



Winter
2013/2014

empowering ALL people Palatine Opportunity Center

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A Glance at Client Interactions for Health and Wellness Programs in 2013

- 20,516 Vista Health Center
- 1,964 NCH Community Health Nurse
- 1,227 NCH Behavioral Health Navigator
- 532 Promotoras de Salud (Community Health Promoters): class participants and 502 breast feeding support interactions

POC Responds to our Communities' Health and Wellness Needs

The recent passing of the Affordable Care Act has brought attention to the need of health and wellness programs in our northwest suburbs. Since 2008, the Palatine Opportunity Center has met those needs through its Health and Wellness Initiative made possible with strong partnerships. Collaboration allows us to bring preventative, educational and aftercare programs to low-income, area residents. The following programs at the Palatine Opportunity Center make it a leader in responding to needs of our community.



Weekly Zumba is one of the many health programs offered at the POC.

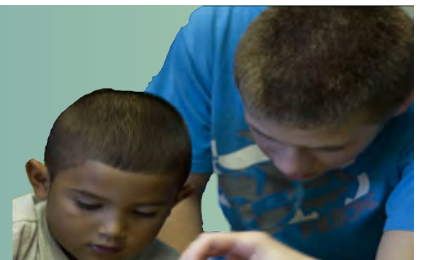
- **PRIMARY HEALTH CLINIC:** The Vista Cook County Clinic provides low cost medical services. A licensed clinical social worker and a psychologist offer mental health services. A health care representative is available to patients seeking financial assistance. A County Care representative is also available to help patients sign up for Cook County insurance.
- **COMMUNITY HEALTH NURSE:** Supported by Northwest Community Healthcare, United Way, and Palatine Rotary, the Community Health Nurse provides assistance with chronic disease management, healthcare referrals, blood pressure and diabetes screening, and health education for the community.
- **BEHAVIORAL HEALTH:** Supported by Northwest Community Healthcare and United Way, the Behavioral Health Navigator works with local agencies in receiving referrals for medication management, case management and social services.

- **FITNESS OPPORTUNITIES:** Under the direction of its Community Wellness Coordinator, the Buehler YMCA provides physical

activity programs for area children and adults. Physical fitness classes for adults include Zumba, cardio, strengthening and kickboxing. Children enjoy a variety of physical activities through the YMCA CATCH Program. Yoga is offered weekly through POC's ROLE program.

- **HEALTH EDUCATION:** The Promotoras de Salud (Community Health Workers) through Northwest Community Healthcare offer educational health classes in nutrition, breast feeding, domestic violence and well child. In addition, they offer post-delivery, breast-feeding support. The Community Health Nurse and the Behavioral Health Navigator offer health and wellness outreach discussions throughout the year on a variety of medical and mental health topics. Informational health seminars and a children's summer food program are also provided through the YMCA. In addition, the YMCA offers a support group, Mujeres Sanas, Familias Sanas (Healthy Women, Healthy Families). The ROLE program offers informative "Lunch and Learn" opportunities aimed at women on a variety of health topics.

**Help us fulfill our mission of
building a community of empowered people,
healthy families and vibrant neighborhood
by donating online at
palatineopportunitycenter.org**



From the Desk of POC Director Kathy Millin

In the middle of this past, busy, holiday season, I heard a song that reminded me of the caring people that have touched the lives of so many in our community:

"I believe there are angels among us. Sent down to us from somewhere up above. They come to you and me in our darkest hours. To show us how to live, to teach us how to give, To guide us with the light of love." ---Alabama

Thank you all for believing in our mission and trusting that children and their families most in need received your precious holiday donations. Our Holiday Giving Tree was thriving because of you. We sincerely hope your 2014 is happy, healthy and prosperous.

In gratitude,

Kathy Millin

Our 2013 POC community-giving angels were:

- American Chartered Bank-poinsettias
- Bank of America-adult coats
- Barrington Orthopedics in Elk Grove-gifts for families
- Cornerstone Breakfast Club-toys
- Cornerstone Breakfast Group-toys
- Cornerstone Senior Services Group-toys
- Cornerstone Strategic Resources Group-toys
- Deer Grove Covenant Church-socks
- Dr. John McGillen-holiday lunch for POC staff & partners
- Fremd High School Student Council- gently used toys
- Immanuel Lutheran School-gifts for families
- Inverness Police Department-toys & coats
- ITW Renovation-adult coats
- Katlin Millin & Friends-gifts for families
- Kiwanis of Palatine-Eurofresh gifts cards
- Mindy from Starbucks of Palatine-coffee for ROLE
- Palatine Bank and Trust- children coats
- Palatine McDonald's-the Kushner Family-scarves & hats
- Palatine Police Social Services Unit
- Palatine Wal-mart shoppers & staff-toys
- Prince of Peace Church-knit mittens & hats
- Salt Creek Park District-scarves
- The Chapel Palatine-items of necessity for families
- The Kiewert Family Christmas Party guests-socks
- Thrive Vineyard Church-gifts for families
- United Way- gifts cards for Edgebrook children
- Zurich-gifts cards for Edgebrook children

Thank you also to those that gave of their time:

Nancy Grybash, Linda Fleming, Courtney Renwick, the Wetterman Family, Pastor Steve Deombeleg, I Compete staff, ROLE members, All Saints Lutheran Church members, Karen Kabarec, United Way staff

Welcoming ALL People: A Continuous Mission



The Palatine Opportunity Center has always made it a priority to embrace all cultures and all people. If you have visited lately, you will notice that our lobby has been given a generous makeover by Eagle Scout Quinn Sammons. Quinn worked on Sundays to create a welcoming space that represents the many cultures that visit the POC. With this in mind, we have been busy bringing cultural outreach programs to the center as well. A frame representing our diverse history is now placed near our world map. This frame is updated monthly with information on different cultures and US history. Our world map is also being updated to pinpoint the many different places that our culturally rich community represents. This December, we welcomed members of our Sikh community, thanks to our board member, Mr. Thakar Basati. POC clients learned about the Sikh tradition, enjoyed delicious Indian food, goodie bags and tried on turbans. In another event, ROLE members, Luz Sanchez and Gloria Posso, brought a traditional Posada activity reflecting Colombian holiday customs. For many, it was their first Posada since leaving Colombia. This February, ROLE members are teaming up to bring culturally healthy cooking to the POC through their program, *A Place at Our Table*. Our community members will be able to meet new people, eat healthy foods, and share recipes and ideas from different customs. Our onsite partner, the YMCA, is also working on bringing Bhangra, traditional Punjabi dancing, as a form of exercise. Our goal is to continue to bring different cultural experiences to the POC. If you have an idea for a program or would like to participate in a program, drop in or visit us on our Facebook page.

Save the Date

- Yoga at POC, every Tuesday at 12:30 pm
- ROLE's *A Place at Our Table*, Tuesdays in February at 11:30 am
- Knitting 101: Thursdays in February at 11:30 am
- Roots Community Garden Season III kickoff meeting: February 21 at 11 am
- Is it a Cold or an Allergy? ROLE Lunch and Learn Seminar March 12 at 11:30 am
- Cinco de Mayo Annual Fundraiser: Thursday, May 1
- ROLE's Annual Spring Tea: May 22

For more information, email us at palatineopportunitycenter@gmail.com

