



# Central Region

Faulkner • Garland • Grant  
Lonoke • Perry • Pulaski • Saline

Hometown Health Improvement Newsletter • September/October 2013

## October is Breast Cancer Awareness Month



See your health care provider if you notice any of these warning signs of breast cancer :

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple or nipple discharge
- New pain in one spot that doesn't go away

For more information visit:

<http://ww5.komen.org>

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## Take a Bite Out of Crime!

Public Health Educators Janice Ray and Dee Dee Wallace presented at the 2013 Crime Summit Parent and Youth Forum held at the Southwest Little Rock and Dunbar Community Centers. The forums were held on Thursday, August 15<sup>th</sup> and hosted by the Center for Healing Hearts and Spirits. Parents and youth who attended the conference were educated on topics relating to neighborhood crime, drug prevention, distracted driving and motor vehicle safety as well as bullying. Youth also had the opportunity to talk to police officers and ask questions.



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### How Do I Sign Up For Affordable Health Insurance?

ADH Hometown Health Improvement has partnered with the Arkansas Insurance Department to staff all local health units with In Person Assisters as the Health Insurance Marketplace opened for enrollment on October 1, 2013. As of October 1, 2013 individuals and families are now able to purchase quality health insurance through a program called the Arkansas Health Connector. Many will qualify for assistance to pay their insurance premiums and some may pay no premium at all. To determine this, along with what benefits will be included, Arkansans can enroll in the Health Insurance Marketplace in several ways:

**By Phone**



**Online**



**By Mail**



**Through an In-Person Assister at a Local Health Unit**



The In-Person Assisters (IPAs) will be located at local health units to help individuals and families in the application and enrollment process. All IPAs will become licensed through a training program to ensure the highest quality of assistance. For more information on the Health Insurance Marketplace visit [www.arhealthconnector.org](http://www.arhealthconnector.org) where you will have access to valid information. You may even sign up for newsletters or follow the AR Health Connector on Facebook and Twitter! Please see page 3 of this newsletter for Frequently Asked Questions.

Lonoke County's annual Healthy Poster Contest begins Sept. 2nd for grades K-5. All entries should be submitted by Sept. 30th. Students can enter by submitting drawings of a Healthy Tobacco Free Community to your homeroom teacher. The first place winners will receive gym bags/backpacks filled with prizes and their artwork will be displayed in a calendar. All participants will receive community recognition! The event is sponsored by the Lonoke County Hometown Health Coalition. For more information contact Milton Garris at 501-843-7561 or 501-676-2268.

## Are you ready to “Get In” ?

Central Region Health Connector Donna Miller spoke to members of the Southwest Little Rock Hometown Health Improvement Coalition at their monthly meeting held on Monday, August 19, 2013. She also spoke to members of the Southeast Hometown Health Improvement Coalition on September 9, 2013. Mrs. Miller provided members with information about the Affordable Care Act and the basics of the Health Insurance Marketplace which includes:

- \* Enrollment
- \* Coverage
- \* Eligibility Requirements
- \* Cost Factors



### Your Chance to Get In is here!

Choosing the right health insurance plan for yourself or your family is a big decision. Read through the information below, so you'll feel confident about finding the right coverage through the Health Insurance Marketplace.

#### Am I required to have health insurance?

Yes. The Affordable Care Act, a new healthcare law, requires that everyone have health insurance starting January 1, 2014. If you don't have health insurance in 2014, you will pay a penalty.

#### Will I be put on a plan if I don't sign up for health insurance?

No, but you must have health insurance in 2014 or you will have to pay a penalty.

#### There are 3 ways to get health insurance:

- Purchase insurance through the Health Insurance Marketplace, where you may qualify to have part or all of your premiums paid for you.
- Purchase health insurance from a private insurance company on your own.
- Get health insurance through your job or through your spouse/partner's job.

#### What is the Health Insurance Marketplace?

The Health Insurance Marketplace is where you can compare health insurance plans to choose the one that best suits their needs. Enrolling through the Marketplace is the only way you can receive financial assistance on your monthly health insurance premiums. The Arkansas Health Connector is your secure connection to the Marketplace.

#### How can I enroll for health insurance through the Health Insurance Marketplace?

You can apply online, in person, by mail, or over the phone.

You'll need your Social Security number (or document number if you're a legal immigrant) and employer and income information (paystubs, W-2 forms, wage and tax statements).

#### When can I enroll for health insurance through the Marketplace?

Beginning October 1, 2013, through March 31, 2014.

#### How much will this cost?

Cost will be determined by several factors, such as your age, household income and size, geography, tobacco use, and how much insurance coverage you buy. Financial assistance is available for those who qualify.

#### Can I get a break on costs?

Yes. Financial assistance is available through a new type of tax credit called the Advanced Premium Tax Credit. The amount of assistance you can get is determined by your household income and size. Some Arkansans will even be eligible to have all of their premiums paid through this financial assistance.

#### Who's covered?

Anyone who: (1) Lives in the U.S. (2) Is lawfully present in the U.S. (3) Is NOT incarcerated due to a conviction.

