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“HEALTHY VISIONS” **OF HOW THE** **COMMUNITY’S** **HEALTH PROVIDERS** **AND RESIDENTS ARE** **COPING** **WITH** **COVID-19**



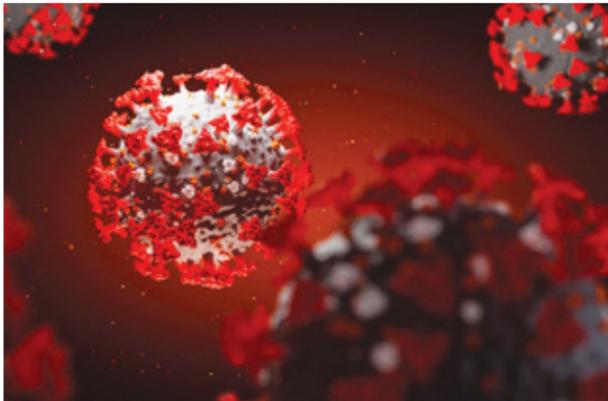
A staff member at St. Ann Center for Intergenerational Care makes a facemask, one of 700 masks she and other staffers made during a “Mask-a-Thon” as part of the “MaskUpMKE” challenge to create 3.5 million home-made masks for healthcare providers in Southeastern Wisconsin to help stem the spread of the coronavirus, COVID-19. More photos of this and other events on the center spread.
—Photo by Yvonne Kemp

Photo by Yvonne Kemp

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ISSUE



VIVENT PARTNERS WITH NAT'L AIDS MEMORIAL TO NOTE STATE OF AIDS EPIDEMIC TODAY!



UWM RESEARCHER EXPLORING POSSIBLE EARLY-WARNING SYSTEM FOR COVID-19!



A HEALTHY START PROFILE OF: METRO HOME HEALTHCARE



VIVENT HEALTH ANNOUNCES PARTNERSHIP WITH NATIONAL AIDS MEMORIAL

Partnership will raise awareness about the history and current state of the HIV/AIDS epidemic

MILWAUKEE

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3612 N. Martin Luther King Drive
Milwaukee, WI 53212

Patricia O'Flynn Pattillo
Publisher

Mikel Holt
Editor, Coordinator and Marketing/Sales

www.milwaukeecommunityjournal.com

Administrative Telephone
(414) 265-5300

Sales and Advertising
Mikel Holt
Colleen Newsom

Advertising Email
Mikel@milwaukeecommunityjournal.com

Editorial Telephone
(414) 265-5300

Editorial Email
editorial@milwaukeecommunityjournal.com

Mike Mullis
Webmaster-Media Center

Thomas E. Mitchell, Jr.
Production and Designer



Vivent Health announced recently a long-term partnership with the National AIDS Memorial, a nonprofit devoted to the remembrance of people lost to AIDS that works to ensure the legacy and ongoing struggle with AIDS is never forgotten.

As the premier national community partner of the AIDS Memorial Quilt, Vivent Health is providing a monetary gift over five years to support AIDS Memorial Quilt programs and educational activities, including displays of the Quilt in communities across the United States.

Under the care and stewardship of the National AIDS Memorial, the Quilt serves as a

visual reminder of the AIDS epidemic and continues as the largest ongoing community art project in the world. Today, the Quilt is a powerful social justice teaching tool, weighing more than 54 tons, and having grown to nearly 50,000 3-by 6-foot memorial panels, individually sewn together to tell the personal stories of 105,000 lives lost to AIDS.

Vivent Health and the National AIDS Memorial begins the partnership by announcing that ten sections of the Quilt, consisting of 80 individual panels, will be on display at Vivent Health offices in six cities in Colorado, Missouri, Texas and Wisconsin.

The Quilt sections on display have been chosen to include panels that represent each geographic area and will be rotated within Vivent's locations throughout the year, providing an important educational resource for employees and the public about HIV/AIDS.

"We are honored to support the work of the National AIDS Memorial and proud to display panels from the AIDS Memorial Quilt in our offices to serve as a powerful symbol to fight prejudice, raise awareness, promote healing and foster hope," said Michael J. Gifford, President and Chief Executive Officer for Vivent Health.

tool that represents so many lives lost to HIV/AIDS," said National AIDS Memorial Executive Director John Cunningham.

"With the support from partners like Vivent Health, we are able to ensure that the lives and stories the Quilt represents can be shared in communities across the country, and used to help educate communities in the fight against HIV/AIDS."

The AIDS Quilt was conceived by long-time San Francisco gay rights activist Cleve Jones, who is also a dear friend and active supporter of Vivent Health.

In 1985, while planning an annual candlelight march to honor men like San Francisco Supervisor Harvey Milk and Mayor George Moscone, Jones learned that more than 1,000 San Franciscans had died from AIDS-related complications. Jones asked each of his fellow marchers to write the names of friends and loved ones who had died on placards.

At the end of the march, Jones and others stood on ladders taping these placards to the walls of the San Francisco Federal Building. The wall of names looked like a patchwork quilt.

It was this seemingly simple act of love and defiance that led to the first panels of the Quilt being created, and sparking a national movement that continues today.

"The enormity of loss and social injustice the Quilt represents is so profound and it visually captures the painful journey of the HIV/AIDS crisis that our country continues to face four decades later," said Cleve Jones.

"I am truly moved by the leadership of Vivent Health in supporting the Quilt and helping share the Quilt's powerful story, particularly in helping reach communities most impacted by HIV/AIDS today."

Since the first cases of AIDS were reported in 1980, more than 700,000 people have died from AIDS-related complications in the United States.

Today, there are more than 1.1 million people currently living with HIV in the United States, and an estimated 1 in 7 people do not know they have HIV.

In 2018, nearly 38,000 people received an HIV diagnosis in the United States, with Black/African American gay and bisexual men accounting for the largest number of HIV diagnoses.

The partnership between Vivent Health and National AIDS Memorial will collaboratively raise awareness and reach communities and populations adversely impacted by HIV.

"The Quilt remains one of the most poignant reminders of the breadth and scope of the HIV epidemic.

"We are honored to join forces and expand education and awareness about the HIV/AIDS epidemic in pursuit of our vision of a world without AIDS."

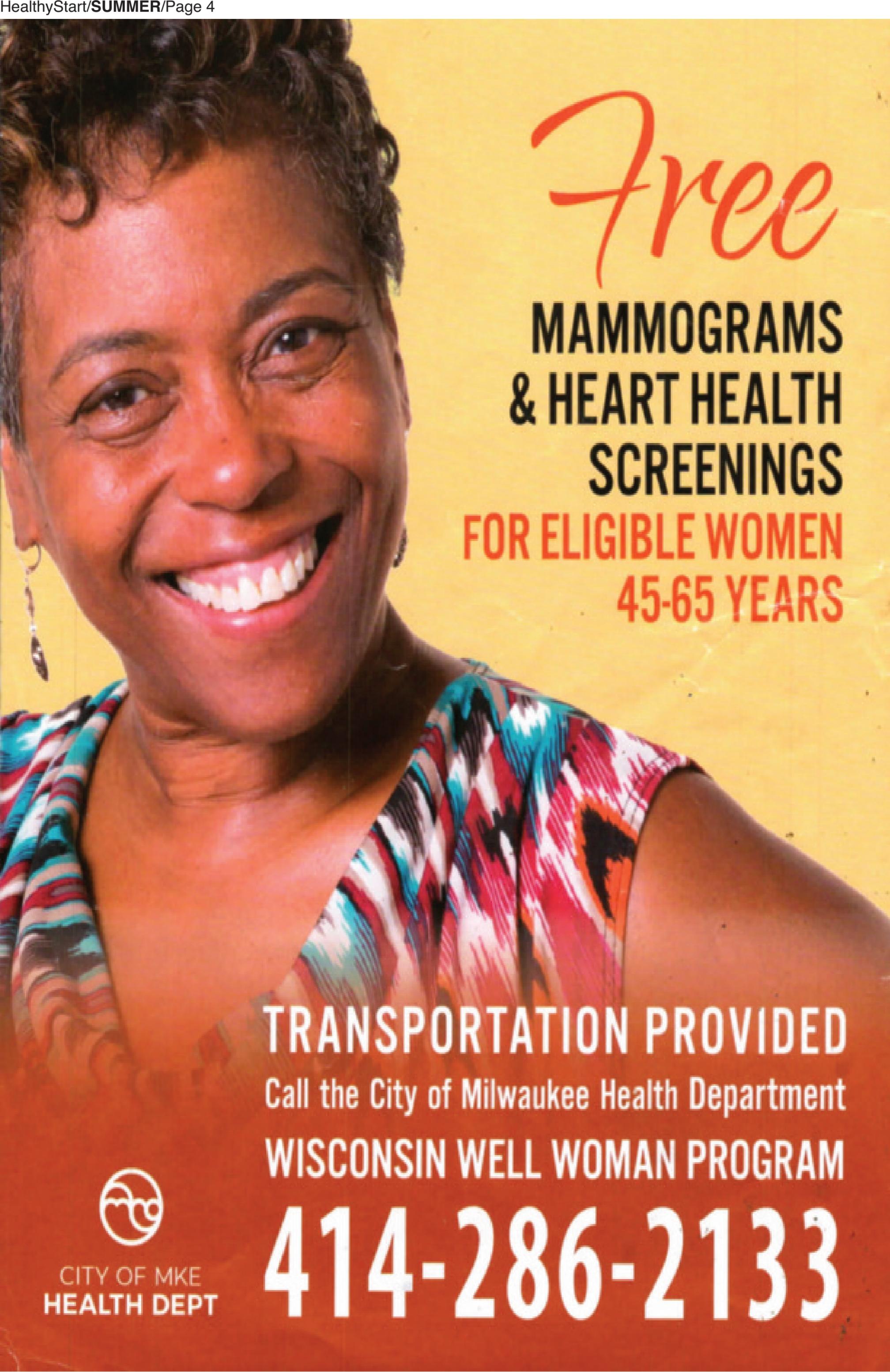
"Today, the Quilt remains a powerful social justice teaching

