



# WINTER PARK HEALTH FOUNDATION PRESIDENT'S LETTER

From the Desk of Patricia A. Maddox

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## DR. OZ TO HELP LAUNCH HEALTHY CENTRAL FLORIDA ON FEB. 6

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Dr. Mehmet Oz, cardiothoracic surgeon, author and well known host of the Dr. Oz Show, will be on hand to help publicly launch Healthy Central Florida (HCF) on Monday, Feb. 6, 2012 from 7 a.m. to 9 a.m. at Full Sail Live in Winter Park.



Dr. Mehmet Oz

Winter Park Health Foundation Trustees and Work Group Members already should have received an email invitation to the event and are encouraged to register as soon as possible because seating is limited. The invitation is non-transferable.

HCF is the new community-based initiative created and supported by Florida Hospital (FH) and the Winter Park Health Foundation (WPHF) to help local communities become the healthiest in the United States.

Focused initially on Winter Park, Maitland and Eatonville, HCF has already convened community leadership teams representing

various sectors, including business, faith, education, healthcare and government in the three communities. Each of the community's mayors is also engaged and helping lead the effort. The Winter Park team has been in place for more than a year and already has had multiple successes.

The primary focus for the teams will be policy and environmental change. Research shows that behavior is impacted by environments – workplace cultures, family dynamics, school settings and community-level conditions.

Dr. Oz will be on hand to help energize the rest of the community and inspire them to do to their part to maximize health in Winter Park, Maitland and Eatonville.

Following the event, the initiative will continue to reach out to consumers through the HCF website, and also through billboards, print ads and direct mail, according to Jill Hamilton-Buss, HCF Executive Director. Residents also will be able to find healthful tips, tools and resources on the website—[www.healthycentralflorida.org](http://www.healthycentralflorida.org).

To learn more about HCF and its vision for residents, check out [www.healthycentralflorida.org](http://www.healthycentralflorida.org) – which will undergo a transformation from a business-to-business site to a more consumer-oriented site on Feb. 6th.

## PROPOSED MEDICAID LONG-TERM CARE CHANGES RAISE HOST OF QUESTIONS ABOUT IMPACT

The latest in a series of policy briefs—focused on proposed changes to Florida's Medicaid program – was presented to more than 30 stakeholders and political leaders in Tallahassee on January 18 and then to another 200 through a webinar on January 19. The new brief raises many questions about the potential impact on Floridians who receive long-term care.

Florida's proposed new Long-Term Care Managed Care program, which will cover adults 65 and older and younger adults with disabilities, will affect as many as 84,000 current Florida Medicaid beneficiaries as well as another 27,000 eligible individuals who are on various waiting lists for services.

The latest briefing paper – Proposed Medicaid Long-Term Care Changes Raise Host of Questions About Impact – is from researchers

at Georgetown University's Health Policy Institute. The educational brief is one of a series commissioned by the Jessie Ball duPont Fund and the Winter Park Health Foundation. Two earlier briefs were released in December 2011.

In Tallahassee, participants heard from keynote speaker Laura Summer, Senior Research Scholar, Georgetown University's Health Policy Institute, as well as a panel of industry experts including Beth Kidder, Assistant Deputy Secretary for Medicaid Operations, Agency for Health Care Administration; Jack McRay, Advocacy Manager, AARP Florida; Teresa Barton, CEO, Aging True; and Tony Marshall, Senior Director of Reimbursement, Florida Health Care Association.

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## THE SEVENTH ANNUAL FAST START EVENT IS SET FOR A RECORD START

A record number of elementary school students—1,019—have signed up to participate in the seventh annual Fast Start Track and Field Invitational which will be held from 8 a.m. to 2:45 p.m. on Saturday, Feb. 4, 2012 at Showalter Field.



More elementary students than ever have registered for the 2012 Fast Start event.

The increasingly popular event, the brain child of

Scott Millson, Dommerich Elementary School dad and member of the Winter Park Health Foundation's (WPHF) Children & Youth Work Group, is designed to inspire a love of running in children in hopes fitness will become a life-long habit.

