



Your Ally in Community Health
Fall 2012

Ithaca Health Alliance Newsletter

In Grateful Memory Bethany Jo Schroeder, 1952–2012

When Bethany Schroeder returned to the Ithaca area from California in 2006, she intended to focus on her writing, local sustainability work, and personal interests. She joined the Ithaca Health Alliance and became a volunteer to help start our newsletter. When she saw that we needed candidates for the 2006 board election, she chose to run, was elected, and was then elected board president that fall. She served extraordinarily in that capacity from 2006–2010, and even left her job as a nurse for the Tompkins County Health Department to give more time as a volunteer. In summer 2010, she became the Alliance’s first executive director, a position she held until March, 2012. After she resigned, she again intended to focus on those personal interests she had set aside in selfless dedication to the IHA, our mission, and especially those we serve; tragically, she became ill later that spring and was finally diagnosed with cancer at the end of August. Bethany died at home, in the care of her family and hospice services, on Monday, October 22, 2012.

For those who knew her, it is hard to imagine that there is anything that Bethany could not do. Her professional credentials include an associates degree and master of science in nursing, a bachelor’s and master of fine arts in English. She was also a florist, an equestrian, handywoman, executive, and so much more. Bethany took great—very well deserved—pride in being a writer, and her

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THE ITHACA HEALTH ALLIANCE

The IHA was founded in 1997. Our mission is to facilitate access to health care for all, with a focus on the needs of the un- and under-insured of New York State.

Our programs include the Ithaca Free Clinic, Health Education and Outreach, and the Ithaca Health Fund. More than 80 percent of our work is completed through volunteer efforts. If you're interested in volunteering, or for more information about the Ithaca Health Alliance, please call the Administrative Coordinator at 607-330-1253 or fill out an application online, available at www.ithacahealth.org.

Inquiries can also be made by mail:
Ithaca Health Alliance
P.O. Box 362, Ithaca, NY 14851

ITHACA FREE CLINIC Hours and Operations

Mondays: 2–6 p.m. (walk-ins to MDs, appointments for holistic and specialty providers)
Tuesdays: 3–7 p.m. (by appointment only)
Thursdays: 4–8 p.m. (walk-ins to MDs, appointments for holistic and specialty providers)
Located at 521 West Seneca Street, Ithaca, NY. (607) 330-1254
The Ithaca Free Clinic is a project of the **Ithaca Health Alliance.**

This quarterly newsletter is a production of the Ithaca Health Alliance.

Creamy Butternut Squash Risotto

By Ashley Ludwinski

Prep: 3 minutes • Cook: 20 minutes • Yield: 4 servings
(serving size: 1 ¼ cups)

1 ¼ cups uncooked medium-grain rice
2 tsp olive oil
2 ½ cups chicken broth
3 cup water
1 butternut squash

¼ tsp salt
¼ tsp black pepper
6 Tbsp grated Parmesan cheese
Thyme (optional)

1. Peel and pit butternut squash. Cut into 1 in cubes and boil in 2 cups of water in large pot. When cubes are tender, mash/mix to create puree.
2. Combine rice and oil in a large non-stick skillet, stirring to coat. Cook over medium-high heat for 3 minutes or until rice is browned.
3. Add broth and 1 cup water to rice mixture; cook over medium-high heat for 15 minutes, stirring continually. Allow to stand for 5 minutes or until all moisture is absorbed.
4. Add squash puree, salt, pepper, and cheese to risotto. Stir well to combine. Garnish with cheese and thyme. ❀

Ashley Ludwinski recently moved to Ithaca with her husband and 15 month-old. She previously taught middle school science and health in San Francisco but is now focused on raising her daughter.

