

# The MCIC CHRONICLES

## “Moving Forward, Looking Back”: MCIC Special Events, Actions Are Reviewed

### Heart Disease and Stroke Prevention Program Featured at MCIC February Meeting



The Feb. 8 MCIC meeting, sponsored by the Mississippi State Department of Health, Heart Disease and Stroke Prevention Program, featured Augusta Bilbro, right, presenting facts about the program's progress, followed by discussion of ways to enlist support. Demonstrating one of the heart promotion educational messages is the “Go Red” poster viewed by Donna Speed, center, and Leigh Monroe, MCIC members.

### Leading Causes of death in Mississippi in 2009\*

**Mississippi has the 1st highest death rate from cardiovascular disease in the country.\*\***

- Heart disease is the No. 1 killer in

#### Mississippi

- Stroke is the No. 5 killer in Mississippi
  - 7,530 people in Mississippi died of heart disease in 2009
  - 1,436 people in Mississippi died of stroke in 2009
- All Others 22%  
Septicemia 2% Influenza & Pneumonia 2%  
Nephritis 2% Alzheimer's Disease 3%  
Diabetes Mellitus 3%  
Chronic Low . Respiratory Disease^ 6%  
Unintentional Injury 6%  
Heart Disease 27%  
Stroke 5%

### Notes from the MCIC Chair

By Mary Helen Conner



This issue of “The MCIC CHRONICLES” is a collection of special events, encompassing this past year as well as other years. We are “Moving Forward” and “Looking Back.” This issue is reflective of the dedication and energy that is the Mississippi Chronic Illness Coalition (MCIC).

As chairman, I would like to thank all officers and members for your dedication, support and continued interest in MCIC. We also appreciate and recognize all members, officers and others who worked and participated to make Capitol Day 2012 a huge success.

Gratitude and heartfelt thanks go out to all the 2011-2012 MCIC meeting sponsors and presenters. Every meeting was educational and provided an increased awareness of healthcare related events and networking opportunities with local and statewide organizations.

Last, but definitely not least, I want to thank those who so generously supported MCIC with funding and resource donations. Many donations were given in memory of special persons, family members and friends. These memorials are listed inside this issue on page 5. Future issues will include a special section in recognition of these donations and memorials.

The summer months are traditionally slow, but plans are being made for speeding up when we head into fall. Exciting times are ahead for MCIC, and I encourage all of you to stay tuned for the good collaborative work that we can accomplish together.

Have a most wonderful summer and stay healthy and cool. See ya'll soon.

Mary Helen

*Remembering Last Year***MCIC Meeting Featured Information: Cancer, Kidney Month, Oral Health, Magnolia Health Plan**

*Presenters: standing from left, Mary Anna McDonniel and Carla Bassett; seated from left, Leigh Monroe and Brenda Dyson. Facts about Oral Health Month, National Kidney Month, Colorectal Screening Month and Magnolia Health Plan highlighted presentations at the March 2011 meeting.*

Information on Magnolia Health Plan, Oral Health Month and National Kidney Month was shared at the March 2011 MCIC meeting.



Beth Dickson

Brenda Dyson, community outreach coordinator with End Stage Renal Disease Network 8, informed members about National Kidney Month, sharing statistics and facts pertinent to the state.

Beth Dickson, Mississippi Health Systems director with the American Cancer Society, Mid-South Division, Inc., in emphasizing the observation focusing on colorectal screening, pointed out that the preventive screening saves lives. If everyone aged 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.

**Upcoming Events****Mississippi Lung Summit  
Friday, Aug. 3**

Full-day continuing education conference to share the latest information and research on the treatment and management of adult pulmonary diseases. Topics such as COPD, asthma and lung cancer to be covered. CE hours. Pre-registration required. Location: Hilton Jackson 1001 E. County Line Rd. Contact 1-800-586-4872

**Bodyworks Program Sept. 17**

The Mississippi State Department of Health and partners offer Bodyworks, offered by the Mississippi State Department of Health and partners to help parents and caregivers of children ages 9 to 16 improve family eating and activity habits. Mississippi State Department of Health Alton B. Cobb Auditorium 570 East Woodrow Wilson, Jackson. Register first-come basis, online at [HealthyMS.com/bodyworks](http://HealthyMS.com/bodyworks).

For information on the following quality project activities, visit [www.msqio.org](http://www.msqio.org):

IQH Healthcare-Associated Infections Learning & Action Network (LAN) teleconference (held July 25)

IQH Care Transitions Teleconference Learning & Action Network (LAN) Meeting (held July 26)

National Immunization Awareness Month August 2012

National Cholesterol Education Awareness Month September 2012

World Heart Day Sept. 29, 2012

# Scenes from Capitol Day 2012



Top row, left photo: Rep. Steve Holland, right, and Dr. Adrian Smith talk about healthy choices at Capitol Day.

Top, right photo: Resident Ryan Paulk and Karen Rubelowsky, participated in Capitol Day activities.

Second row: Ann Sansing, Mary Helen Conner, and Aundria Range take care of the MCIC exhibit filled with healthy snacks provided by Missy Goodman for the day.

Right photo: Alice Smith, Amy Radican-Wald, and Signe Jones are shown with Sen. Hillman Frazier.

Third row: Gloria Williams, Cathy Carmichael, and Karen Rubelowsky discuss a special health focus in the state.