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MAKING THE ROUNDS...

Local and National Health/Med Related News

Eric Conley new president of Froedtert Hospital

Eric L. Conley has been selected to lead Froedtert Hospital, eastern Wisconsin's only academic medical center, into the future as its new president.

He assumed the role on July 1, succeeding Cathy J. Buck, who led the organization since 2011.

The announcement of Conley's selection completes a succession plan that was announced in September of 2019.

Conley joined Froedtert in July of 2018 as senior vice president and chief operating officer.

Conley is one of two executives to be promoted; with one executive joining the hospital.

Michael Stadler, MD, has



Eric Conley

been named chief medical officer (CMO) of Froedtert Hospital after having served as interim CMO since September 2019.

In addition to his CMO role, Dr. Stadler was appointed Associate Dean of Clinical Affairs and will continue in his current



Richelle Webb Dixon

role as MCW Associate Professor of Otolaryngology and Communication Sciences.

New to the organization, Richelle Webb Dixon joined Froedtert Hospital as senior vice president and chief operating officer in the role previously held by Conley.



Dr. Michael Stadler

Dixon most recently served as system vice president for CommonSpirit Health in Denver, Colo., where she led strategies to enhance integration and transformation performance in a health system that spans 21 states.

"Through exceptional care,

enhanced by both innovation and discovery, our mission continues to be focused on becoming and being the trusted leader in the communities we serve by transforming health care and connecting communities," said Cathy Jacobson, president and chief executive officer of Froedtert Health.

"To execute on our mission, it is imperative that we have local, proven leadership that is committed to maintaining Froedtert Hospital's exceptional care with a focus on our core values of dignity and respect.

"Each of these leaders has proven a track record living our values and will help continue to

(continued on page 14)

Wisconsin's unemployed turn to alcohol during COVID-19 pandemic

1 in 4 Wisconsinites recently unemployed are turning to alcohol, reveals study.

- 40% of employees have noticed the mental health of their co-workers suffer since the start of lockdown.

- 2 in 3 workers believe employers should have official systems in place to help staff deal with mental health struggles.

- Infographic included. The economic aftermath left

in the wake of the Coronavirus outbreak cannot be underestimated.

The Department of Labor has reported that over 40 million* Americans have lost their jobs in the space of just nine weeks since the start of the pandemic.

Having to remain at home means those who have lost their jobs have may have limited sup-

port for the newfound financial strain, as well as mental distress caused by lockdown.

For some, one of the ways of coping with trying circumstances during this time is to numb the pain with alcohol.

American Addiction Centers, leading provider of substance abuse treatment resources, conducted a study of 3,000 people to

find out how they are dealing with the economic pressures of the pandemic, particularly when it comes to facing unemployment.

Worryingly, the survey found that 1 in 4 (25%) Wisconsinites who were rendered unemployed due to lockdown, admit they have taken to drinking more than usual ever since.

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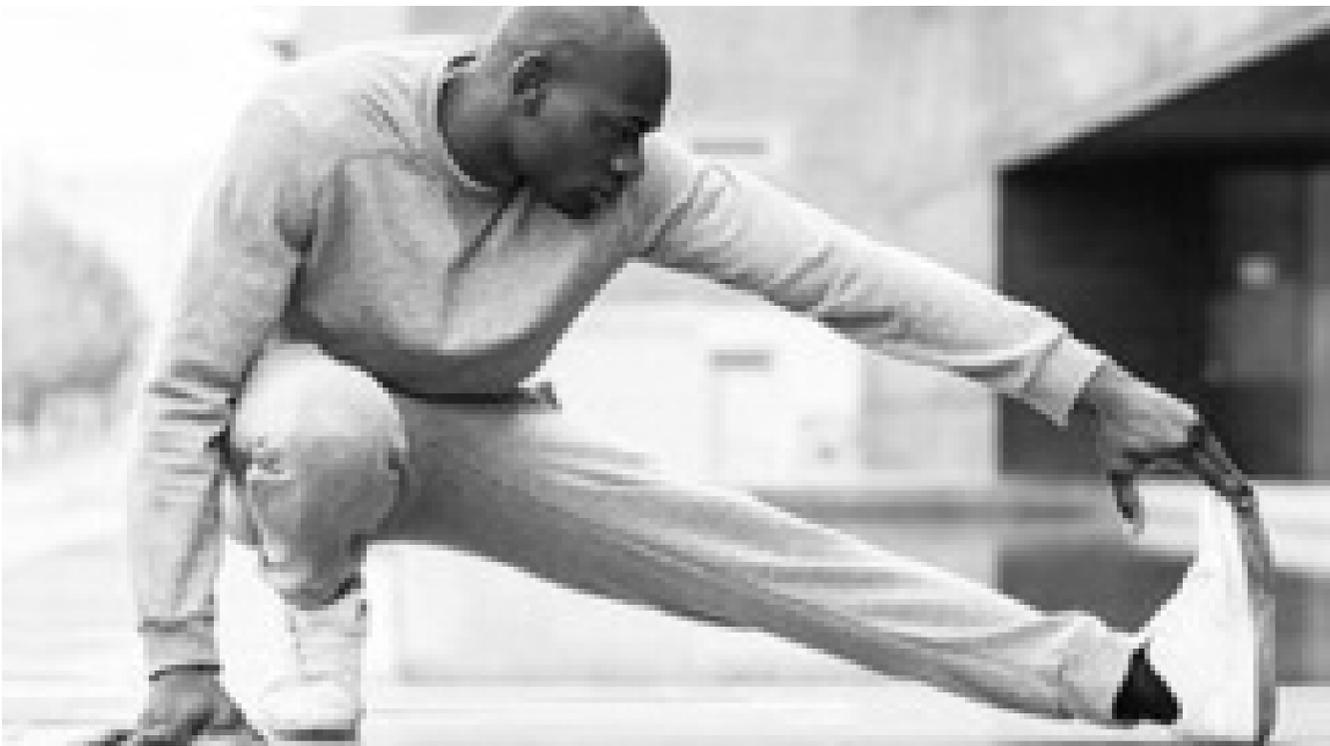
MATC's Plan for Safety and Learning During COVID-19



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How to prevent an exercise injury

As people return to the gym and their regular fitness routines after months in quarantine, the last thing anyone wants is an injury caused by their workout. A sports medicine expert at Baylor College of Medicine said it is normal to feel that your fitness level is lower than usual if you have had a break from exercise.

“One of the most common reasons people get injured is because they overexert themselves when their level of fitness is not where they want it to be,” said Dr. Irvin Sulapas, a primary care sports medicine physician and assistant professor of family and community medicine at Baylor.