We at the Health Alliance offer congratulations and wish the best of luck to our co-founder Paul Glover who is working with Patch Adams on opening the Patch Adams Free Clinic of Philadelphia. They have just purchased land to begin building on! For more info visit www.patchadamsclinic.org/ ❀

Bethany Jo Schroeder

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love of language and dedication to good, clear, and honest communication was inspirational. Despite her remarkable talents Bethany avoided the spotlight when she could while she ensured that the accomplishments of others were always recognized and appreciated.

Bethany shepherded the Ithaca Health Alliance through its most difficult and transformative years, and ensured that the community that makes up the Alliance and that the Alliance serves is the founda-

tion of all that we do. She was a colleague, leader, mentor and friend to us and will be sorely missed.

A memorial service will be held Sunday, November 11, 2012 at 3pm at the First Unitarian Society of Ithaca 306 North Aurora Street Ithaca, NY, with a reception to follow.

Bethany created the IHA Volunteer of the Quarter award in Fall, 2007, and we think it fitting that we rename it in her honor as we recognize the contributions of those who go above and beyond in service of our mission, as Bethany herself did. ♣

Bethany Jo Schroeder

Education, Awards, and Honors:

College of the Desert, Palm Desert, California, 1973-1976

Associate of Arts in Nursing, 1976

University of California at Riverside (UCR), Riverside, California, 1978-1981

Bachelor of Arts in English, 1981

Deans' National Honor List, 1980

Cited in Who's Who Among American College Students, 1981

Outstanding Woman of the Year in the College of Arts and Sciences, UC Riverside, 1981

Phi Beta Kappa, 1981

English Departmental Honors, UC Riverside, 1981

Cornell University (CU), Ithaca, New York, 1982-1985

Master of Fine Arts in English, June 1985

Sage Fellowship, 1982-1983

Teaching Fellowship, 1983-1984

San Jose State University (SJSU), San Jose, California, 1989-1992

Master of Science in Community Nursing, 1992

Professional Nurse Traineeship, SJSU, 1991

Sigma Theta Tau, SJSU Chapter, 1992

San Francisco State University, San Francisco, California

Sigma Theta Tau, 1997, Information Technology Award

Ithaca, New York, 2009

Tompkins Charitable Trust Award for Excellence

Cornell University, Ithaca, New York, 2009-2010

Civic Leaders Fellowship

Ithaca Neighborhood Housing Services, Ithaca, New York, 2010

Lucy J. Brown Leadership Award

Tompkins County Volunteer Activities:

TCLocal

Founder, secretary, presenter, and writer/contributor: 2005 to 2012

Sustainable Tompkins

Member, 2005 to 2009; Director, 2007 to 2009

To read Bethany's selected poems visit <http://pinax.com/nidus/poems/>. Parts of this collection have appeared in Poetry, Between the Heartbeats, The Grapevine, Mosaic, Prairie Schooner, rainy day, the Santa Clara Review, Touchstone, and Blue Unicorn.

These are but a few highlights, Bethany's accomplishments, publications, and contributions are too numerous to list.



Bethany J. Schroeder Volunteer of the Quarter Penny Goldin

Penny Goldin is a retired teacher with 35 years of classroom experience who wanted to give back to her community. Five years ago this November was the first of what would become hundreds of Thursday evenings at Ithaca Free Clinic for Penny. She recollects that we were in our original (smaller) facility, that our clinic coordinator was off for the night, our nurse had to cancel her shift for an emergency, and that Bethany Schroeder was filling in as clinic coordinator, nurse, and Penny's trainer to the ins and outs of the reception desk. She says, "I arrived at 3:00. I thought I was early, but the line of people waiting to be seen was already down the long flight of narrow stairs and trailing out the front door."

Cut to November, 2012. Penny still volunteers at reception at IFC (she has a real desk now) and keeps Thursday nights running smoothly. She knows the rhythms of the shift, "the potential for a crazy rush at

the start or the slow starts that end in a crazy rush." Penny knows many patients by name, and makes sure everyone is welcomed and that the business end of reception goes smoothly.