Third row, right: Nancy Smith, chair of the Alliance-coordinated day, and Louise Lampton, right, meet with Rep. Sam Mims.

Bottom row: Chiquita Chanay, Millicent Shelby, and Mangle Shanks talk with a clinical screening volunteer.

## Capitol Days Past



Barb Dobrosky, now retired from the Alzheimer's Association Mississippi Chapter, Margrett Davis, MCIC vice-chair, and Rep. Alyce Clarke greeted Eric Clark, executive director of the Board of Community and Junior Colleges and former three-term secretary of state at the 2008 Capitol Day.



Former Rep. John Mayo met with Mary Helen Conner, Aundria Range, and Millicent Shelby at last year's event. During Capitol Day several years ago, Mr. Mayo underwent health screenings which indicated a heart problem that was successfully resolved. He has shared his story about the screening day and long supported the Capitol Day Health awareness efforts.

### July 2012

**The MCIC Chronicles** is a quarterly publication of the Mississippi Chronic Illness Coalition (MCIC).

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MCIC is a 501c3 organization.

### *Looking Back . . .*

Below, Mary Al Alford and Aundria Range at the 2011 Health Awareness observation.

Middle photo, Dr. Tim Alford, Mississippi State Medical Association president for 2011, presides over the press conference in the Capitol Rotunda that is traditionally highlighted by the annual state health report card. Third photo, Sen. Alice Harden confers with MCIC members Millicent Shelby and Missy Goodman.



**Conferring about Coalitions**



*Chiquita Chanay, Mary Helen Conner, Vickie Tucker and Kim Brown, all active in coalitions, met and compared notes at the December coalition meeting. The combined meeting demonstrated the importance of working together to share messages and missions.*



MP3C invited the MCIC membership to participate in a December meeting at the Jackson Medical Mall Conference Center. Speakers at the event included, from the left, Chiquita Chanay; Millicent Shelby, Sai Sumtra, Mary Helen Conner, and Tiffany Johnson.

**Contributions in Support of MCIC**

- Ask Med
- Brenda Dyson in memory of Michael Rubenstein
- Mary Helen Conner in memory of her brother Herbert Bolus
- Carole Kelly in memory of her husband George Morris Kelly
- Missy Goodman for Capitol Day

**MCIC Past Program Review**

*February 2012 meeting sponsor:* The Mississippi State Department of Health Heart Disease and Stroke Prevention Program was featured in an update presented by Augusta Bilbro.

*Remembering the March 2011 meeting's sponsor:* Magnolia Health Plan (Magnolia) is a long-term solution to help Mississippi enhance care for Medicaid recipients while most effectively managing Medicaid funds. A physician-driven, Mississippi-based Medicaid CCO, Magnolia is backed by its parent company, Centene Corporation ([www.centene.com](http://www.centene.com)), with 25 years of experience in Medicaid and other government-funded programs such as SSI and long-term care. Through partnerships with hospitals, physicians and other healthcare providers, solutions are sought for better health outcomes at lower costs.

The May meeting encompassed the *Empowering Conference* which a number of MCIC members attended.

Members convened at the Jackson Medical Mall on Dec. 6 with the MPC3 coalition, a meeting that shared a variety of messages from the various coalitions.

**MSDH's Empowering Meeting**



Dr. Mary Currier, Dr. Helen Barnes and Marsha Thompson are shown after the memorial tribute that remembered the contributions of Dr. Ed Thompson at last year's Empowering Conference. Breakout sessions at the conference featured an outstanding array of speakers covering topics vital to every phase of community health.

## “Empowering Communities for a Healthy Mississippi” Featured Dynamic Speakers, Special Moments



*A special presentation at the 5th Empowering Communities for a Healthy Mississippi Conference last May was the memorial to Dr. Ed Thompson. A review of his work encompassed his contributions to health. Shown are Dr. Victor Sutton, Dr. Mary Currier, and Margaret Morton, RN, who presented the memorial, visiting with Marsha Pollack (Mrs. Ed) Thompson.*

A conference agenda filled with messages and plans to improve the health and lives of citizens of all Mississippi communities highlighted the 2011 Empowering Communities for a Healthy Mississippi Conference last May. MCIC members were encouraged to participate in the event held at the Jackson Hilton.

Informational and motivating messages throughout the three-day conference were presented by a number of speakers including Dr. Maxine Hayes, Washington State health officer, who presented “Public Health: Incredible Past, Breathtaking Future” and Dr. Mehul P. Dixit, Department of Pediatrics, UMMC, whose topic was “Childhood Obesity: Not My Fault.” Motivating members of communities to achieve and keep healthy lifestyles highlighted presentations by speakers at the “Empowering Communities for a Healthy Mississippi Conference.”

Mayor Chip Johnson of Hernando, who served as conference chair, discussed points highlighting the theme of “Public Health in the 21st Century: Optimism in the Midst of Challenges.” The Rev. Michael Minor of Oak Hill Baptist Church in DeSoto County shared details about the success he and his church achieved as members moved to healthy eating habits, and Linda Fondren told of her successful ‘Shape Up Vicksburg’ effort.

### *‘Empowering Communities’ Motivational Speakers*



Mayor Chip Johnson



The Rev. Michael Minor



Linda Fondren