Participating schools include all eight elementary schools in the Winter Park Consortium and WPHF partners in the Coordinated Youth Initiative — Aloma, Audubon Park, Brookshire, Cheney, Dommerich, Hungerford, Lake Sybelia and Lakemont.

The event continues to be

free to students, and this year, high school students are being given tasks so they can begin to take leadership roles in organizing the event each year.

A highlight this year—as in the past—will be the opening ceremony at 9:15 a.m. during which students, grouped by school and carrying school banners, march onto and around the Showalter track in front of parents cheering in the stands.

Fast Start has been supported by WPHF Trustee Discretionary Grants and coordinated through the Foundation's Healthy School Team Leaders.

## THIRD ANNUAL HOLIDAY FOOD DROP FEEDS NEARLY 1,400 FAMILIES

Hungry local residents came in cars, on bikes and even on foot, pushing strollers and grocery carts, to collect food at the third annual Holiday Food Drop held Saturday, Dec. 17, 2011 at several schools in Orange County.

The event, launched by the Second Harvest Food Bank of Central Florida in partnership with the Winter Park Health Foundation (WPHF) and Orange County Public Schools' Food and Nutrition Services department, has grown each year. What began as a two-school event—held at Hungerford and Cheney Elementary schools—has grown to include six schools.

This was the largest Food Drop to date.

An estimated 52,464 pounds of emergency food boxes and fresh produce were distributed.

Volunteers were greeted by long lines at each of the sites which began opening at 8 a.m., and all of the food was gone before noon.

“Nearly 1,400 families worried less about having food to eat during the two week break from school when children lack access to school cafeterias,” noted Santos Maldonado, Childhood Programs Manager for the Food Bank. The target audience for this annual effort includes families and children who depend on the Free & Reduced Meal Program for breakfast and lunch Monday through Friday when school is in session.

This year, the school sites included Cheney, Hungerford, and Ivey Lane Elementary schools, Glenridge Middle School and East River and Evans high schools. WPHF staff

assisted by facilitating the collaboration between OPCS, the individual school sites in our communities, and the Food Bank. The Foundation also helped with promotion of the event among all school partners in the Coordinated Youth Initiative.

Here are some photos from the event:



Residents used all types of transportation to reach the event at Hungerford elementary School.



Hungerford Principal Evangeline Slaughter (left) helps local residents load their shopping cart.



Volunteers even loaded strollers with food at Cheney Elementary School.



Food was plentiful at Glenridge Middle School at the beginning of the event, but vanished quickly.



Lora Gilbert, Director of OPCS Food and Nutrition Services—in middle with red shirt—poses with the many other volunteers from her department and community at Hungerford Elementary School.

## FAITH COMMUNITY FITNESS PROGRAM HELPS MEMBERS GET HEALTHY

Macedonia Missionary Baptist Church recently wrapped up a successful 12-week fitness program—Fit with Faith—with 88% of the participants who weighed-in at program's end achieving a weight loss.



Men and women of all ages participated in the program.

The program consisted of a variety of cardio, toning, and abdominal exercises and was held every Tuesday night with class attendance ranging from 25-70. The Fit with Faith program, and the Faith Community Nurse who coordinated it, are both supported with grant

funding provided by the Winter Park Health Foundation's (WPHF) Community Health and Older Adults Work Groups.

"Fit with Faith has not only motivated me to continue but has also encouraged me with discipline and knowledge, to know I can accomplish my goal of better health," said one participant. "I enjoyed the fellowship as well as the workout. It's a great motivator and great program."

While Fit with Faith has ended for now, the Faith Community Nurse is developing other healthy classes for church members, according to Lisa Portelli, WPHF Program Director, Community Health.