"I love being part of the Free Clinic and all it stands for. I love seeing our patients come in anxious and ill, then leave with a smile and a heartfelt thank you. I will always remember my very first evening on-shift with Bethany. As a brand new volunteer, she made me feel so welcomed, so competent, so useful and important to the team. In the years that passed, she continued to make me feel like an asset to the Clinic. I believe Bethany is why I am at the Clinic now. I owe her a lot. I will always admire her intelligence and spirit, honor her compassion and cherish our friendship."

Thank you, Penny Goldin! You're an asset indeed.



Ask the Health Alliance

Have a health or resource question? Interested in a certain health topic? Call the Health Alliance or email your questions to outreach@ithacahealth.org with subject line **Ask the Health Alliance**, and we'll answer your questions in the next newsletter. ❖

Thanks to Borg Warner Morse TEC

for their kind support of the Ithaca Health Alliance a second year in a row! We are deeply grateful for the support from our local businesses.

We thank the members of 3D Impact Giving Circle for their donations and visits to our Free Clinic this year.

Spotlight on Ithaca Free Clinic Service: Women's Health

By Nancy Miller, CNM, PA-C

The Ithaca Free Clinic offers basic women's health services. Both Dr. Jim Fogel, an ob/gyn physician and I, a certified nurse midwife, provide these services one day a month. One of us is at IFC about every two weeks for late afternoon/evening appointments.

We offer basic annual visits including Pap smears, pelvic examinations, breast examinations, and referrals for mammograms for women over 40. Evaluations for contraception, minor vaginal infections, perimenopausal/menopausal and gynecological problems are available. While we can only initiate birth control pills, patches and rings for contraception, we can help women out with questions or problems with other methods (IUDs, Implanon or Nexplanon inserts or Depo-provera injections) or tell you where you can get them for low or no cost.

If you as a woman do not have insurance or ability to pay, come see us for a free annual visit. There are currently funds to pay for Pap smears. If you have a problem that needs further follow-up we can help you find financial help to cover the costs of what is needed.

I volunteer at the IFC because I believe that no woman should be denied access to family planning, preventive breast cancer and cervical cancer screening because she cannot pay for it. Women deserve a provider who can answer their questions about their reproductive health on a one to one private confidential basis. As a Certified Nurse Midwife I am trained to care for a woman's reproductive needs throughout her life cycle. I have been doing women's health care in the US and internationally for decades. Currently, I also work part time as a clinician at Planned Parenthood of the Southern Finger Lakes. ❖

FREE CLINIC UPDATE

by Valarie FitzRandolph, Clinic Coordinator

The Ithaca Free Clinic operates on a shoe string budget with a miniscule staff and a small army of volunteers. The staff may be the backbone of the clinic but the volunteers are the heart and soul. Without all of the dedicated volunteers who give so generously of their time and talent the clinic would literally not be able to operate. Everyone you encounter at the clinic with the exception of the Clinic Coordinator is a volunteer. Every provider, committee member and administrative volunteer is there because they believe in the mission. They believe that as members of this community we have a responsibility and commitment to taking care of each other. The Ithaca Free Clinic is your community clinic and we rely on community members to make it run. So, if you want to participate, if you want to give back to your community or if you just want to be the change you can believe in, join us in making our community stronger and healthier. Volunteer at your community health care center, the Ithaca Free Clinic. You can apply online at ithacahealth.org through Ally online. ❀

HEALTH FUND UPDATE

by Rob Brown, Administrative Coordinator

When we reopen Ithaca Health Fund grants next year, area residents who receive emergency medical and dental care (see the list in our last newsletter) and still have expenses after payment from all other sources will be able to apply to the Fund. Our application will be similar to others used in our area to make it easier. We'll measure income eligibility for grants based on 60% of Tompkins County median income, around \$30,000/year for a single person or \$43,000/year for a family of four.

