

# @ HEALTH & WELL-BEING ISSUE

A PUBLICATION OF THE RAPIDES FOUNDATION

SPRING 2004

FOCUS: CENLA ALZHEIMER'S PROJECT



*Lisa Niebuhr,  
Associate Director of  
Rural Initiatives for the  
Alzheimer's Association,  
visits clients at  
Friendship House.*

## Cenla Alzheimer's project

National Alzheimer's  
Association Office  
To Open In Alexandria

**T**he Alzheimer's Association is looking to move its Louisiana Chapter headquarters from New Orleans to Alexandria. "The reason that we are looking at Alexandria," explained Barbara Newhouse, Vice-President of Field Operations for the Alzheimer's Association, "is because Alexandria is much more centrally located to cover the entire state. We've got a good, strong grouping of volunteers in the Alexandria area, and it's my sense that it's going to be easier to build from Alexandria as the core and reach out across Louisiana, than to be positioned in one side of the state."

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## Cenla Alzheimer's Project

# Cenla Alzheimer's project

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This transition to Alexandria is largely the result of The Rapides Foundation's commitment to help establish a presence on the issue of Alzheimer's for the region. Last summer a Foundation grant funded the Cenla Alzheimer's Project. A team of staff members from the national Alzheimer's Association came in to provide technical assistance to support setting up an office in Alexandria. The first body of work was to assess the existing resources and then determine what was needed in the Foundation's nine-parish service area to assist individuals with Alzheimer's disease, their care partners, physicians, providers and the greater community.

Lisa Niebuhr, Associate Director of Rural Initiatives for the Alzheimer's Association, was part of that team. Their work with the Cenla Alzheimer's Project generated a new momentum in Alexandria. "We had a lot of exciting things going on in Alexandria and it seemed like the

**"You feel like you've helped with something that's going to make an impact on the community, not for just for now but for the future."**

*Jean Lively, retired Chief Nursing Officer at Rapides Regional Medical Center*



*Jean Lively, retired Chief Nursing Officer at Rapides Regional Medical Center*

best investment for the entire state was to build where there was the greatest amount of support, and to move the physical headquarters to the place of greatest support and where the greatest opportunities exist."

The strong support that will bring the state headquarters to Alexandria actually started over three years ago with the efforts of Pineville resident Jean Lively. Once the Chief Nursing Officer at Rapides Regional Medical Center, Lively had professional knowledge and experience with Alzheimer's disease, which turned very personal after her husband was diagnosed with the disease in 1999. Much to her dismay, there was little in the area to help. "I decided that I wanted to focus on trying to do something to improve services for Alzheimer's disease in this community."

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# Cenla Alzheimer's project

**New office to open soon at 429 Murray Street, Alexandria. For more information contact Lisa Niebuhr at 312-335-5861 or [Lisa.Niebuhr@alz.org](mailto:Lisa.Niebuhr@alz.org).**

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At every opportunity she met and talked with other healthcare providers who had similar interests. "As we talked about establishing services for Alzheimer's patients and their families, I felt that this was a cause The Rapides Foundation would want to support," said Lively.

The Rapides Foundation heard of her efforts and wanted to know more. Eventually what was learned convinced the Foundation to award a grant that would be used to open a regional Alzheimer's Association office in Alexandria. "But it will not just house literature as mostly has been done in the past," stresses Lively. "It will be staffed by persons who are very knowledgeable in Alzheimer's disease, the research and treatment. It will also have a strong educational arm to it."

On the national level, the Alzheimer's Association will provide our area with many programs and resources. The Association reaches out to assist people through its 81 chapters across the country and contributes to Alzheimer's research. "The Alzheimer's Association is the largest private contributor to research in the nation," stated Newhouse. "We are very interested

in our research component equally along with our care component. We don't just provide education, albeit it's very important. We also have a 24-7 Contact Center that is answered by live people who are care consultants, can answer questions and work with families who are going through the very difficult time."