Sulapas offers a few tips on how to prevent injury, whether you are seasoned to exercise or are beginning to work out again:

Do a proper warm up and cool down

Warming up the muscles and having a cool-down routine can help decrease risk of injury, Sulapas said. He recommends walking or jogging as a warmup and performing yoga, stretching or a slow walk after exercise.

Practice correct form

Sulapas said many exercise injuries occur due to poor form. Whether it is cardio or weight training, he said to make sure you are doing the exercise

correctly.

“Sometimes when you take a break from exercise, or even when you exercise a lot, form goes away and that can put you at risk for an injury,” Sulapas said.

Start slow

If you have been on a break from exercise, Sulapas recommends slowly easing into your workout to prevent an injury.

He advises shortening the distance for cardio and decreasing some of the weight for weight training until you reach your normal pace or weight.

Exercising outdoors

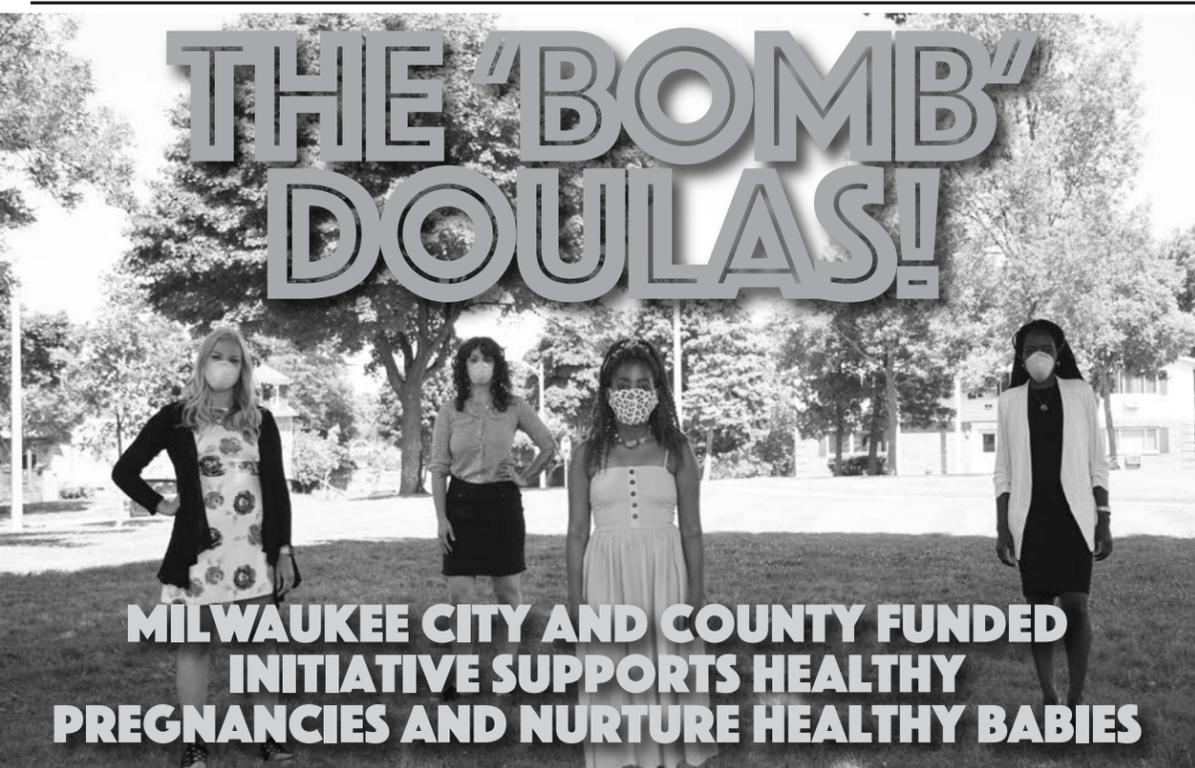
If you are not comfortable with returning to the gym or a group exercise class yet, Sulapas said exercising outside is an alternative way to work out while maintaining a suitable social distance. He offers additional tips on how to exercise outside in the summer without becoming overheated:

- Remain hydrated, especially when temperatures are high.
- Try doing your workout in either the early morning or evening when temperatures are lower.
- Wear the appropriate workout attire. Sulapas advises wearing fabric that’s breathable and can prevent you from becoming overheated.

“It’s the summertime so you need to stay on top of hydration to make sure you don’t cramp or become dehydrated,” Sulapas said.

If an injury occurs, Sulapas advises to slow down, stop and assess the injury. Depending on the injury, he said using an ice pack compress and elevating it can help ease the pain.

“Do not try to work out through the pain,” Sulapas said. “If something is hurting, remember to stop because you might make it worse.”



Program Status:

Last Fall, the program manager, Nicole Miles, MA, Certified Doula, Lactation Counselor and Newborn Care Specialist was hired from Chicago. Since then MHD has hired three doulas: Tara Gallagher, Christina Rembalski, and Lalita Sallis. MHD continues to recruit for one more Doula and a Doula Program Coordinator. The most recent doula was hired in February 2020, and by March plans for trainings, outreach events, and program promotion took a major shift when COVID-19 hit. Pertinent trainings and outreach events were postponed and MHD staff were respectively delegated to perform COVID-specific duties as public health staff. The BOMB Doulas were on the frontlines providing screenings at all four MHD health centers and supporting the safety and continuance of essential business operations for MHD.

In lieu of this shift BOMB was

on topics surrounding family and child health. The Office hours are a way to introduce the BOMB doulas to the City of Milwaukee, community partners, and potential clients. The most popular webinar was What Is a Doula? where the BOMB doulas discussed the various ways doula support pregnancy, birth and beyond.

This platform is also a way to foster community collaboration throughout the city. BOMB has interviewed guest speakers both internally (e.g. Office of Violence Prevention and DADs Project) and externally (e.g. Birth to Three and Milwaukee Coalition for Children's Mental Health)-since April 2020 there have been 20+ BOMB Office Hours!

The doulas have since been able to be trained by HealthConnect One in partnership with DONA and overall have been able to complete necessary trainings made available virtually between June and July 2020. The program

The Birth Outcomes Made Better (BOMB) Doula Program is a City of Milwaukee and Milwaukee County funded initiative created to support healthy pregnancies and nurture healthy babies in the city. The goal is to reduce maternal and infant mortality throughout the city. Through doula services, families will have the support and education necessary for a healthy pregnancy and beyond.

The BOMB program has two components. First, the program has Doulas employed through the city health department to provide resources, emotional, physical, and social support prenatally, through labor and delivery and 12 weeks postpartum. This program is housed under the Maternal and Child Health (MCH) Division along with other home visiting

programs including: Empowering Families of Milwaukee (EFM), Parents Nurturing and Caring for their Children (PNCC), and the DAD Project.

The program will enroll families through several avenues including but not limited to partnering on cases with these MHD Home Visiting Programs, enrolling their own families through a centralized intake, partnering with community labor and delivery providers— all to provide comprehensive support to the birthing parents in need.

Second, is the community-based doula component where MHD will contract with community-based doulas who will be trained in the HealthConnect One community-based doula model.

The community-based doulas will be recruited from the 53206

zip code, and surrounding zip codes, to serve families in the same areas—targeting the most at risk zip code(s) for infant mortality with doulas that can best represent

the needs and dynamics of these birthing parents. The County will market the doula pilot program to eligible women through existing programs aimed at low-income residents, including but not limited to energy assistance programs and child support initiatives.

“THE BOMB PROGRAM HAS TWO COMPONENTS. FIRST, THE PROGRAM HAS DOULAS EMPLOYED THROUGH THE CITY OF MILWAUKEE HEALTH DEPARTMENT TO PROVIDE RESOURCES, EMOTIONAL, PHYSICAL, AND SOCIAL SUPPORT PRENATALLY, THROUGH LABOR AND DELIVERY AND 12 WEEKS POSTPARTUM.”

able to make a pivot to the virtual world. The doulas had to be creative in providing support to the community due to the physical distancing and transition to web-based platforms—hence the “BOMB Doulas Office Hours” were created. The doulas use this virtual platform to present weekly

is in the final stages of launching with plans for the City doulas to begin serving the public between August and September of 2020 and recruiting and training the community-based doulas as of Fall 2020.

