

WHO WE ARE

HealthVisions of Fort Wayne serves the poor, underserved and racial/ethnic minority populations in Fort Wayne through education, outreach, information and referral services. We strive to improve health awareness and access through collaboration, education and empowerment.

HealthVisions of Fort Wayne uses Community Health Workers who were certified by Wayne State University and trained by certified Master Trainers from Stanford University on Self-Management of Diabetes.

Programs and Services include:

- Allen County Health Disparity Coalition
- Self-Management of Diabetes
- Live Empowered /Por tu Familia
- Empowered — Adult Obesity
- Prevention Clinic 2
- Multicultural Outreach

*Contact HealthVisions of Fort Wayne for more information!
260-745-1600*

HEALTHVISIONS OF FORT WAYNE
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**HealthVisions
Midwest**



HEALTHVISIONS OF FORT WAYNE

*Sponsored by the
Poor Handmaids of Jesus Christ.*

Coalition

Education

Support

Research

Multicultural Outreach

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PROGRAMS AND SERVICES



Mission: Eliminate health disparities among racial and ethnic minority populations in Allen County through Advocacy, Education, Evaluation, Research, Policy and Training. The Coalition consists of over eighty (80) organizations addressing the lack of health care services in the minority community of Fort Wayne. The ACHDC has developed a strategic plan to address **Mental Health, Diabetes, Health and Nutrition and Language and Culture.**

ACHDC is in partnership with the Indiana Minority Health Coalition.



Empowering Fort Wayne to Self-Manage Diabetes

Diabetes Education Empowerment Program (DEEP) provides community residents with the tools to better manage their diabetes. **Lets Talk Diabetes** is the Spanish version of DEEP and targets the Latino population. Both programs are offered once a week for 2.5 hours for 10 weeks.

Diabetes Self-Management is an evidence based program from Stanford University to help individuals self-manage diabetes. The program, presented in English and Spanish, is offered once a week for 2.5 hours for six weeks.

Empowered — Eat Healthy-Be Active

The Empowered Eat Healthy-Be Active Program, implemented by peer educators, seeks to improve the health of the minority population by promoting a healthier lifestyle for obese adults. African American adults 18 and older learn about the importance of modifying cultural eating healthy on a budget. Sessions are offered in local communities once a week for one hour for four to six weeks.



American Diabetes Association ADA Programs

Live Empowered is a targeted approach to increase awareness of the seriousness of diabetes within the African American community. The program is offered once a week for 1.5 hours for eight weeks.

Por tu Familia is a targeted approach to increase awareness of the seriousness of diabetes, within the Latino community. The program, delivered in English and/or Spanish, is offered once a week for 2 hours for eight weeks.

Contact HealthVisions of Fort Wayne for more information on programs and services.

Phone: 260-745-1600

Prevention Clinic 2

FREE Health Screening Services are offered on the 4th Thursday of every month:

- Blood Pressure
- BMI (Body Mass Index)
- Weight
- Blood sugar
- Stress/Mental Health
- Dental
- HIV/AIDS



Other seasonal screenings, such as flu shots and pneumonia shots, are also offered.

Multicultural Outreach

Medical Interpreters

HealthVisions of Fort Wayne provides Medical Translation and Medical Interpretation in Spanish only. These services are provided free to the poor and underserved populations who have limited English language skills.

Bienvenido Program

A preventative intervention that increases access to mental health services, improves mental health and quality of life for the Latino immigrants. The program assists immigrants to acknowledge the trauma that they suffer from immigration and current stigmatized social status.