ian Gray  
Student, Vanderbilt University

Jill Guelich  
Student, Vanderbilt School of Medicine

Cassie Gyuricza  
Student, Vanderbilt School of Medicine

Brandi Harless  
Student, Vanderbilt University

Jacob Hathaway  
Student, Vanderbilt School of Medicine

Susan Kay  
Assistant Dean for Clinical Legal Education, Vanderbilt School of Law

Jay Kher  
Student, Vanderbilt University

Nana Koram  
Student, Vanderbilt University

Lewis Lefkowitz  
Professor of Preventive Medicine, Vanderbilt School of Medicine

Jan Lif  
Community mental health practitioner, Licensed Massage Therapist

Sharonne Lincoln  
Cancer Control Project Manager, American Cancer Society

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Christine K. Jacobs
Susan Jeffries
J. Thomas John Jr.
Carl H. Johnson
Publications and Presentations

Clinton, Barbara


“Serving Rural Children Well.” Presentation to Community Foundation of Greater Birmingham, Birmingham, AL, February 27, 2002.


“Supervision of lay health outreach workers.” University of Southern Mississippi, Jackson, MS, September 25, 2001.


Lazarov, Minda; Manny, Carole; Ingram, Janet; Evans, Amy; Fizer, Chrystal

The Administrators’ Manual: How to Build a MIHOW Program in Your Community

This step-by-step guide for launching a local MIHOW program addresses training and supervision, case management, safety and security issues for outreach workers, program planning, and sustainability.

The MIHOW Home Visit Guide: The Third Year of Life

The fourth and final volume in the series was developed to provide guidance to workers for both individual and group visits. Each of these guides in this series includes objectives, background information, pre-visit tasks, home visiting activities, questions to assist the worker in reflecting on the strengths and weaknesses of each visit, and handouts for the mother. The new Third Year Guide addresses strategies to improve mother and child’s self-image, sharpen problem-solving skills, promote planning goal setting, and includes emerging topics in child health such as attachment parenting, positive discipline, asthma, secondhand smoke, and child safety.

The MIHOW Sister Site Directory

This is a comprehensive guide to the resources and experience that each community agency and staff bring to the MIHOW network. The Directory includes not only names, addresses, phone and email addresses, but also demographic information about the families served, information about what makes each site unique, and specific information on staff expertise at each site. In 2003, the Directory was updated, reorganized, and renamed the MIHOW Site Directory, with new features such as a list of training experience by site.

The MIHOW Networker

Two issues of this newsletter were published in 2001-2002. The first issue focused on helping MIHOW parents find affordable quality childcare. The most recent issue of the Networker was a special edition commemorating MIHOW’s 20th anniversary. This issue featured stories and photographs about MIHOW’s past, present, and future, including the story of MIHOW’s “birth”, and the new MIHOW accreditation program.

The MIHOW Prenatal Recruitment Brochure

A low-literacy level brochure that introduces potential participants to the program and the educational opportunities it offers. In 2003, the brochure was revised and two new culturally appropriate versions were added—one in Spanish and one for African-American women.

REACH—The Five Step Recipe for a Home Visit

A tool (pocket size laminated card) given to each worker to provide a quick reminder of the essential ingredients for an effective home visit.
A special thanks to our advisors and volunteers:


Corporate Support:
### Student Participants in Projects for the Center For Health Services

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*Partial Listing of Schools*

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- Antioch Sch of Law
- Appalachian College
- Auburn University
- Berea College
- Bowdoin College
- Brown University
- Christian Brothers College
- Colorado University
- Columbia University
- Cornell University
- Davidson College
- Duke University
- Eastern Kentucky U
- East University
- Emory University
- Fisk University
- Harvard University
- Hendrix College
- Indiana University
- Iowa State University
- James Madison University
- Lane College
- McGill Medical School
- Meharry Medical College
- Memphis State University
- Mt. Holyoke University
- Nortre Dame University
- Oberlin College
- Ohio State University
- Rhodes College
- Rutgers University
- Sanford U Medical School
- Smith College
- Southern University
- St. Louis College
- St. Olaf College
- Transylvania University
- Tulane University
- University of AL
- University of AK
- University of CA
- University of CO
- University of FL
- University of KY
- University of MA
- University of MD
- University of MI
- University of MO
- University of MS
- University of NC
- University of PA
- University of Richmond
- University of the South
- U TN, Knox.
- U TN, Nashville
- University of WI
- Wellesley College
- Yale University