For more information on the BOMB Doula program please

UWM School of
Freshwater
Sciences
Professor
Sandra McLellan



UWM researcher exploring COVID-19 early-warning system

Cities across the nation already have facilities that could help officials track the spread of COVID-19 locally. That's because the virus that causes the disease – SARS-CoV-2 – passes through the body and

ends up at sewage treatment plants.

Monitoring the virus' concentration in wastewater is more efficient than individual testing to understand its prevalence in a large population. It

“The pandemic response is constantly evolving, and data and knowledge for decision-making is lacking...This project will bridge the gap between rapidly evolving research in wastewater surveillance and the public health entities that can use this information to better respond to this threat.”

—Prof. Sandra McLellan

can also highlight a developing hot spot even before people show symptoms, but deploying this early-warning sewage surveillance program is complex. UWM researcher Sandra McLellan is helping

lead two efforts, one to establish statewide virus monitoring in Wisconsin and another that creates a blueprint others can use to implement such a program.

McLellan, with funding from the Wisconsin Department of Health Services, is partnering with the Wisconsin State Laboratory of Hygiene on a surveillance program that will generate weekly SARS-CoV-2 data from more than 100 wastewater treatment plants in the state.

She's already started collecting wastewater samples at several sites, including in Milwaukee with the help of the Milwaukee Metropolitan Sewerage District, as well as in Green Bay and Racine.

Simultaneously, backed by a grant from the Alfred P. Sloan Foundation, McLellan is working with researchers from three other universities and New York City officials on developing a wastewater surveillance program blueprint for public health officials. The combined efforts will identify the best sampling practices as well as ways to quickly interpret the results and transform them into actionable health policies.

“The pandemic response is

constantly evolving, and data and knowledge for decision-making is lacking,” says McLellan, a professor in the School of Freshwater Sciences.

“This project will bridge the gap between rapidly evolving research in wastewater surveillance and the public health entities that can use this information to better respond to this threat.”

Because SARS-CoV-2 is a new virus, there is not a standard method for detecting it in wastewater samples. By necessity, methods are being optimized concurrent with the launch of large-scale monitoring. McLellan and her collaborators are therefore charged with developing a communication plan so that data is immediately useful for public health responses.

The full team includes researchers from New York University's Tandon School of Engineering, Stanford University and the University of Notre Dame.

Their goal is to transfer lessons learned to cities nationwide for a COVID-19 surveillance program, as well as to create a framework to track other pathogens in the future.

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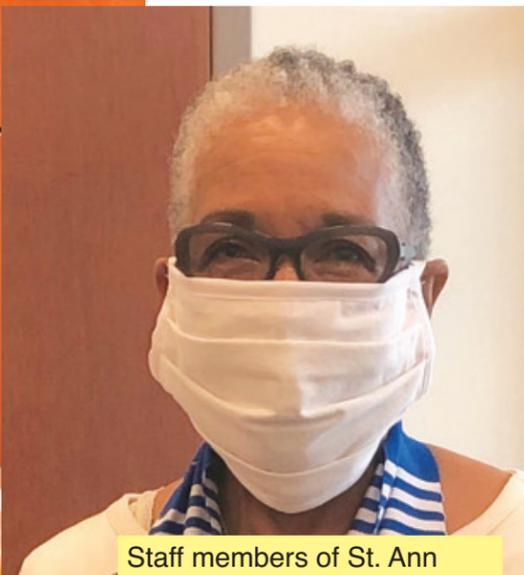
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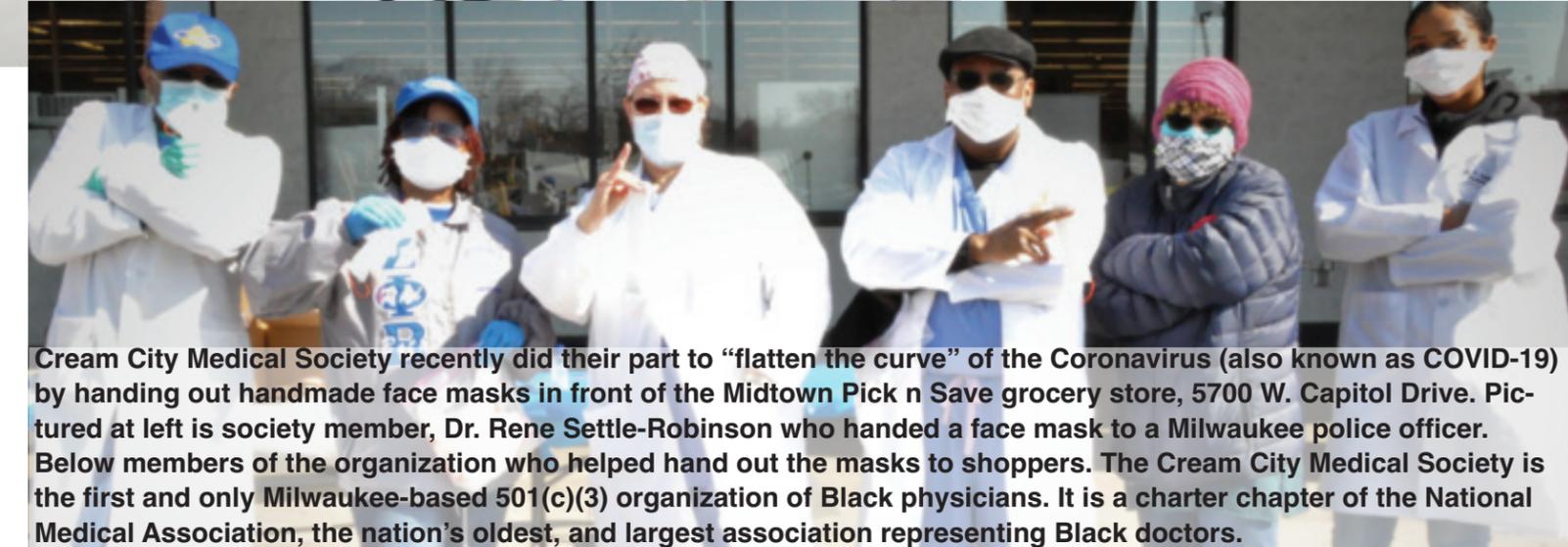


Staff members of St. Ann Center for Intergenerational Care making the 700 face masks for the “MaskUPMKE” challenge to help stem the spread of COVID-19. Staffers were spread out in two large rooms at the Bucyrus Campus, located on the city’s Northside, which has been hit hard by the virus. The mask making was an important way St. Ann Center could give back to the neighborhood they’re located, as well as the Greater Milwaukee area.



All Photos by Yvonne Kemp from previous editions of the Milwaukee Community Journal (with a couple of new additions).

Members of the Outreach Community Health Center’s staff (from left to right): Lisa Mullins, Shanevia Jones-Harris, Darlene McMillon and Will Taleb prepared resource bags for individuals who attended the health center’s annual Community Health & Resource Fair. The fair featured drive/walk-thru book bag and health resource giveaways. Attendee were encouraged to wear their face masks and be ready to practice recommended safety measures. Outreach Community Health Center is located at 210 W. Capitol Drive.



Cream City Medical Society recently did their part to “flatten the curve” of the Coronavirus (also known as COVID-19) by handing out handmade face masks in front of the Midtown Pick n Save grocery store, 5700 W. Capitol Drive. Pictured at left is society member, Dr. Rene Settle-Robinson who handed a face mask to a Milwaukee police officer. Below members of the organization who helped hand out the masks to shoppers. The Cream City Medical Society is the first and only Milwaukee-based 501(c)(3) organization of Black physicians. It is a charter chapter of the National Medical Association, the nation’s oldest, and largest association representing Black doctors.



A nurse mans the check-in station at the Isaac Coggs Heritage Health Center, 8200 W. Silver Spring Drive, one of two sites opened by Milwaukee Health Services to test community residents for COVID-19.



Plain clothes members of the Wisconsin National Guard recently started conducting free COVID-19 testing for central city residents. The tests are part of an initiative by the state to test Milwaukee's African Americans, Latinos, and tribal community members at two locations. The locations are 5760 W. Capitol Drive in the Midtown Shopping Center, and UMOS at 2701 S. Chase Ave. Both locations will be open from 8 a.m. until 8 p.m., seven days a week until they are deemed no longer necessary.



Brian Thomas (inside the vehicle) was given a COVID-19 test by two Milwaukee city firefighters recently outside the Outreach Community Health Center, 210 E. Capitol Drive. Outreach was providing "drive-thru" testing for residents. Outreach physician, Dr. Christopher J. Withers (inset photo), advised those with chronic medical conditions should get tested for the virus.