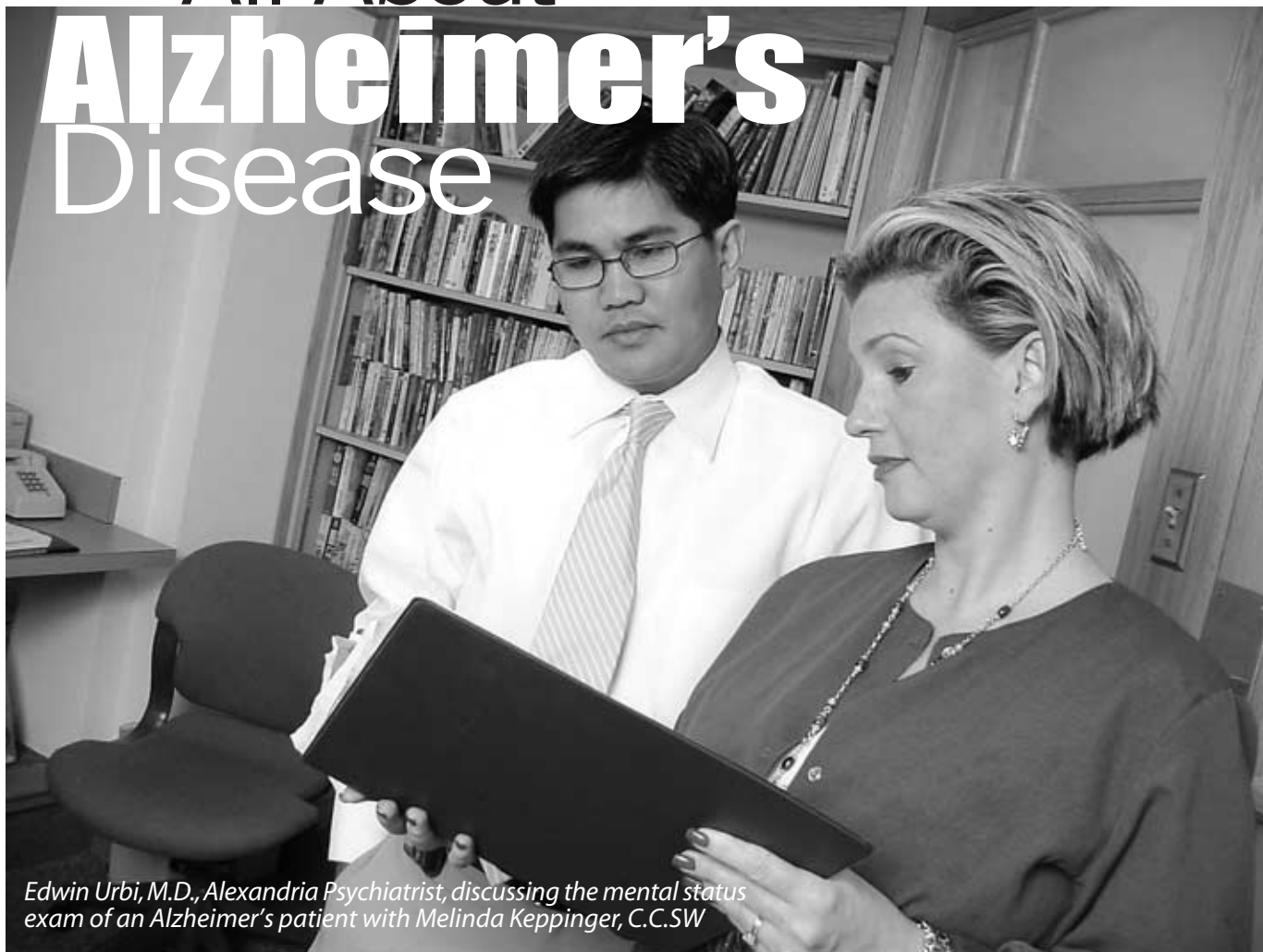
And now the Cenla Alzheimer's Project will be ready to do its part to help. "It is striking to me the amount of collaboration and the amount of support that Alexandria and the entire nine parishes have invested, not only into this project, but how they support one another," said Niebuhr, insisting, "This level of support does not exist elsewhere throughout the country at the same level. It is my sincere hope that with the support of The Rapides Foundation grant and the community's ongoing commitment, that we will achieve nothing less than a hundred percent success!"

Jean Lively's efforts have paid off. "You feel like you've helped with something that's going to make an impact on the community, not just for now but for the future."

alzheimer's  association™

## Cenla Alzheimer's Project

# All About Alzheimer's Disease



*Edwin Urbi, M.D., Alexandria Psychiatrist, discussing the mental status exam of an Alzheimer's patient with Melinda Keppinger, C.C.SW*

**A**lzheimer's is a disease of the brain that results in a steady decline in memory. It is not a mental illness. Alzheimer's disease is irreversible and progressive. There is no cure. The risk of developing Alzheimer's increases with age (symptoms usually first appear after age 60), but it is not a part of normal aging. Considered rare when it was first described by German physician Alois Alzheimer in 1906, today an estimated four million Americans have Alzheimer's with estimates rising to between 11.2 and 16 million by 2050.