Macedonia Missionary Baptist Church leadership

sought funding for this program based on the results of a Health Risk Appraisal (HRA) conducted from 2008-2010. The appraisal revealed 84% of the congregation was above the recommended weight range, 77% showed need for improving fitness, 74% showed need for making nutritional changes, and 65% had moderate to high coronary risks. The HRA also captured feedback from the congregation in which members expressed a desire to start an exercise program.



Fitness classes included aerobic activity and toning exercises.



For more information on WPHF-supported efforts in the Community Health Focus Area, contact:

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### Our Whole Community

For more information about Our Whole Community, visit its website at [www.ourwholecommunity.org](http://www.ourwholecommunity.org)

## NEW EATONVILLE BOYS & GIRLS CLUB BUS VISITS WINTER PARK HEALTH FOUNDATION

Members of the Winter Park Health Foundation (WPHF) Children & Youth Work Group got a close-up look at the new Eatonville Boys & Girls Club bus at their January 11 meeting.

The 30-passenger bus was purchased with a \$55,379 grant approved by the WPHF through the work group—at its November 2011 meeting.

By providing transportation, it is hoped new members—not able to safely walk to the center—will be able to join. And it is

hoped existing members will be able to spend more time at the club and get a nutritious meal before going home.

The bus already is in service and will be painted with logos from the Boys & Girls Club and the WPHF in the near future.



New Boys & Girls Club bus, soon to be decorated with Boys & Girls Club and WPHF logos, will enable more youths to attend programs.



Toni Jennings, Trustee and C&Y Work Group Member, joins (from left) Dave Stanley, Trustee and C&Y Work Group Chair and Austin Long, Service Director at the Eatonville Boys & Girls Club, on a tour of the new bus.



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## PLYMOUTH APARTMENTS IMPROVEMENTS GIVE RESIDENTS THE CHANCE TO SOCIALIZE

Residents of the Plymouth Apartments are able to socialize more, play pool, and generally live a more active lifestyle thanks to new enhancements made possible by a \$14,250 grant from the Winter Park Health Foundation's Older Adults Work Group.

The Plymouth, located in Winter Park, consists of 196 studio and one-bedroom independent living apartments available for rent to low-income seniors. Currently, approximately 225 older adults live on the premises with a wait list of about 20 others interested in one-bedroom units.



The new pool table brings residents together.

Manny Santos, the site manager, was approached

by a group of residents interested in securing a pool table for their use. That conversation led to other ideas which included an outdoor pergola to provide a place for residents to relax and enjoy nature, outdoor games that residents can engage in for physical activity and a bike rack where residents can safely store their bikes after use.



Plymouth residents take advantage of the shade provided by the new pergola.



Residents now have a place to park bikes.

The improvements were made following an earlier effort supported by the Older Adults Work Group where funds were provided to create an on-site computer lab.



Equipment in the computer lab allows residents to connect with family and friends.

"These investments have made such a difference to our residents. I am always looking for ways to get them out of their apartments to interact with their neighbors and meet new friends, said Mr. Santos. Thanks to the Winter Park Health Foundation, they now have many more opportunities to socialize and we are grateful. It's so nice to see them chatting and playing games with big smiles on their faces," he said.

## OLDER ADULTS WORK GROUP ADDS NEW MEMBERS

Two community representatives, Cathy Kerns and Diane Warren, have been approved to serve on the Winter Park Health Foundation's Older Adults Work Group.

Ms. Kerns is a graduate of the University Of Cincinnati College Conservatory Of Music and has enjoyed an extensive career in tourism, advertising, marketing and public relations. She owns her own business and volunteers with many local organizations. Ms. Kerns

currently serves as a member of the AARP Florida Executive Council, a trustee of Canine Companions for Independence, Southeastern USA and a trustee of the Mid Florida Chapter of the National Multiple Sclerosis Society. She is a founder and lifetime member of the Orange County Convention & Visitors Bureau, and is active with the Orange County League of Women Voters and her church, St.

Michael's Episcopal.