The African American Breastfeeding Network (AABN) and the Office of Early Childhood Initiatives (OECI) recently hosted a Well Mommy & Baby Care Initiative Drive-Up to support area families and promote overall wellness. Care packages were provided to families that contained materials that focus on mental and physical wellness. The event was held in the parking lot of Mt. Zion MBC, 2207 N. 2nd St. Items were purchased by AABN through funding from Bader Philanthropies, Inc. and donated by local partners. Dalvery Blackwell, executive director of AABN, said with the impact of COVID-19 on the community, they wanted to let families who recently welcomed a baby, or who are preparing for their baby to arrive, to know they are thinking of them. By providing the care packages, she said, AABN and OECI are helping remove some of the burden families may be feeling as they await the new addition to the families.



What's the difference?

Knowing the difference between seasonal allergies, a cold and something more serious can help you know when to seek care. Ascension is here for you. Call your doctor, or video chat with a doctor 24/7 through ascension.org/onlinecare.

Symptom	(COVID-19)	Influenza	Common cold	Seasonal allergies
Seasonality	Unclear	Oct. through May	Winter	Annually by type
Length of Symptoms	7-25 days	7-14 days	Less than 14 days	Several weeks
 Cough	Common	Common	Common	Rarely
 Shortness of breath	Sometimes	Uncommon	Uncommon	Uncommon
 Chest congestion	Common	Rarely	Common	Rarely
 Runny Nose	Rarely	Sometimes	Common	Common
 Sneezing	Uncommon	Uncommon	Common	Common
 Sore throat	Rarely	Sometimes	Common	Sometimes
 Fever	Common	Common	Common	Uncommon
 Tired	Sometimes	Common	Sometimes	Sometimes
 Body aches	Sometimes	Common	Common	Uncommon
 Headaches	Rarely	Common	Rarely	Sometimes
 Diarrhea	Rarely	Sometimes	Uncommon	Uncommon
Onset	Gradual	Sudden	Gradual	Seasonal

Four decades ago, Winona Jackson opened the doors of Metro Home Health Services with the dual goal of providing her community with culturally specific home health care services, and to one day become Milwaukee's largest Black-owned home care provider.

Though Jackson achieved those goals shortly before her death in 2003, today the northside agency holds the distinction of being recognized as the only African American owned home health care agency in the state and among the largest local agencies, period.

A family operated business, Jackson's two daughters, Regina Johnson and Lynette Jackson, took over the reins of Metro following their mother's death.

During the past two decades, the sisters have brought new energy and technological innovations to the company, along with maintaining one of the most diverse staffs in the city.

Many staffers have tenures dating back decades.

That positive business indicator reflects the agency's commitment to the African American community and the loyalty of staff to Winona Jackson's mission as outlined four decades ago.

Most recently, the sisters have added state of the art technology, and revised their marketing materials, including the introduction of a new company logo.

The original masthead was created by renowned Griot Teju Ologboni and featured a uniformed nurse pushing a wheelchair.

The new logo features the wheelchair, but it is merged into the company name and motto---People Helping People.

"Metro has sustained, and ultimately grown due to the entrepreneurial expertise of Ms. Jackson," Johnson, Metro's president, said.

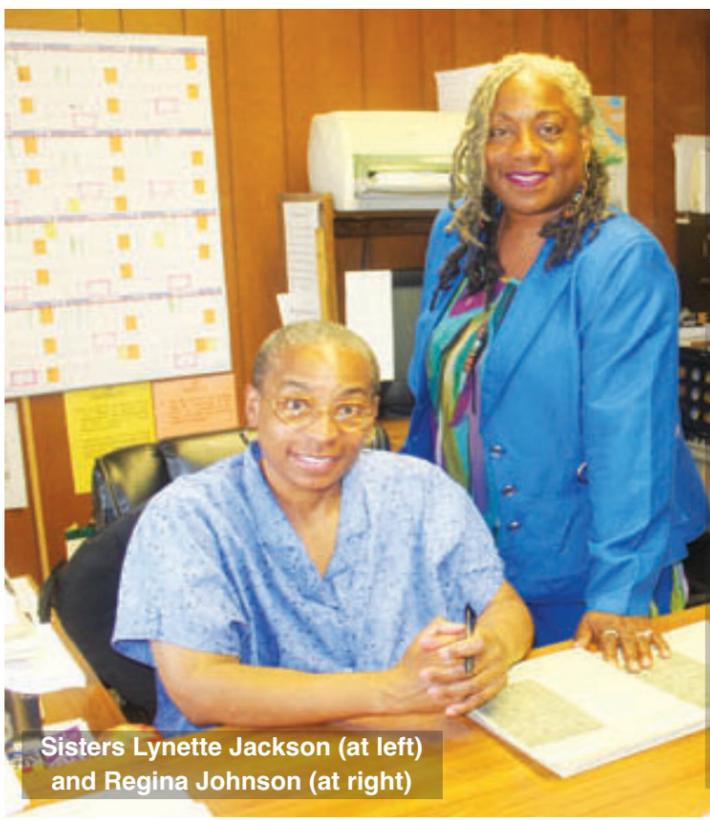
"The agency has a solid foundation because of our dedicated management team and our current office staff who have been the backbone of Metro for over 30 years.

"With this formula we have addressed major changes and challenges," she explained.

Metro opened its doors in 1983 with a small staff and limited operating budget based on an \$8,000 loan.

Winona Jackson once told a reporter that she approached several prominent African American entrepreneurs and community leaders about investing in the new venture, but was rejected by each.

The common refrain was that an African American owned health organization of the magnitude Jackson foresaw would not survive in a segregated city like Milwaukee, where non-profit agencies dominated the market and for-profit businesses main-



Sisters Lynette Jackson (at left) and Regina Johnson (at right)

METRO HOME HEALTH SERVICES, INC.

DECADES OLD BLACK AND FAMILY OWNED BUSINESS ADJUSTS TO THE NEW NORMAL BY COMBINING ITS LEGENDARY SERVICE WITH NEW TECHNOLOGIES

By Mikel Holt

"WE PRIDE OURSELVES ON SEEKING PERFECTION THROUGH SERVICE; OUR CLIENTS ARE TREATED LIKE FAMILY. WE TAKE TO HEART WHAT OUR MOTHER MEANT WHEN SHE CAME UP WITH OUR MOTTO." — Johnson

tained strong political influence.

Some suggested those White agencies would use their political and financial clout to overwhelm her.

But those myopic opinions underestimated both the need for ethnically sensitive care and Jackson's determination.

The first African American graduate of the Milwaukee County School of Nursing, Jackson was a founding member of the Black Nursing Association-Milwaukee Chapter.

She was also active in numerous community organizations and was a prominent contributor to civil rights causes.

She earned a reputation as a committed health care professional whose passion for empowering the poor was only exceeded by her service on behalf of the elderly and health challenged.

"Nothing great was achieved without enthusiasm," lamented Johnson. "Winona followed her life passion."

A pioneer in the nursing community, Jackson once said she

started Metro Home Health services to fill the healthcare industry's underserved and to fill a void in the central city.

"People in the (central city) have a lot of needs, and we fill a gap by providing home care services to the elderly and disabled," she was quoted as saying.

In its infancy, several of Metro's key staff members were relatives, including a majority of its board members.

Family and friends also referred most of its early clients.

As word of its specialized services spread throughout the community, the agency grew, ultimately reaching Jackson's goal of becoming the state's largest Black-owned home health agency.

Jackson's daughters grew up in the business and thus were prepared to assume leadership roles when Jackson died.

Because of state regulations, neither of the sisters were able to initially serve as the administrator, which required a nursing or

(continued on page 14)

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Stop COVID-19 spread by:

- Staying home with your family
- Washing your hands & surfaces often
- Keeping 6 feet or more away from others in public spaces
- Covering your nose and mouth with a mask or cloth
- Do not meet in groups of any size

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#KeepYourDistance
#FlattenTheCurve
#StopCVMKE
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CITY OF MILWAUKEE
HEALTH DEPARTMENT

MATC Announces Plans to Offer a Mixture of Online, In-Person and Hybrid/Blended Courses for the Fall Semester, Receives Health Department Approval

With a focus on health and safety, Milwaukee Area Technical College has released “Stormer Safe + Ready: MATC’s Plan for Safety and Learning During COVID-19.” The college plans to offer online, in-person and a mixture of online/in-person courses this fall at all campuses.