While much remains unknown about Alzheimer's disease, what is known is that the brains of Alzheimer's patients have an abundance of two abnormal structures - beta-amyloid plaques and neurofibrillary tangles. Alexandria

Internist Dr. David Holcombe explains that the disease is connected to the formation of tangles and amyloid plaques over decades. "It's like glue and it forms around the nerve endings until it just clogs up the works and destroys the normal cerebral functioning. It's happening all over the brain and it's progressive so that bit by bit you lose the functional brain until you're left with so little that you simply can't do the things you normally could."

Dr. Edwin Urbi has been a psychiatrist in Alexandria for the last six years. Up to 40 percent of his patients have Alzheimer's. He stresses it is vital that diagnosis and treatment of Alzheimer's disease begin as early on as possible. "The goal is to address the problem during its earliest stage. The sad thing right now is they only come to me

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## Cenla Alzheimer's Project

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or to other doctors at the latter part of the disease when it's advanced, when it's on the moderate to severe side, and they're manifesting a lot of complications such as depression, hallucinations, and delusions. So the sooner you identify the problem, the sooner you can start medication and address a number of issues. The prognosis is then so much better, not only for the patient but for the family."

Dr. Urbi uses education as one way to prepare patients' families for what lies ahead. "My main role is to educate the family. Tell them what the prognosis is, what's going to happen during the early stages, next stages, and the latter part. Educate them about what medications can do because some family members will think

medications are the miracle cure, but in fact they're only a temporary fix. They can delay the progressive stages, but eventually the stages continue. We just stabilize the disease to a certain degree, but there's no cure at this point."

Another issue facing his patients and their families is the cost. "The price of this is extravagant. I mean it really is," says Dr. Holcombe. "And these people usually don't just have that problem, they also may have hypertension, which is expensive to treat. They may have diabetes which is costly to treat. They may have arthritis for which the medications are very costly. So, not only is it just an isolated problem, it's in the context of an aging person with multiple problems, and multiple needs and multiple costs."

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*David Holcombe, M.D., Alexandria Internist*

**Considered rare when it was first described by German physician Alois Alzheimer in 1906, today an estimated four million Americans have Alzheimer's with estimates rising to between 11.2 and 16 million by 2050.**

## Cenla Alzheimer's Project

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Friendship House is the only licensed adult day care center in Central Louisiana. Approximately half of the participants there have Alzheimer's disease. Julie Morris, Executive Director, believes Friendship House can be a refuge for Alzheimer's patients. "Friendship House is a place where they find a renewed sense of who they are because you're not looked at by what's wrong with you. And we try to find something where they feel like they've got purpose in life, that they have a reason to get up and get dressed and be somewhere. To many of them this is either their school or their work."

Friendship House helps not only Alzheimer's patients, says Morris, but their caregivers as well. "We get the better end of the spectrum. The caregivers are the ones that are really going through it. And generally there's one caregiver that catches 99% of the load." Morris says they need a break for their own health and well-being. In the end that benefits both caregiver and patient.

Becky Watkins, MPS, CTC, would readily agree with that. As a grief counselor Watkins works not only with the Alzheimer's patients, but their

caregivers as well. Most primary caregivers are family members who assume the daunting task of caring for a loved one. Spouses comprise the largest group of caregivers, followed by daughters, daughters-in-law, sons, brothers and sisters, and grandchildren. "They're my heroes! They give me such hope. They're doing such an outstanding job and have such courage in the face of adversity," Watkins said with admiration, adding, "And they're able to find humor which is neat."

The role of caregiver demands a huge physical and emotional commitment. Watkins asserts it's essential that caregivers not lose sight of their own health and well-being. "If they're not doing intentional self-care, then I think there's a high degree of physical and emotional burnout. They have to be willing to forgive themselves for being human. Sometimes they need to vent, sometimes they need to talk to other caregivers and share coping strategies."

And now much needed help is on the way for these caregivers and patients in Central Louisiana through the Cenla Alzheimer's Project. Help and hope in the struggle against Alzheimer's disease.