Please remember to donate to support the Health Fund! ❀

OUTREACH UPDATE

by Andrea Levine, Outreach Coordinator

The Food Justice Walk for Wellness and Street Fair was a great opportunity for us in September. IHA is honored to be apart of this work in the community! Special thanks to the Ithaca College Physical Therapy Club for choosing IHA as the beneficiary for their annual 5K Run/ Walk! More details about this fundraiser, our upcoming Gallery Night with our very own Free Clinic Provider Volunteer Dr. Jim Fogel's paintings, and more under the events section. ❀

RECENT EVENTS

Sea Change Family Chiropractic brought the documentary film "Doctored" to Ithaca's Cinemapolis on Thursday November 1st The screening was followed by a Q&A with Dr. Ammitai Worob. "Doctored" exposes the medical monopolization of our health care system, which has marginalized and tried to eliminate low cost and effective treatments such as acupuncture and chiropractic care. The film weaves historical footage of landmark court cases and Congressional hearings with the stories of a number of people whose lives were transformed by "alternative" health care practitioners after traditional allopathic medical care failed them. ❀

On Friday, November 2, we participated in Ithaca's First Friday Gallery Night! "*Local Landscapes and Still Lives*" features paintings by Jim Fogel, MD, an Ithaca physician and volunteer at the Ithaca Free Clinic providing primary care and women's health services. He has been a lifelong art hobbyist, and his work in various media includes landscapes, still lifes, botanicals, portraits, and sculpture.

Ithaca's First Friday Gallery Night (gallery-nightithaca.com/) is a monthly walkable tour of 18 downtown Ithaca galleries and art houses. Local artists are encouraged to email outreach@ithacahealth.org if you're interested in hanging your work at the Ithaca Health Alliance and Free Clinic. ❀

Ithaca College Physical Therapy Club's

BOMBER BLITZ 5K
RUN/WALK
 to Benefit the Ithaca Health Alliance
 Sunday, November 4, 2012

Registration begins at 10am at the Ithaca College softball field near the Terrace parking lot. Run/Walk begins at 11am.

Registration fee is \$10 and includes food after the race! Prizes to the top male and female finishers! If you cannot participate but would like to donate, please make checks payable to "Ithaca College" with memo line: "5K Run/Walk" and mail to PT Office, 335 Smiddy Hall, 953 Danby Rd., Ithaca, NY 14850. ❖



ALTERNATIVE GIFT FAIR

The 2012 Alternative Gift Fair will be held on Saturday, December 1 from 11:00 AM to 6:00 PM in two adjacent locations on Dewitt Park: the First Presbyterian Church, and the First Baptist Church. Look for the Ithaca Health Alliance table and check out our gift options! The event is sponsored by the Center for Transformative Action (www.centerfortransformativeaction.org), with generous support from: Tompkins Community Action, Alternatives Federal Credit Union, Tompkins County Public Library and Acorn Designs.

"The mission of the Ithaca Alternative Gift Fair is to provide our community with a meaningful alternative to holiday gift giving, one which celebrates personal charity, community health and well being, and the preservation of the planet." The Fair offers holiday shoppers an opportunity to choose gifts of charitable donations, rather than more "stuff," and last year raised \$68,000 in contributions, and over \$300,000 since 2004, all of which went to local non-profit organizations. ❖

JOIN US AND MAKE A DIFFERENCE!

We Are Recruiting Board Members and Healthcare Providers. Are you are passionate about access to health care and have time to commit to addressing the needs of the un-insured and under-insured in Tompkins County?

We are accepting applications for the Board of Directors. We welcome individuals from diverse backgrounds, cultures, and experiences. The Board of Directors is responsible for planning and oversight of the Ithaca Health Alliance's operations.

Are you a healthcare provider and interested in donating your time and services in the clinic or at your private practice?

We have a particularly acute need for dental care, dermatology and orthopedics. Acupuncture and massage are always in high demand at the clinic and we generally have a waiting list for those services. We have been without an in-house chiropractor at the Free Clinic since January 2012.