Approximately 60% of courses will be offered entirely online. Another 10% will be offered with a mixture of online and in-person instruction (known as hybrid or blended courses). Twenty percent of courses that require hands-on training with specialized equipment will be offered in person.

The remaining less than 10% of courses include clinicals and apprenticeships and will be held off campus, either in person or online.

Courses will be offered in the traditional semester-long format and in eight-week sessions. Based on changing health conditions and public health recommendations and requirements, course type, location, dates or times may need to be changed. Students enrolled in courses will be notified if changes are made.

The Milwaukee Health Department provided MATC with the necessary approval to offer limited in-person classes and student services at the Downtown Milwaukee Campus, the Education Center at Walker’s Square and the Health Education Center on Friday, Aug. 14. Limited in-person classes and student services also will be held at the Mequon, Oak Creek and West Allis campuses.

In addition to assisting students remotely, MATC is offering in-person office hours for admissions, financial aid, advising and student employment/career/transfer. Services are available at the Downtown Milwaukee, Mequon, Oak Creek and West Allis campuses.

Visit matc.edu/fall for details and hours. (The services will not be available from Aug. 17-20 at the Downtown Milwaukee Campus due to the Democratic National Committee convention which will be held near the campus.) Students can also access services including admissions, registration, financial aid and

other areas virtually. See the fall plan for details.

“The health and safety of our students and staff is our greatest priority,” said Dr. Vicki J. Martin, MATC president.

“MATC instructors and staff have worked tirelessly to find the safest way to offer high-quality instruction during the pandemic.

We know that our community and students depend on MATC to train workers for essential jobs that require hands-on, in-person instruction in fields such as health-care, police, fire, emergency services, manufacturing and truck driving.

We are taking every precaution to safely offer in-person training for workers in those types of programs.

We also have developed effective online instruction for other programs that do not demand in-person learning.

We are committed to preparing our students for good jobs that offer family-sustaining wages in the safest way possible.”

In addition to implementing deep-cleaning protocols, the college has developed safety training for students and staff and worked to rearrange space to ensure social distancing. MATC is limiting entrances to allow for health and temperature checks upon entering.

Face masks are to be worn at all times and face shields are made available as needed. Wipes and antibacterial stations are strategically placed throughout each building. In addition, protocols have been developed for reporting positive tests and for contact investigations.

All plans are subject to change as COVID-19 conditions warrant. For more information or to see the full “Stormer Safe + Ready: MATC’s Plan for Safety and Learning During COVID-



CITY OF MILWAUKEE
HEALTH DEPARTMENT

19,” visit matc.edu/fall.

Wisconsin’s largest technical college and one of the most diverse two-year institutions in the Midwest, Milwaukee Area Technical College is a key driver of southeastern Wisconsin’s economy and has provided innovative education in the region since 1912.

Nearly 35,000 students per year attend the college’s four campuses and community-based sites or learn online. MATC offers affordable and accessible education and training opportunities that empower and transform lives in the community.

The college offers more than 150 academic programs; and transfer options leading to bachelor’s degrees with more than 35 four-year colleges and universities.

Overwhelmingly, MATC graduates build careers and businesses in southeastern Wisconsin. The college is accredited by the Higher Learning Commission.



The All of Us Research Program focuses on COVID-19

It is hard to exaggerate the impact of the COVID-19 epidemic on Milwaukee, and especially Milwaukee’s minority communities.

The sickness and death seen here and in communities around the country is partly because there is very little research to tell doctors and scientists the best approach is to limit the disease.

The National Institutes of Health will use the All of Us Research Program to help this problem. It is very important that more than half of the people participating in the All of Us Research Program are ethnic minorities, since most previous research was done in Whites,



Karen Dotson

who have not been as severely affected.

Milwaukee is a very important contributor to the All of Us, since scientists from both the Medical College of Wisconsin and the University of Wisconsin have been asking Milwaukee area residents to sign up for the program for the last two years.

The thousands of residents who are in the study are automatically part of studies that are already being done to help understand spread of the disease, like why some people get it and some don’t. People who have not joined yet can do so on-line at www.joinallofus.org or call MCW researchers at 414-955-2689 to get more information about the study.

One study that is already under way will test participants’ blood to see if they have been infected in the past by looking whether they have developed antibodies to the virus.

Antibody testing is different than the nasal swab tests doctors use to detect active infection.

Antibody tests are generally done with people who do not have symptoms, to find out if they had the virus in the past. All of Us is testing samples from 10,000 or more participants who joined the program in March 2020 or earlier.

The tests will show how common coronavirus exposure is

among All of Us participants, and help researchers assess varying rates across regions and communities.

In addition to antibody testing, All of Us participants have been completing surveys that will help scientists better understand the effects of the COVID-19 pandemic on participants’ physical and mental health.

This 20- to 30-minute survey includes questions on COVID-19 and how the epidemic is causing stress and financial hardship. Participants are taking the survey repeatedly until the pandemic ends, so researchers can study the effects of COVID-19 over time and better understand how and why COVID-19 affects people differently.

All of Us also uses information from participants’ health records to look for patterns and learn more about COVID-19 symptoms and associated health problems, as well as the effects of different medicines and treatments.

These research studies will be particularly useful for Milwaukee, because it is one of only a few places around the country that are approved to enroll people in the All of Us Research Program.

Karen Dotson of Glendale, who is the overall manager of the All of Us Research Program, said, “The fact that we were already working with members of Milwaukee’s Black and Hispanic

communities when the epidemic started is very important.

“Many people are reluctant to be a part of research studies, because previous studies were unethical or did not return information to the participants or their community.”

Dotson notes that over the course of the program, participants will receive information back about themselves and about studies that use All of Us data. Also, the program has safeguards in place to protect participant privacy.

Only scientists are able to look at the data, and their access is monitored by an advisory board of non-scientists from diverse backgrounds.

The people who have joined the All of Us Research Program are making important contributions to slowing and eventually stopping the pandemic.

Scientists working with All of Us participants will also do research to understand other conditions, like diabetes, dementia and cancer.

All of these are more common in the Black community, so it is fortunate that so many African Americans have stepped up to volunteer.

Dotson emphasizes that All of Us will be even stronger if more people participate – “We are off to a great start but we have room for lots more people to be part of improving the health and health-care of all Milwaukee residents.”

METRO HOME HEALTHCARE

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health administration degree.

Thus, another family member—a first cousin of the daughters—who was employed by Metro as a nurse, assumed that responsibility until Johnson secured her degree.

Over the last four years, the Metro leadership team has put its stamp on the agency, updating technology including its interactive web system, while preparing for the next stage of the agency's development.

The new marketing materials provide an extensive and comprehensive overview of the agency's ever-growing services.

"Metro's future goal is to encourage self-care and service the whole person—physical health and mental wellness," Johnson explained.

"In Winona's words, 'how we treat our young and elderly are reflections of our own character.'"

The Healthcare delivery community is rapidly changing in light of COVID-19, forcing the Metro team to adjust on the fly.

The Center for Medicare and Medicaid Services oversight agency has waived a central requirement and now allows home health care agencies to perform Medicare-covered initial assessments remotely, or by telephonic record review.

This would include waiving the requirements for a nurse or other professional to conduct onsite visits.

"We encourage our clients and staff to stay connected to family during this challenging time," Johnson said, offering that staff will explain how best to visit while maintaining safety protocols.

"We also know the importance of reviewing the state Department of Health Service's website daily to stay updated and informed.

"Remote working has been instituted. We had to adapt rapidly to support best practices to carry forward in our new environment."

Professionalism and a highly trained staff have kept Metro among the top agencies in the state.

As a result, Metro has, over the years, become a model agency whose practices are emulated by other agencies.

"We pride ourselves on seeking perfection through service," Johnson noted.

"Our clients are treated like family. We take to heart what our mother meant when she came up with our motto.

"Metro will make our families healthier as we unite around the village concept, a paradigm that means we do our part to come together for the betterment of our community."

New president, promotions at Froedtert Hospital

(continued from page 5)

position Froedtert Hospital as one of the premier academic medical centers in the nation."

The Froedtert & the Medical College of Wisconsin regional health network is a partnership between Froedtert Health and the Medical College of Wisconsin supporting a shared mission of patient care, innovation, medical research and education.