# Alzheimer's Disease Statistics

There are nearly

# 4,500

individuals with Alzheimer's disease and related dementia in The Rapides Foundation's nine-parish service area. . . Rare, inherited forms of Alzheimer's disease can strike individuals as early as their 30s and 40s. These individuals will accrue:

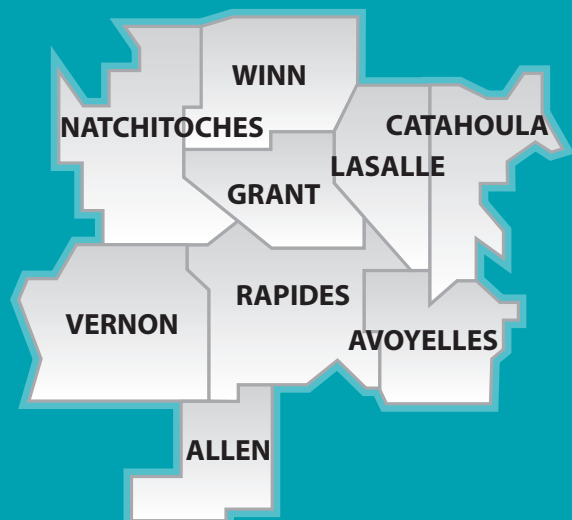
- 3.0 times higher total Medicare costs**
- 3.8 times higher Medicare home health costs**
- 3.4 times more hospital stays and**
- 3.2 times higher hospital care costs.**

They are being cared for by close to **13,500 care partners**

The overall cost annually to the area is estimated to be **\$775 million**

Average lifetime cost of Alzheimer's disease is **\$174,000**

The Rapides Foundation's nine-parish service area



<http://www.alz.org/AboutAD/statistics.asp>

## Grants from January - December 2003:

# Grant UPDATE:

Grants funded by The Rapides Foundation - working to improve the health and well-being of Central Louisiana.

<b>DIRECT CHARITABLE ACTIVITIES</b>	<b>GRANT AWARD</b>
Cenla Advantage Partnership (CAP) For formation of regional private sector-led economic development group.	(challenge match) \$1,500,000 3 yrs
Cenla Medication Access Program (CMAP) Regional program providing 10,000 persons with ongoing chronic care medication, and medication education.	9,375,669 3 yrs
Community Development Works (CDW) Regional program to develop and support nonprofit groups and community leaders.	1,389,390 3 yrs
Local Education Fund Regional nonprofit to serve as umbrella for K-12 enhancement programs and educational advocacy efforts.	600,000 3 yrs
<b>HEALTHY COMMUNITIES</b>	
Northern Central Louisiana Interfaith To support an ecumenical effort to link churches in advocacy efforts such as housing, employment and voter registration by national faith-based community-organizing group.	\$75,000 2 yrs
<b>HEALTHY PEOPLE</b>	
Community Senior Citizens Multi-Purpose Resource Center Matching funds for expansion of current older adult wellness programs in South Alexandria to include broader community.	\$75,000 2 yrs
Granberry Counseling Center Establishment of mental health counseling services in five parishes.	350,000 3 yrs
LaSalle Council on Aging Establishment of health and marketing programs in Jena.	75,000 2 yrs
Sisterhood of Central Louisiana Matching funds for implementation of youth-led HIV/AIDS prevention program focusing on African-American youth in Alexandria/Pineville.	125,000 2 yrs
The Health Enrichment Network Matching funds for implementation of diabetes wellness and care programs in Allen Parish.	150,000 3 yrs
Town of Campti Matching funds for establishment of senior center and older adult wellness programs.	75,000 2 yrs
<b>MINI-GRANTS AND TECHNICAL ASSISTANCE GRANTS (one year or less)</b>	
A Quality Life of LaSalle, Inc. Program planning efforts related to adolescent risk-reduction in Jena.	\$10,000
Allen Parish Ward 5 Industrial Development Corporation Consulting for effort to convert abandoned manufacturing facility in Oakdale to industrial park.	10,000
Bethlehem Housing Development Corporation Organizational planning efforts for Oakdale-based nonprofit seeking to develop affordable housing.	10,000
Boys and Girls Club of Central Louisiana Board and staff training and development.	10,000
Central Louisiana Community Foundation Technical Assistance for strategic planning and board development.	10,000
Central Louisiana Community Foundation Support for full time executive director during planning process.	10,000
Central Louisiana Homeless Coalition Grants development funding for proposed professional staffing.	5,000
City of Ville Platte Project development for program to engage employers to serve as mentors to adolescents.	10,000
Extra Mile, Region VI Planning project to enhance executive staff roles and responsibilities at Central State Hospital.	8,000
Friendship House Board development and organizational planning funds for Alexandria-based adult daycare organization.	10,000
Handiwork Productions Part-time marketing effort targeted towards increasing business contracts for sheltered workshop for the disabled.	10,000

(continued on page 8)