#### What's covered?

By law, all qualified health insurance plans must cover “10 Essential Health Benefits”.

See a complete list of the benefits at [www.arhealthconnector.org](http://www.arhealthconnector.org).





International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school and a celebration – with record breaking participation – each October. Today, thousands of schools across America participate every October. **2013 Walk to School Day is October 9th.**

Communities and schools are using Walk or Bike to School Day as the first step to change community culture and to create options for getting around that are more inviting for everyone, both young and old. Here are some reasons to support walking and bicycling to school:

**It's Fun!** - Walking and bicycling bring a sense of joy and independence.

**Healthier Habits** - The trip to school is a chance for children (and adults!) to get the physical activity they need.

**Cleaner Environment** - Replacing car trips to school with walking or bicycling can reduce congestion and air-polluting emissions.

**Promoting Safety** - Building sidewalks, providing education programs and adding traffic calming measures are some of the ways to improve safety. Encouraging walking and bicycling to school can help build support for infrastructure improvements in the broader community.

**Community Benefits** - Reducing traffic congestion, boosting a sense of community, and improving neighborhood connections benefit the community.

### Farmers' and Crafters' Market of Wooster

The Wooster Farmer's and Crafter's Market aims to offer a welcoming and friendly atmosphere to all who visit, buy, or sell products. The Market will sell locally grown high quality, healthy farm products and high quality homemade crafts at a reasonable price. The Wooster Farmer's and Crafter's Market is open from 8:00 a.m. until 12:00 noon on Saturdays each week starting August 17th and continuing until November 2, 2013 at the Wooster Park. **Phone 501-581- 7371**  
**email: [WoosterMarket@gmail.com](mailto:WoosterMarket@gmail.com)**



### A Great Partnership Brings A Great Program to Conway

Faulkner County Healthy Weight Coalition is working to partner with the University of Central Arkansas' Dietetic Internship program to bring "Cooking Matters - For Families" to Conway. Cooking Matters is part of Share Our Strength's No Kid Hungry campaign that connects kids in need with nutritious food and teaches families how to cook healthy, affordable meals. With the help of volunteer culinary and nutrition experts, participants learn to shop smarter, make healthier food choices, and cook delicious meals. Cooking Matters Signature Courses teach family members skills that will last a lifetime and more as they share them with relatives and friends. Families practice what they've learned during the six-week course - how to plan, purchase, and prepare healthy, tasty, and affordable foods at home. Cooking Matters empowers families with the skills, knowledge and confidence to prepare healthy and affordable meals.



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**COOKING  
MATTERS®**  
NO KID HUNGRY  
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# Halloween Safety Tips



**S**words, knives and similar costume accessories should be short, soft, and flexible.

**A**void trick or treating alone. Walk in groups or with a trusted adult.

**F**asten reflective tape to costumes and bags to help drivers see you.

**E**xamine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

**H**old a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house

**A**lways test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**ook both ways before crossing the street. Use established crosswalks whenever possible.

**L**ower your risk for serious eye injury by not wearing decorative contact lenses.

**O**nly walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

**W**ear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**at only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E**nter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

**N**ever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

## Back to School Events in Central Region



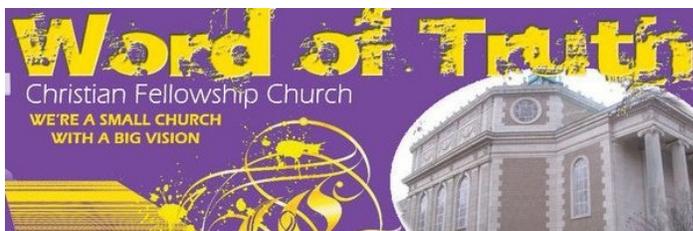
**Back to School Kids' Expo** in Little Rock offered FREE immunizations! The Arkansas Department of Health partnered with Awareness Center International to offer the free immunizations. The Expo also provided performances by Mablevale Elementary School's 2Cold Drumline, the Museum of Discovery, magician Derrick Rose and others – including a special appearance by Ronald McDonald. Kids can enjoy inflatable bounce houses, crafts, games and prizes. Vendors and sponsors provided free food, backpacks and school supplies.

**Back to School BASH** in Alexander invited families to the park to celebrate the beginning of the school year. Education was available by Janice Ray, CHES on Child Passenger Safety, School Zone awareness and Dawn Porter from Arkansas Children's Hospital on Teen and Distracted driving.

**Back to School STOMP** in Benton was hosted by Stomp D.A.T. Stomp D.A.T., an anti-drugs, alcohol and tobacco group sponsored by the Benton Parks and Recreation Department, presented its Back to School Stomp at Tyndall Park on Saturday, August 10th. Families of Benton joined at the park to celebrate the beginning of the school year. The community came out to support the successful start to the new year with a renewed focus of prevention of violence and healthier lifestyle choices.



The annual **Back to School Bash** sponsored by the Word of Truth Christian Fellowship Church, with pastor Carlos E. Wallace, was held Sunday, August 11th in Lonoke. The Bash included free hair cuts, free school supplies and other back-to-school helps.



### Central Region HHI Support Staff

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