Its health network operates eastern Wisconsin's only academic medical center and adult Level I Trauma Center at Froedtert Hospital, Milwau-

kee, an internationally recognized training and research center engaged in thousands of clinical trials and studies.

The Froedtert & MCW health network, which includes five hospitals, nearly 2,000 physicians and more than 40 health centers and clinics, draws patients from throughout the Midwest and the nation.

In the most recent fiscal year, outpatient visits exceeded 1.3 million, inpatient admissions to our hospitals were 52,855 and visits to our network physicians totaled 1,059,268.



MCW to Study Brain Changes Following Loss of Loved One to Prevent Grief-Related Complications

Now Enrolling Participants in Landmark Brain Imaging Study

Experiencing the death of a loved one is inevitable, and grief is a natural response. Most grieving adults are resilient and recover their pre-loss functioning within a year; however, about 10 percent develop intense and debilitating grief, also known as prolonged grief disorder, or complicated grief.

Those individuals face detrimental medical and cognitive health outcomes and have an increased risk of suicide and premature death.

The Medical College of Wisconsin (MCW) has received a five-year, \$2.6 million grant from the National Institutes of Health (NIH) National Institute of Mental Health (NIMH) to study how changes in brain activity might signal which bereaved individuals are at high risk for a complicated grief symptom trajectory and development of prolonged grief disorder. This is the first such comprehensive brain imaging study on grief and loss in the country to receive NIMH funding.

Principal investigator on the study Joseph S. Goveas, MD, associate professor in the Department of Psychiatry and Behavioral Medicine and Institute for Health and Equity and director of geriatric psychiatry at MCW, and his research team will enroll 115 participants aged 50 years and older who have experienced the loss of a loved one within the last six months.

Each participant will complete multiple clinical assessments and brain scans over the course of one year, with the goal of identifying any changes in the brain that signal whether or not the individual will experience a complicated grief trajectory. A comparison group of 55 non-grieving individuals will also complete clinical assessments and brain scans.

"Despite the magnitude of this problem, we are currently not able to distinguish the biological differences between those who are resilient from those who are prone to complicated grief trajectories," said Dr. Goveas. "Brain imaging-based markers that can characterize the clinical course during the first year for those experiencing acute grief are critically needed."

Based on the results of a pilot study by Dr. Goveas' team that began in 2016, the researchers believe that in adults with acute grief, features of emotion dysregulation in the brain are early and critical measures of complicated grief symptom trajectories and development of prolonged grief disorder. The pilot study looked at brain scans of grieving individuals and revealed that increased activity between the amygdala, a region of the brain that processes negative emotions, and the frontal lobe signaled a greater risk for future complications.

"The goal of this latest NIH-funded study is to validate the findings of the pilot study and identify biomarkers of prolonged grief disorder," Dr. Goveas said. "Ultimately, we aim to use this knowledge to test treatment or prevention strategies in the most at-risk grieving individuals to prevent future complications, like prolonged grief disorder, depression, cognitive decline and suicide."

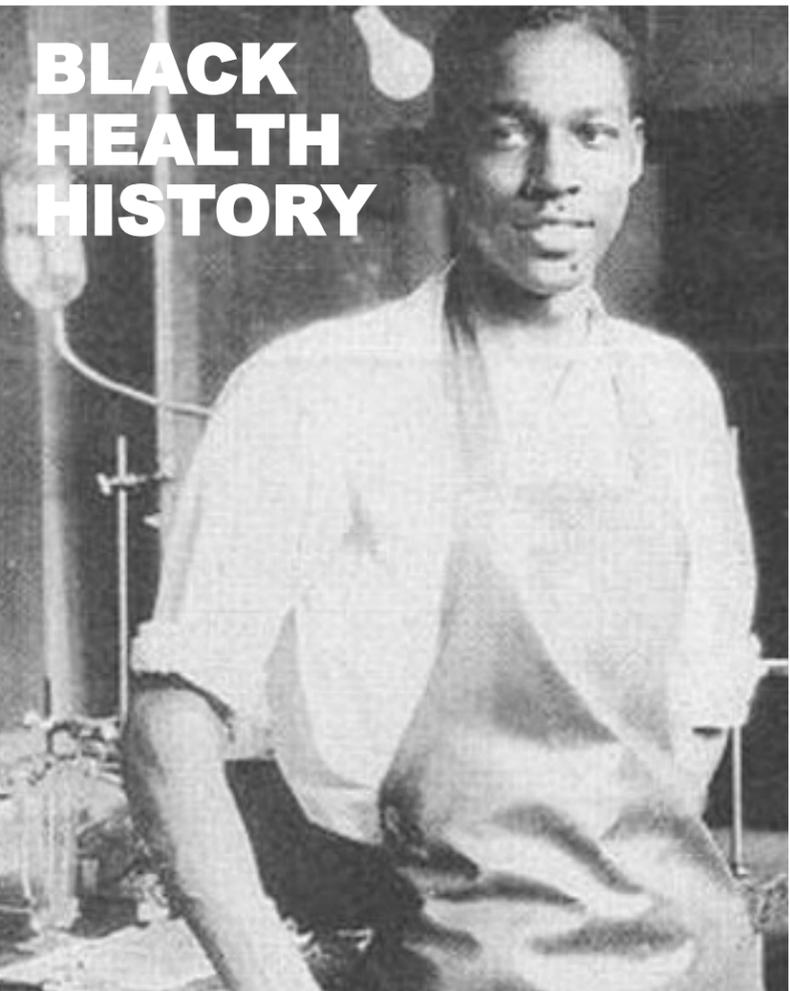
"Dr. Goveas' dedication to serving patients who are grieving is admirable and inspiring," said Jon A. Lehrmann, MD, chair and Charles E. Kubly Professor in psychiatry and behavioral medicine at MCW. "In utilizing the most current and innovative research and prevention methods, Dr. Goveas' efforts continue to enhance the health and wellbeing of many people here in our region."

Dr. Goveas is joined by a team of MCW co-investigators, including Shi-Jiang Li, PhD, professor of biophysics and psychiatry and behavioral medicine, and Yang Wang, MD, PhD, associate professor of radiology.

Other MCW personnel include Gang (Jeff) Chen, PhD, research scientist in the Department of Biophysics; B. Douglas Ward, imaging biostatistician in the Department of Biophysics, and Stacy Claesges, clinical research coordinator in the Department of Psychiatry and Behavioral Medicine.

Charles F. Reynolds III, MD, Distinguished Professor of Psychiatry and Endowed Professor in Geriatric Psychiatry emeritus at the University of Pittsburgh School of Medicine, adjunct professor of psychiatry at the Tufts School of Medicine and Maine Medical Center, and editor-in-chief of the American Journal of Geriatric Psychiatry, serves as a consultant. Funding for the pilot study was provided by the Costigan Family Foundation.

BLACK HEALTH HISTORY



In 1944, Vivien T. Thomas (pictured above) assisted then John Hopkins surgery chief Alfred Blalock in successfully operating on the heart of an 18-month-old child, a 'blue baby,' with a procedure

Thomas perfected. Prejudice long kept Thomas' crucial role unacknowledged. HBO made a movie of this story titled, 'Something the Lord Made.'



Fueled by COVID-19 fears, approximately half of Hispanics and Black Americans would fear going to the hospital if experiencing symptoms of a heart attack or stroke

As COVID-19 cases continue to rise in 44 states and fear of calling 9-1-1 or going to the hospital persists, new data from a survey conducted online by The Harris Poll on behalf of the American Heart Association.

The world's leading nonprofit organization focused on heart and brain health for all, found that Hispanics and Black Americans are most likely to stay home if experiencing medical emergencies, like a heart or a stroke, to avoid the risk of contracting COVID-19 at the hospital.

New data from the survey found more than half of Hispanics (55%) would be scared to go to the hospital if they thought they were having a heart attack or stroke because they might get infected with COVID-19, and 41% would stay home if they thought they were experiencing a heart attack or stroke rather than risk getting infected at the hospital.

That survey also found that nearly half of Black Americans (45%) say they would be scared to go to the hospital if they thought they were having a heart attack or stroke because they might get infected with COVID-19, and a third (33%) would stay home if they thought they were experiencing a heart attack or stroke rather than risk getting infected at the hospital.

Comparatively, less than half of whites (40%) would be scared to go to the hospital if they thought they were having a heart attack or stroke because they might get infected with COVID-19, and less than a quarter (24%) would rather stay home than risk getting infected at the hospital.

