

Attention Volunteers!

We need you! If you have sent a volunteer form already, THANK YOU! If you would like to volunteer your services in some way, please visit www.immanuelhealth.org/volunteer/. We will be contacting our volunteers in coming weeks regarding training, scheduling for when the Center opens, and other details. Here are some of the volunteer needs we have:

Prayer Partners	Care Team Members
Grant Writers	Computer Help (for email and software)
Communications (tell others about IHC)	Administrative Help
Social Workers	Building Maintenance
Medical - Doctors, Nurses, Medical Assistants, Lab personnel	

If there is another way you'd like to be involved, please leave a comment and let us know.

IHC'S Board of Directors

Penny Cermak	Larry Stevig
Bob Mathes	Bishop Larry Taylor
Rev. Ed Searce, DMin	Wendy G. Troxel
Trina M. Scott, MD	Becky Wiese

Interim Executive Director

Michael Straza

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Immanuel Health Center is a 501(c)(3) not-for-profit organization. Charitable contributions are tax deductible.

Immanuel Health Center

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To receive future newsletters via e-mail,
please send an e-mail to
Immanuel.Health.Center@gmail.com

**Opening Day to
be announced
soon!**



IHC Newsletter ~ Vol. 3 ~ Issue 1 ~ February 2013

IHC: Serving Families

"Of a good beginning cometh a good end." (John Heywood, 1546)

The health of a community is based partly upon the individuals living in the neighborhoods—their constitutional factors such as race, gender, age, and genetic makeup; and the lifestyle choices they make, such as diet and exercise and habits such as smoking, drinking, and illicit drugs. It is estimated that these account for only about 25% of the health of a population.¹ The other 75% is determined by other factors, such as family, social and community networks, living and work environments, and general socioeconomic and environmental conditions.

Not surprisingly, a critical factor for children's health is their family environment. Children living in an environment of abuse or household dysfunction are at considerably higher risk for long-term physical and mental health problems and early death. In adulthood, they have higher rates of substance abuse, suicide attempts, depression, heart and lung disease, and cancer.² There is a **behavioral explanation** for this: People learn unhealthy habits from other family members and use these behaviors to help them cope with the difficulties of life. Behaviors such as alcohol and drug use, promiscuity, and gang membership provide comfort, escape, and a sense of belonging. In the short term, these seemingly provide a way to survive; in the long term, they bring death. There is a **biological explanation** as well. From birth to age five, the brain is developing rapidly and learning language, culture, social, and emotional skills. In the context of severe ongoing stressors when no supportive adult is consistently present to provide comfort and protection, this "toxic stress" can interfere with brain development, putting future learning, behavior, and health at high risk.³

It is absolutely clear that to help children, we must **start early** and we must **help their families**. As IHC prepares to open, we are looking at ways to help the children that will come through our doors. With the help of others in our community, we will be providing books, vaccines, dental fluoride, developmental testing, and referrals to agencies that help children and families. We are also very excited to partner with **The Hub**, an outreach of East White Oak Bible Church. They have opened next door to IHC, and are reaching out in friendship to local families. Their after school program is already at capacity, movie nights for families are well attended, and they are offering spiritual and practical support to our neighbors in west Bloomington. The Hub and IHC are grateful to God for the privilege of serving our neighborhood together. We look forward to listening and learning from local families about their strengths and needs, and with God's help and theirs, we hope to build a healthier community, for the sake of each child and adult, and for the glory of our Lord.

References:

¹<http://www.cdc.gov/socialdeterminants/FAQ.html>

²Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, Marks JS. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the adverse childhood experiences (ACE) study. *American Journal of Preventive Medicine* 1998;14:245-258.

³http://developingchild.harvard.edu/topics/science_of_early_childhood/toxic_stress_response/

...let us not love with words or speech, but with actions and in truth. 1 John 3:18

Interim Executive Director Update

The team here at the Center is very excited with the progress that has been made in the past few weeks. Our to-do list is growing shorter—and that means Immanuel Health Center's opening day is close! We are looking to open toward the end of first quarter. A date will be announced soon, after some key needs for personnel, equipment, and funding are in place.

It has been encouraging to see the many ways God has provided for our needs. From funding to volunteer help to equipment donations—all these get us closer to opening day.

I am also encouraged knowing that God is providing for us so that through us He might care for those in our community. The Center will be a tangible way for God's love to be extended and for God's people to serve as His hands and feet. Thanks for being involved and partnering in God's move through Immanuel Health Center.

Exciting times are ahead!

Immanuel Health Center Job Openings: Nurse and Receptionist

It is our aim to partner with Christ in His mission of ministering to others in the hope that they will know and experience Christ's great love for them.

Nurse Job Description: The IHC Nurse ensures the delivery of timely, quality patient care throughout the nursing process in our community-based health center by overseeing the medical team in collaboration with the executive director and medical director.

Receptionist Job Description: The IHC Receptionist is the first line of contact with the public, responsible for creating a welcoming, friendly, calming presence for the health center. This role is crucial to help welcome people and keep the office organized and running smoothly. Spanish speaker preferred, but not required.

For complete job descriptions, including specific responsibilities and qualifications needed, go to www.immanuelhealth.org and click on **Job Description: Nurse** or **Job Description: Receptionist**.

Many Thanks!

Thank You to all who donated to Immanuel Health Center in 2012! You have given us the ability to move forward as we prepare to open. We appreciate the many acts of generosity and kindness that you have shown in the past months.

Thank you especially to:

Normal Rotary Club and anonymous donors for purchasing the vaccine refrigerator and associated equipment.

Mike & Connie Parker for purchasing Eye Charts.

Mennonite Church of Normal for providing a portion of a nurse's wages.



Meet Our Neighbors: The HUB



The HUB is a ministry of East White Oak Bible Church, and their mission is "To bring the Word of God to west Bloomington through service and friendship; to build a better community for the glory of God." In coming months they are hosting Family Movie Nights, a Divorce Care support group, Kindermusik and Parenting classes, a Good Friday service, Money Smart Week, a Ladies Only Job Club, and MORE!

Join us on the third Thursday of each month at 6:30-8 p.m. for a prayer meeting cosponsored by IHC and The HUB! The next prayer meeting will be February 21.



Prayer Requests

- Pray that God would make all of us exceedingly humble as we consider the task before us and the people whom we're called to love and serve. We're all made in His image, and we're all in need of a Savior.
- Pray for believers in this community to rise up in support of the IHC, support in prayer, financial giving, time, and energy.
- Pray that God would draw just the right people to the positions of Nurse and Receptionist!
- Pray that God would give the board, staff, and other volunteers wisdom in planning for the future, opening day, and daily decisions for the details of running the Center.
- Pray for future clients, individuals, and families to hear of IHC when they have a need. Pray that there would be many opportunities for each one to be loved and served in the name of Jesus.

Current Equipment Needs

Adult and infant scales

Extra large blood pressure cuffs

Pulse Oximeters (pediatric and adult)

AED (Automated External Defibrillator)