## Grants from January - December 2003: (continued from page 7)

# Grant UPDATE:

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<b>MINI-GRANTS AND TECHNICAL ASSISTANCE GRANTS Cont. (one year or less)</b>	<b>GRANT AWARD</b>
Louisiana School for the Agricultural Sciences Project development for community health clinic at Hessmer-based Charter School.	10,000
Louisiana United Methodist Children and Family Services Feasibility study for introduction of family support programs into Cenla.	8,000
Le Theatre des Bon Temps To support development of community-based collaborative for youth arts in Avoyelles Parish.	10,000
Ninth Judicial District Court To provide technical assistance in the development of coordinated legal and social services targeting non-custodial fathers to improve parent-child relationships and support.	10,000
Rose of Sharon Development Corporation Board and staff training and development for Alexandria church-based community outreach effort.	10,000
St. James Episcopal Church Afterschool tutoring program in collaboration with Rugg Elementary (Alexandria).	10,000
Seventh Judicial District Court Grants development funding for drug court project in Concordia Parish.	7,500
The Early Childhood & Family Center of Avoyelles Pilot project in Pre-K child health programs in Mansura.	10,000
The Health Enrichment Network Board training and development for Allen Parish-based health education group.	10,000
Trinity Ministry Organizational and program planning efforts addressing needs of adolescent African-American males in Alexandria.	10,000
<b>PARISH NURSING - CONGREGATION GRANTS</b>	
First United Methodist Church - Alexandria	\$2,738
Horseshoe Drive United Methodist Church	8,000
Newman United Methodist Church	10,000
Our Lady of Prompt Succor Catholic Church	8,000
Pilgrim Baptist Church	8,000
St. Rita Catholic Church	3,340
<b>WALKING TRAILS (Matching Dollars \$2/Foundation to \$1/Local)</b>	
Ball Elementary Renovation of unusable existing trail.	\$6,000
Enterprise Recreation District Former school site in northwest Catahoula Parish.	10,000
Mary Goff Elementary School To develop a public walking trail in the Tioga area of Rapides Parish.	9,000
Natchitoches City Recreation Department To support development of a walking trail in the South Park area of the City of Natchitoches.	2,500
Natchitoches Council on Aging To support development of a walking trail adjacent to new Senior Center.	10,000
Slagle Senior Citizens Center (Vernon Parish) To support development of a walking trail adjacent to Senior Center.	10,000
Vernon Parish School Board To support development of a walking trail behind Leesville High School.	10,000
Village of Dry Prong (Grant Parish) To develop a walking trail within the corporate limits on city-owned property.	6,121
Village of Moreauville (Avoyelles Parish) To provide a walking trail for this community in rural Avoyelles Parish.	10,000
Village of Plaucheville (Avoyelles Parish) New track in business district-adjacent to Veterans Memorial.	10,000
Village of Sicily Island (Catahoula Parish) Part of enhanced recreational park facility.	10,000



## Parish Nursing Program

*Judy Bordelon, RN, MSA, standing, the Cenla Nursing Workforce Coalition's Nurse Coordinator for its Faith and Health Nursing Network oversees the Parish Nursing Program.*



# Health Advocates Going to Church

**P**lacing nurses in churches as health advocates for the congregations. It's called parish nursing, and The Rapides Foundation is funding an effort to do just that through the Cenla Nursing Workforce Coalition.

Judy Bordelon, RN, MSA, the Coalition's Nurse Coordinator for its Faith and Health Nursing Network oversees the Parish Nursing Program. According to Bordelon, the parish nursing concept dates back to Biblical times and deals with both the physical and spiritual aspects of a person. "It's looking at the holistic person, that is, looking at the whole person, the body, mind, and soul. This concept of helping people goes back to our roots in the Judeo-Christian religion."

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## Parish Nursing Program

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"Parish nursing addresses the wellness side," Bordelon continues. "We want to keep people healthy, and encourage wellness to prevent them from having to enter the healthcare system. But once they do enter the healthcare system, we want to assist them to get the right help that they need."

You might say a parish nurse is the go-between for the congregation and the healthcare system. They do not duplicate services, but rather enhance those services already in place. Bordelon stresses however, that in all the work parish nurses do, their role is that of advocate only. "Parish nurses don't do any kind of invasive work. They are there strictly to advocate, to teach, to generate volunteerism and to promote health and wellness to the church community."



Above right, Carolyn D. Spears, Ed. D., Health and Physical Education Coordinator, Louisiana College, and Paul Morgan, member, First Baptist Church, Natchitoches, participated in the Parish Nursing Training Program.