We work with health care providers in a variety of ways. Some choose to come to the clinic and offer services there by appointment. In those cases the staff and volunteers at the clinic manage the details of the scheduling and reminder calls for patients. Thanks to the Free Clinic FTCA Program we provide malpractice coverage for provider volunteers. Others choose to enter into an agreement to see patients at their private practice by referral from the clinic. This is particularly helpful when a provider requires specialized equipment in their work that is not available at the clinic. In other cases, a provider may opt to issue vouchers similar to a coupon for a particular service.

We work with the provider to set up the parameters of these agreements to reach an arrangement that they are comfortable with. In these ways clinic patients gain access to care that for a variety of reasons we are not able to offer directly at the clinic. To apply, complete our online application at ithacahealth.org/ally. ❖

Dental Care Tips

Simple and powerful ways to take care of your teeth and gums

Whether or not you can afford to go to the dentist or get your teeth cleaned, here are some simple tips to keep your teeth and gums as healthy as possible from the dental hygienists in Dr. Kamp's office.

When to brush?

Brush twice a day, morning and evening. If you've had something sweet or acidic to eat or drink, wait a half hour before brushing. This gives your saliva a chance to buffer the acidity and keep your tooth enamel from getting too soft.

When to floss?

One of the most important things you can do to keep your teeth healthy is to floss EVERY day.

What kind of toothbrush?

A soft, simple toothbrush cleans your teeth without being hard on your gums. Brushing at a 45 degree angle towards the teeth roots is best.

Is an electronic toothbrush better?

An electric toothbrush is not necessary and no better than a manual toothbrush if you brush well. Do not buy inexpensive spin toothbrushes as they are usually poorly designed and sometimes too hard. If you can afford a more expensive electronic toothbrush such as Sonicare or Oral B Braun, be sure to read the instructions from the manufacturer - electric toothbrushes should not be used like a manual toothbrush.

How to floss?

Hug each tooth with the floss, curving it around the tooth and floss up and down three times on each side of the tooth. You want to feel just a little bit of gentle resistance from the gum tissue so you know you have taken the floss down far enough. Flossing with your hands allows you to best adapt the floss, though a floss-holder can also be used.

What kind of floss to use?

Find one that you like, is easy for you to use, and you are willing to use every day. Avoid wide dental tape as it does not usually reach deeply between the gum and tooth.

What should I avoid drinking to keep my teeth healthy?

Many common drinks and sweeteners make your mouth too acidic, damaging your tooth enamel and leading to cavities. Avoid sodas, energy drinks, sport drinks, fruit juice, and using sugar in tea or coffee. Use Xylitol (a sweetener actually good for your teeth) to sweeten your coffee or tea. This can be found in the natural food section of Wegmans or Greenstar.

Can I use mouthwash if I don't have time to brush and floss?

If you are doing an excellent job brushing and flossing, mouthwash isn't necessary. Although mouthwashes can make your mouth feel clean, they are not a substitute for brushing. The alcohol used in many mouthwashes irritates your gum tissue and can lead to oral cancer. Many mouthwashes are acidic, increasing tooth decay. Instead of mouthwash, use warm water or salt water which can be very soothing to the mouth. Use one teaspoon of salt to one cup of warm water.

Dental DOs and DON'Ts

What you can do yourself to avoid toothaches, tooth decay, cavities and gum disease

DO

Brush TWICE a day with a soft toothbrush.

Floss ONCE a day.

Angle your toothbrush to brush where your teeth meet your gums.

Rinse with salt water—if your gums are swollen or inflamed.

Quit smoking—smoking greatly increases your risk of losing teeth from tooth decay or gum disease.

Drink water, milk, and unsweetened soymilk, rice milk, etc.

Eat a healthy diet—this includes fresh fruit, vegetables, whole grains, beans, nuts, seeds, and fish.