Heart attacks and stroke haven't stopped during the pandemic.

To help alleviate fears, the American Heart Association created a public education and awareness campaign in English and in Spanish called Don't Die of Doubt that reminds Americans, especially in Hispanic and Black communities, that the hospital remains the safest place to be if experiencing symptoms of a heart attack or a stroke.

"This finding is yet another challenge for Black and Hispanic communities, who are more likely to have underlying health conditions such as cardiovascular disease and

diabetes and dying of COVID-19 at disproportionately high rates," said Rafael Ortiz, MD, American Heart Association volunteer medical expert and Chief of Neuro-Endovascular Surgery at Lenox Hill Hospital, Northwell Health. "I am proud of the work the American Heart Association is doing to address this critical issue with the Don't Die of Doubt campaign.

Health care professionals know what to do even when things seem chaotic, and emergency departments have made plans behind the scenes to keep patients and healthcare workers safe even during a pandemic."

These historically excluded communities are dying of COVID-19 at disproportionately high rates, as they're more likely to have underlying health conditions, like cardiovascular disease and diabetes.

Cardiovascular disease is still the leading cause of death in the United States, and heart attack and stroke symptoms are always urgent.

The hospital is still the safest place to be, so don't hesitate to call 9-1-1 and don't stay home — don't die of doubt.

Symptoms of a heart attack can include:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes — it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath. This can occur with or without chest discomfort.

- Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

- Women's most common heart attack symptom is chest pain. Some women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.

Use the letters in "F.A.S.T." to recognize signs of a stroke:

- Face Drooping. Does one side of the face droop or is it numb? Ask the person to smile.

- Arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- Speech difficulty. Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence,

like "the sky is blue." Is the sentence repeated correctly?

- Time to call 9-1-1. If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

For more about the American Heart Association's "Don't Die of Doubt" campaign, visit www.heart.org/dontdieofdoubt.

Additional Resources:

- View this release in Spanish.
- Don't Die of Doubt website (Spanish)
- American Heart Association COVID-19 resources (Spanish)
- Heart attack symptoms (Spanish)
- Stroke symptoms (Spanish)
- Visit the Support Network for peer to peer support for patients
- Follow American Heart Association/American Stroke Association news on Twitter @HeartNews

The Association receives funding primarily from individuals. Foundations and corporations (including pharmaceutical, device manufacturers and other companies) also make donations and fund specific association programs and events.

The Association has strict policies to prevent these relationships from influencing the science content. Revenues from pharmaceutical and device corporations and health insurance providers are available at <https://www.heart.org/en/about-us/aha-financial-information>.

Survey Methodology

This survey was conducted online within the United States between May 29 - June 2, 2020 among 2050

adults (aged 18 and over) by The Harris Poll on behalf of the American Heart Association via its Harris On Demand omnibus product.

Results were weighted for age within gender, region, race/ethnicity, household income, education, employment, marital status and size of household where necessary to align them with their actual proportions in the population. Propensity score weighting was also used to adjust for respondents' propensity to be online. All sample surveys and polls, whether or not they use probability sampling, are subject to multiple sources of error which are most often not possible to quantify or estimate, including sampling error, coverage error, error associated with nonresponse, error associated with question wording and response options, and post-survey weighting and adjustments.

Therefore, the words "margin of error" are avoided as they are misleading. All that can be calculated are different possible sampling errors with different probabilities for pure, unweighted, random samples with 100% response rates.

These are only theoretical because no published polls come close to this ideal. Respondents for this survey were selected from among those who have agreed to participate in our surveys.

The data have been weighted to reflect the composition of the adult population.

Because the sample is based on those who agreed to participate in the online panel, no estimates of theoretical sampling error can be calculated.



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Walk In No Appointment Necessary



MLK-Heritage Health Center
2555 North Dr. MLK Drive
Milwaukee, WI 53212
(414) 372-8080

Hours of Operation
Monday thru Friday 7:30am-7:30pm
Walk In No Appointment Necessary



Service

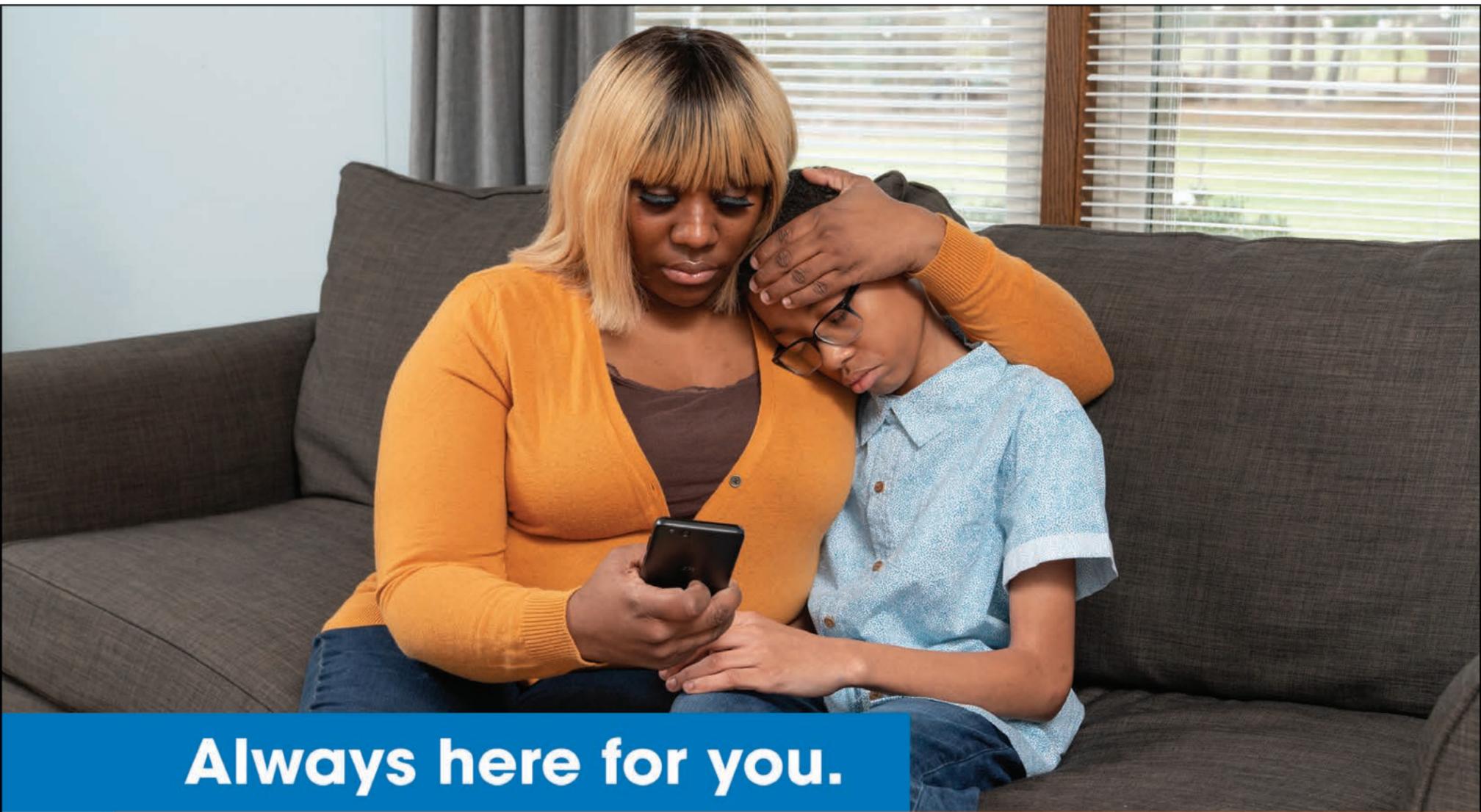
Isaac Coggs-Heritage Center and MLK-Heritage Health Center
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Affordability
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If you have no insurance, we will help you apply for our Sliding Fee discount program based on income and family size.

After-Hours Medical Care
If you experience a medical emergency, call 911 or go to the nearest emergency room.
If you require medical assistance or information after hours, please call
(414) 372-8080 MLK or (414) 760-3900 Coggs

Mission
To provide accessible, quality primary and related health care services to Milwaukee residents, with our continuing emphasis on medically underserved families and individuals.

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childrenswi.org/urgentcare