Parish nurses are registered nurses. Judy Bordelon is a parish nurse at St. Timothy's Episcopal Church, and like the majority of parish nurses, she works with her own congregation. "Most of the time it's a nurse who belongs to that congregation. So they know the people, they've grown up with them and they're there to help facilitate, and if necessary enter and guide parishioners through the maze of the healthcare system of today."

The American Nursing Association (ANA) in 1997 recognized parish nursing as a specialized practice of nursing that promotes health within the context of the values, beliefs and practices of the faith community. Parish nursing programs are being formed all across the country and now Central Louisiana is starting its program with Bordelon and the Cenla Nursing Workforce Coalition heading it up, and supported by The Rapides Foundation. "My role is to coordinate and develop the activities of the parish nurses. Right now at these beginning stages we're mainly looking at educating and providing programs that the nurses can use back in their own churches."

Part of the education effort is a 14-week computer-based parish nursing certification program designed by the St. Louis University School of Nursing which began in January at Louisiana College. Nurses meet for three hours every Tuesday. If they can't make the class, they have the option to go online and receive the information.

Lisa Lauve, RN, BSN, is Chief Nursing Executive at CHRISTUS St. Frances Cabrini Hospital and has enrolled in the course. "It covers the role of the congregation, the history and philosophy of parish nursing, and then it gets into ethics and theology, the legality of the parish nurse, and the practice limitations. It also helps you become better equipped to deal with loss and grief."

For Lauve, a registered nurse for 14 years and a life-long member of the First United Methodist Church in Alexandria, becoming a parish nurse was an easy choice. "The Church is always asking,

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## Parish Nursing Program

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‘What gifts are you giving to God and to the Church?’ Because I’m a registered nurse I feel like this is definitely the best gift that I can give back.”

Parish nursing gives her an alternative approach to nursing. “There’s more to parish nursing than being a registered nurse. When you’re a parish nurse you’re an integrator; you’re tying faith and health together.”

There are currently only a small number of churches in Central Louisiana that have a parish nursing program. The Rapides Foundation wants to change that by offering grants of up to \$8,000 to help churches and synagogues establish a program. Grant recipients will also have the advantage of continuing support and guidance from the Cenla Nursing Workforce Coalition and its Faith and Health Nursing Network. Lauve

believes it’s a program that can’t miss. “When people see the great things that are happening in the churches to promote healing - the spiritual healing and the physical healing - and the promotion of health, when that word gets out everybody is going to want a parish nursing program in their church.”

You certainly don’t have sell Linda H. Dotson, RN, BSN, on the idea of parish nursing. She is the Nurse Manager at the VA Medical Center and she is also the chairperson of the Health and Welfare Ministry at Newman United Methodist Church in Alexandria. Dotson explains their slogan; “We minister to the body as well as the soul.” Dotson and two other volunteer nurses in her congregation are also taking the 14-week computer course on parish nursing.

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## Health Advocates Going to Church

**“The Church is always asking, ‘What gifts are you giving to God and to the Church?’ Because I’m a registered nurse I feel like this is definitely the best gift that I can give back.”**

*Lisa Lauve, RN, BSN, and Chief Nursing Executive at CHRISTUS St. Frances Cabrini Hospital, is enrolled in the Parish Nursing Certification Program.*

## Parish Nursing Program

**“When people see the great things that are happening in the churches to promote healing ... everybody is going to want a parish nursing program in their church.”**



*Linda H. Dotson, RN, BSN and Nurse Manager at the VA Medical Center.*

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Dotson is proud of the fact that her church already has a health program in place. “What we try to do is keep our parishioners alert for anything that’s new with health - keep them abreast of new health information. On a weekly basis we give them health tips; every third Sunday we do a blood pressure clinic and we make referrals, plus a host of other projects and services like health fairs, a health calendar and a Heart Walk.”

And Dotson says it’s paying off. “The benefits that we have realized in the early stages of our program have been just wonderful and so rewarding for both the nurses and our congregation. They are becoming more aware of what’s going on with their bodies.”

Their Health and Welfare Ministry, recently renamed ETC, (Education, Training and Compliance) has helped uncover serious medical conditions. “We have parishioners who did not know they had hypertension, they did not know they had diabetes,” says Dotson. “So there’s been a lot of discovery. More folks have developed an

interest in their physical well-being. And in a way it also bridges the gap between doctor visits, it’s sort of like a follow-up.”