Chew sugarfree gum—especially if it contains Xylitol
Sweeten coffee or tea with Xylitol—available at Wegmans natural goods section or at Greenstar.

DON'T

Use a medium or hard toothbrush—it can be damaging to your gums.

Use mouthwash.

Use your teeth as tools to open bottles or bags—you can break a tooth.

Drink fruit juice between meals—this especially goes for children!

Drink sodas, diet sodas, energy drinks, or sports drinks—most are high in sugar which increases your risk of tooth decay. All are acidic (even diet soda) which can damage your tooth enamel and cause cavities.

Chew gum of any kind if you experience jaw pain.

Chew gum with sugar.

Use sugar or honey in coffee or tea.

Thanks to the dental hygienists from the office of Dr. Kamp for these dental tips. ❀

Sweeteners: Proceed with Caution

By Sierra Olson

As you walk through the aisles of your local grocery store, you may notice various products claiming to be all natural and have zero calories. To a dieter or a health conscious individual, such drinks and food items may seem like a dream come true. For years artificial sweeteners like Aspartame, questioned by some for its potential health risks, have dominated the market and have been used in various diet sodas. A more recent sugar substitute widely used in many products is Stevia. In 1991, the Federal Drug Administration (FDA) banned Stevia from the market due to an anonymous safety petition that was believed to have been reported by someone linked to Aspartame and fearing a new competitor. However,

Stevia once again hit the market in 1994 when it was approved by the FDA for sale only as an herbal supplement, until 2008 when it was allowed to be marketed as a sweetener as well.

Technically, a product must be found to pose little to no risk to health before it is approved by the

FDA for public use, but if consumers have concerns and want to learn more, it is difficult to find information. Some studies have had concerning outcomes. When Stevia was first banned from the market, research indicated that Stevioside, one of its components, caused mutation in the DNA of animals (rats) that were fed large amounts of it. However, concerns in humans were dismissed because the amount consumed for risk of mutation was greater than what individuals could consume. In 2006, the World Health Organization reassured customers that Stevia is entirely safe and that it could even benefit people with hypertension and it was recognized as being non-mutagenic at the 69th Annual Joint FAO/WHO Expert Committee on Food Additives (JEFCA) Conference.

However, studies conducted in 2008 contradict the aforementioned declarations of safety, as when chicks were fed a diet of either dried ground whole Stevia or Stevioside their blood levels of T3 thyroid hormone decreased. A low thyroid activity is associated with effects such as weight gain, a phenomenon that is most likely the opposite of what the consumers buying the zero calories sweetener desire.

The counter argument is that it is not known whether or not humans will experience these negative effects, as all the studies conducted monitored effects in animals. Additional factors to be considered include the proprietary processing of Stevia into a marketed product, which alters the natural state of the plant.

So what does this all mean for the average consumer? While the safety of Stevia continues to be debated, people should be cautious about the amount of Stevia they ingest, as with all artificial and natural sweeteners, and explore other natural sweeteners such as agave and honey.

To learn more visit <http://nutritionwonderland.com/2009/02/stevia-controversy/> <http://natural-healthdossier.com/2012/07/is-stevia-bad-for-you/> ❀

Sierra Olson is a Freshman at Ithaca College and will be studying Psychology. She hopes to pursue her interest in the health care field throughout the next four years.



Ithaca Health Alliance

PO Box 362

Ithaca, NY 14851

607-330-1253

Find us online at

www.ithacahealth.org

A large, stylized 'IHA' logo is positioned at the top of the main graphic. The background is a vibrant sunset over a body of water, with the sun low on the horizon, creating a warm orange and yellow glow. The sky is filled with soft, white clouds. The water in the foreground is dark, with some white foam from waves visible on the right side.

Ithaca Health Alliance Newsletter

Bethany Jo Schroeder:
Remembrance and Thanks

**Butternut Risotto • Dental Tips
Sweeteners • Updates**