Ms. Warren is the owner and operator of Workout 32789, a fitness facility in Winter Park. She has been a member of the American Council on Fitness since 1986 and has special training in exercise protocols for senior populations. She is a passionate fitness advocate who provides personal training for clients of all ages, including older adults. She is committed to community service and has prepared fitness seminars

for the Woman's Club of Winter Park and a fundraiser to benefit the Winter Park Day Nursery. Ms. Warren is easily recognized by many in Winter Park where she runs four miles each morning and bikes between 15-25 miles per day.

The two began their service on Jan. 1, 2012 as outgoing members Barbara Keene and Angie Majors completed their terms. Thank you to Barbara and Angie and welcome Cathy and Diane!

## FOURTH QUARTER 2011 TRUSTEE DISCRETIONARY FUND DISBURSEMENTS

Trustee Discretionary Funds, provided by the Winter Park Health Foundation, enable members of the Foundation's Board of Trustees to direct up to \$2,500 in grant funding per quarter to the nonprofit organization of his or her choice to support a project that helps the Foundation in its mission to boost the health of the community. During the fourth quarter 2011, the following organizations received funding totaling \$50,000 through this WPHF program:

- Albin Polasek Museum & Sculpture Garden (To purchase equipment necessary to keep older adult volunteers safe and healthy while working in the garden)
- Church of the Good Shepherd (To support Good Shepherd's Food Pantry)
- Coalition for the Homeless of Central Florida (To support the Coalition's The Positive Place for Kids program, in conjunction with the Boys & Girls Club)
- Community Based Care of Central Florida Inc. (To provide incentives to mentors that give their time and talent to the teenagers in the foster care system)
- Family Promise of Greater Orlando (To provide emergency bridge funding to support the general mission of the Family Promise of Greater Orlando)
- Father Flanagan's Boys Home (Boys Town) (To support its In-Home Family Services program)
- Fern Creek Elementary School Foundation, Inc. (To support the Fern Creek Elementary Foundation, which provides children with clothing and/or food)
- First United Methodist Church of Winter Park (To support the Bicycle Blessings program)
- Florida Hospital (To purchase equipment and supplies for Surgery Residency Program at Florida Hospital)
- Florida Senior Programs Inc. (RSVP) (To support RSVP's Senior Santa Program)
- Foundation for Foster Children, Inc. (To support the services of the Foundation for Foster Children. Its mission is to enrich the lives of children placed in foster care due to abuse or neglect.)
- Geneva School (To support their Tasty Friday program event, where children can sample fresh and natural foods in a fun environment)
- Grace Medical Home (To support the services of Grace Medical Home)
- Hispanic Health Initiatives, Inc. (To provide support to educate and connect medically under-served families with health education and services)
- Hope and Help Center of Central Florida (To support Hope and Help's Women's Outreach Program)
- HOPE Helps, Inc. (To support HOPE Helps' Christmas in the City Project)
- League of Women Voters of Florida Educational Fund, Inc. (To educate Central Florida health care consumers in what the Patient Protection and Affordable Care Act can mean for them )
- Orlando Union Rescue Mission (To support their O.U.R. Mission Home program)
- Rollins College (To partially offset the costs of Rollins' Health Professions Advising Program)
- Second Harvest Food Bank of Central Florida (To support the Food Bank's General Food Distribution program)
- Seniors First Inc. (To support Seniors First, designated for the Meals on Wheels clients in the Winter Park, Maitland, and Eatonville areas)
- Shepherd's Hope, Inc. (To provide support for the services of Shepherd's Hope)
- Westminster Services, Inc. (To provide additional lifelong learning opportunities to the Westminster residents)
- Winter Park YMCA (To support the Faith Community Weight Loss Challenge Program)

## FOURTH QUARTER 2011 STAFF DISCRETIONARY FUND DISBURSEMENTS

Winter Park Health Foundation Trustees in November 2010 voted to make a Staff Discretionary Fund part of the 2011 budget. The decision was based on an experiment made possible by Trustee Gerald Sutton, who divided his quarterly funds among staff members during one quarter last year. The experiment was a success, and as a result, staff members can direct \$1,250 in grant funding per quarter to direct to a nonprofit organization of his or her choice to support a project that helps the Foundation in its mission to boost the health of the community. During the fourth quarter 2011, the following organizations received funding totaling \$12,500 through this program:

- Albin Polasek Museum & Sculpture Garden (To purchase equipment necessary to keep older adult volunteers safe and healthy while working in the garden)
- Calvary Housing Inc. (To support the Calvary Towers Community Garden)
- Camaraderie Foundation, Inc. (To provide spiritual, emotional and counseling support for re-deployed or deployed soldiers, sailors, airmen, Marines, reservists and guardsmen, as well as their families)
- Father Flanagan's Boys Home (Boys Town) (To support the programs of Boys Town of Central Florida)
- Foundation for OCPS (To provide healthy snacks to clinics in the Winter Park Consortium of Schools)
- MicheLee Puppets, Inc. (To support health and youth development edutainment programs in schools.)
- Second Harvest Food Bank of Central Florida (To support the Food Bank's General Food Distribution program)
- St. Charles Borromeo Catholic Community (To support the food pantry of the Brother's Keeper Ministry)
- Winter Park YMCA (To support the Faith Community Weight Loss Challenge Program)



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# WINTER PARK HEALTH FOUNDATION

*Our Mission: To make a positive difference in people's lives by creating the healthiest community in the United States.*

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## MEDICAID—CONTINUED FROM FRONT PAGE

Lisa Portelli — WPHF Program Director, Community Health, served as moderator.

In the brief, the authors cite questions arising about:

- The timeline and resources allocated for implementation of the proposed new program;
- The structure of the new program, which has beneficiaries required to enroll in two different programs;
- The services to be provided to help beneficiaries transition to the new program;
- The feasibility of shifting patients from institutional to community-based care settings;
- The impact on program costs;
- The impact on quality of care.

“In order to better understand what the implications of the changes will be for service delivery and program costs, more detail is needed, particularly about who will have access to community-based services, how

transitions and service coordination will be achieved, and how the adequacy and quality of services will be assured,” the authors write.

The Tallahassee forum participants expressed many concerns about the concept including:

- The "long-term-care" population — the elderly and disabled who require routine care, assistance with daily living and frequent medical treatment — are scheduled to be the first of the state's three million Medicaid recipients to move into managed care. AARP representatives expressed concern that this very vulnerable group will pave the way into the new system and the result could be that care is not well coordinated between existing and new medical providers.
- The aggressive timeline that may not assure a smooth transition. The state is to begin enrolling the 84,000 eligible persons in January 2013 and there are many unanswered questions and issues to

work out before that date.

- The state has a long waiting list (27,000) for home and community-based services and there are no state funds to address it. Patients on a waiting list may have to reside in nursing homes if there is a shortage of support services for those at home or in assisted living.
- The program has "significant design flaws" that ignore both the real costs of the conversion and the aging population bomb.
- The pilot programs have not proven that the ultimate goal of cost savings can be reached.

AHCA representatives advised the group to take concerns to the Technical Advisory Work Group which was created by the Florida Legislature last year to address the numerous concerns expressed by advocates, providers and health plan representatives.

Copies of this brief, as well as the earlier briefs, may be found at [www.wphf.org](http://www.wphf.org) and at <http://hpi.georgetown.edu/floridamedicaid/>

## WPHF MEETING CALENDAR\*

### February

- 9** Finance & Investment Committee  
Noon —1:30 pm  
*Conference Call*
- 13** Community Health Work Group  
11:30 am —1:30 pm
- 21** Board of Trustees  
7:30—9:00 am

### March

- 6** Older Adults Work Group  
8:00—10:00 am
- 14** Children & Youth Work Group  
12:15 —1:45 pm
- 21** Trustee Dialogue  
4:00—6:00 pm  
*Interlachen Country Club*

\* All meetings held at WPHF offices unless otherwise noted.