Meanwhile, Newman United Methodist Church was recently awarded a Rapides Foundation grant which Dotson says will be used “to expand our program and we will be doing more teaching, more clinics like healthy eating and diabetic eating.” Linda Dotson never runs out of enthusiasm, or plans and ideas for the future. “You can tell I like it,” says Dotson, and laughs. “We really like what we do!”

It’s nurses like Linda Dotson and Lisa Lauve that are building the foundation for the area’s Parish Nursing Program. It’s a foundation that Judy Bordelon will work to build on. “I would just love to see it flourish and to have certified nurses in as many churches and synagogues as possible, and to improve the health status of the community.”

And God willing, it will.

## Parish Nursing Program



# Training Days

Part of the education effort is a 14-week computer-based parish nursing certification program designed by the St. Louis University School of Nursing which began in January at Louisiana College. Nurses meet for three hours every Tuesday.



## Community Development Works

# What's happening at CDW?



*Kellie Chavez Greene,  
Community Development Director*

**T**hree years have gone by since Community Development Works (CDW) first began offering training sessions and seminars to community and nonprofit leaders. A part of The Rapides Foundation's Community Development Initiative, CDW is designed "to provide Cenla residents and nonprofit organizations with tools and resources that support citizen-led community development efforts." CDW's success, its organizers believe, can lead to an improvement in the overall health and well-being of Central Louisiana residents. With a three-year block of work under its belt, CDW is evaluating its efforts and making some additions to the program.

**New Director:** A major boost to CDW efforts is the addition of Kellie Chavez Greene as Community Development Director for The Rapides Foundation. She brings with her a lifetime of community service, which includes some interesting twists and turns.

Greene grew up in the Rio Grande Valley of

Texas with a family that was involved in community work. Her beginning contributions to community service came in the form of photography. At an early age she picked up a camera and began taking pictures of "social situations." She received a master's degree in Fine Art with a concentration in Photography from Louisiana State University.

After graduate school, Greene was employed as a case manager for a social service agency serving the HIV/AIDS population in Baton Rouge. Greene continued her photography by photographing her clients and their battle with HIV/AIDS. Photography gradually took a back seat as Greene began to focus on work in the service sector. There was a year of service with Americorps and later employment with Volunteer Baton Rouge as the Director of the Volunteer Center and Nonprofit Resource Center. Eventually she started her own consulting firm with a focus on nonprofit and community development consultation. The Rapides Foundation became one of her clients. "The Rapides Foundation is

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one of handful of foundations that are really committed to building the capacity of communities through the engagement and training of citizens to get involved in changing their own lives through projects, organizations and programs," said Greene.

So impressed was she with the Foundation, that she decided to climb aboard and become part of the effort. "What really attracted me to this position and to this Foundation is the opportunity to build a program that can propel Cenla forward in its community development efforts. Community development work is a relatively new field. We have just barely scratched the surface in understanding how to mobilize this work, how to facilitate citizen-led community development efforts and community building efforts."

**Evaluation:** First up: evaluating past work. According to Greene, "CDW has administered programs for three years. We are currently reflecting on what worked and what didn't, in particular the Leadership for a Healthy Cenla program that recently graduated its third class of leaders. At the same time we don't want to lose any of the momentum we've created through that program, so we will have alumni meetings throughout the year and involve graduates of the program in designing future rollouts of CDW's leadership development programming." Greene also outlined plans for three new programs Community Development Works will be adding.

**Resource Center:** "We're beginning to build what we call the Resource Center which is a new, exciting program for CDW. Located in The Rapides Foundation Building, the Resource Center will house books and periodicals, published papers, databases, all kinds of resources that organizations and community groups can use to build their community development skills."

Computers will provide extra assistance. "We anticipate that there will be a technology component where we'll have computers, and folks can access databases to gather information that they might need to plan a program or to write a grant."

Greene believes the Resource Center has

great potential. "I think this is a very exciting project for CDW and The Rapides Foundation and really can be a model for the region on how you can provide technical assistance and resources to community development groups. There's really nothing like it in this region."

**Developing New Board Leadership:** CDW will launch a new effort aimed at developing young leaders through nonprofit Board membership. CDW will train these young emerging leaders in the roles and responsibilities of nonprofit Board of Directors and then match them to a nonprofit organization. The young leaders will then serve a year long internship on the organization's Board. Traditionally, younger professionals have been overlooked in most nonprofit organization's Board recruitment strategies. This is an opportunity not only to develop the future leadership in Cenla, but to assist the local nonprofit community to diversify their Boards.

**Involving Professionals:** A third new program for CDW is targeted to area professionals. "We're calling that program Brokering Professional Services," said Greene. "I think that this is a unique opportunity to involve citizens in this work. We want to engage professionals in Central Louisiana, who may have skills in public relations and marketing, technology or financial management and be more than willing to lend these skills to a nonprofit group as a coach or as a consultant."

**Moving Ahead:** These new programs will work in tandem with those already in place to create a stronger and more effective CDW and Greene can't wait to forge ahead. "What I would like to accomplish through CDW is to offer a range of services that apply to community groups and organizations no matter where they are in their life cycle. So we're not only focusing on grassroots start-up organizations, we're also focusing on tenured organizations, the VOAs, the Red Crosses that have been here and established for 10 to 15 years and supporting them with continued professional development."

The goal is set and Community Development Works is poised and eager to move ahead to meet it.

## Do you know someone who has problems paying for their prescriptions?



# Cenla Medication Access Program

**Cenla Medication Access Program (CMAP)** is a medication and education program that **MAY** provide help through a unique prescription card system:

- You must be a resident of Allen, Avoyelles, Grant, LaSalle, Rapides or Winn Parish.
- You must meet income guidelines.
- You must not have Medicaid, or have any other private insurance that covers prescription drugs.

**CMAP** provides qualifying patients a **free** prescription card that allows them to **fill three prescriptions\* per month at any pharmacy for an \$8.00 co-pay per prescription.** \*medications must be on approved formulary

PARISH	LOCATION	DATES/TIMES OF OPERATION
<b>Allen</b>	<b>The Health Enrichment Network</b> Wellness Center, 713 E. 7th Ave., Oakdale <b>318-215-0613 or 318-335-2212</b>	Mon. - Fri., 8:00 a.m. - 1:00 p.m.
<b>Avoyelles</b>	<b>Bunkie General Hospital</b> 427 Evergreen Street, Bunkie • <b>318-346-6681</b>	Mon. - Fri., 8:30 a.m. - 4:30 p.m.
<b>Grant</b>	<b>Grant Community Development Center</b> 205 Main Street, Colfax • <b>318-627-3747</b>	Mon. - Fri., 8:00 a.m. - 4:30 p.m.
<b>LaSalle</b>	<b>LaSalle General Hospital</b> 212 9th Street, Jena • <b>318-992-9200</b>	Mon. - Fri., 8:00 a.m. - 4:00 p.m.
<b>Rapides</b>	<b>The Shepherd Center</b> 1400 Jackson Street, Alexandria • <b>318-448-3752</b>	Mon. - Fri., 8:00 a.m. - 12 noon & 1:00 p.m. - 4:00 p.m.
<b>Winn</b>	<b>Winn Parish Council on Aging</b> 211 E. Main Street, Winnfield • <b>318-628-2186</b>	Mon. - Fri., 8:00 a.m. - 3:00 p.m.



is published by The Rapides Foundation

*The Rapides Foundation continues a legacy of community healthcare initiated in 1903.*

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# New Help For Rural Communities

**T**he Louisiana Department of Health and Hospitals' Bureau of Primary Care and Rural Health (Bureau) is prepared to offer health systems development services to health care facilities, organizations and other providers across the state. These services are being offered to communities within health professional shortage areas (HPSAs) for the purpose of expanding or sustaining access to primary and preventive health care services.

## HEALTH SYSTEMS DEVELOPMENT SERVICES

*The following assistance is now available through the **Bureau's Health Systems Development Program**:*

- **Community development services** that include, but are not limited to, small and large group facilitation, data driven and community-based needs assessments and strategic planning and development;
- **Health sector economic impact studies;**
- **Enhanced demographic scans,** mapping services and health service market analyses;
- **Feasibility studies;**
- **Practice management services;** and
- **Grant proposal** development consultation and resource development technical support.

These services are offered at no charge to recipients. To receive services, an applicant must submit a request that is health related, the physical location for the project must be within a HPSA, and the organization must have the ability to describe a primary health care need. Communities may apply by completing an application for technical assistance available at [www.dhh.state.la.us/pcrh](http://www.dhh.state.la.us/pcrh). Requests will be accepted throughout the year via e-mail, fax and mail.

All applications will be reviewed and ranked based on the community's need and readiness for support services. Communities with a high degree of shortage of primary care services, a lack of available resources and poor health indicators will be prioritized for services. All information collected through the applications and subsequent conversations will be kept confidential.

### **For additional information:**

Please contact Jonathan Chapman, Health Systems Development Coordinator, at 225-342-5754 or [jchapman@dhh.la.gov](mailto:jchapman@dhh.la.gov) with any questions or comments regarding this process or the project's services.

