



McMillenHealth
EDUCATION • CURRICULUM • MEDIA

Working Together

Education Today for a Healthy Tomorrow

2019.2020 Annual Report



A Year in Review

COVID-19 has caused devastation worldwide. Organizations are being forced to think differently about how to operate and provide services to those most in need. McMillen Health is among many Northeast Indiana nonprofits who are continuing to adapt, or pivot, our services because we remain committed to those we serve locally, nationally, and worldwide. We continue to provide preventive health education to students where they are, develop curriculum, videos, and media because we believe in education today, for a healthy tomorrow.

Over the last two to three years, McMillen Health has brainstormed ways to provide programming during school closures, such as winter storms or emergency closing. We never imagined schools would close due to a pandemic, but our prior brainstorming allowed us to adapt quickly when schools closed due to COVID-19. Within one week of closures, more than ten programs were adapted to an E-Learning format, allowing schools and organizations to share our programs with their students in a pre-recorded format. To date, 52 programs have been adapted to an E-Learning format, allowing us to serve 9,306 students from March-June 2020. We also continued our live distance learning programs which allowed our health educators to connect to students in their homes from our green screen rooms. Canada was among the first to try our live distance learning with students at home.



Program adaptations will continue into the Fall and beyond as E-Learning programs will now be offered as a fourth delivery option for those we serve. We continue to provide programs at our Center with social distancing measures in place, via Outreach where our health educators travel up to 150 miles from our Center to deliver education with masks and gloves, via live distance learning from our green screen rooms, and now in an E-Learning format as well.

We cannot thank our donors and funders enough for their continued support during this difficult time. Once we realized the pandemic was going to have a drastic impact on our financial ability to provide programming, we sent out a request for support to all of our donors. We were beyond blessed by the support received and could not have finished this year without you. We thank you on behalf of the 67,232 students we served in 2019.2020.

Although this has been a rollercoaster of a year, we would not have been able to do all of the following projects without your support. We again thank you and look forward to serving Northeast Indiana for many years to come.



Nicole Fairchild
Executive Director

2019-2020 Board of Directors

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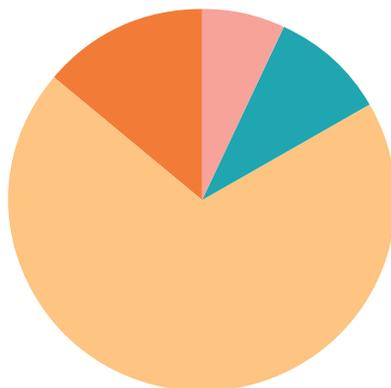
Lindsay Wolf
MSD Southwest Allen County
Schools

Our Influence

(# of individuals reached)

- Distance Education 4,719
- In-House 6,519
- Outreach 46,688
- Video/E-Learning 9,306

Total: 67,232



Social Media Stats

Instagram Followers: 485

Facebook Likes: 1,389



Help us be seen!
Follow us:
[@mcmillenhealth](https://www.instagram.com/mcmillenhealth)

Guide

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"Happy Teeth" Translated to Lakota

McMillen Health received grant funding support from the Foundation for Dental Health Education to translate our most popular children's book, "Happy Teeth" into Lakota, the native language spoken on the Pine Ridge Reservation in South Dakota. We are excited to share this with Lakota speaking children and their families this coming year.

Brush Expansion

Thanks to the generosity of the Delta Dental Foundation of Michigan, Ohio, and Indiana along with the PNC Foundation's support, McMillen Health has been able to expand *Brush* to all 92 Indiana counties!

The Delta Dental Foundation of Michigan, Ohio, and Indiana has been a loyal supporter of the *Brush* oral health program, which has allowed *Brush* to reach the final four (4) southern Indiana counties of Crawford, Harrison, Perry, and Spencer, and ten (10) Ohio counties serving 9,242 children and caregivers over the last year.

The PNC Foundation of Northern Indiana also aided in the expansion by funding resources and trainings for Lake, St. Joseph, and LaPorte counties. PNC of Central Indiana funded *Brush's* expansion to Bartholomew, Brown, Decatur, Jackson, Johnson, and Shelby counties. Through these expansions, 447 Early Head Start, Head Start, and early interventionists were trained, allowing 2,826 children ages birth through 5 to be served.

Brush in Arkansas

McMillen Health's Educational Resource Manager, Jessica Martin, traveled to Arkansas this year to share our *Brush* oral health resources for WIC with 30 Arkansas WIC staff. Resources included the *Brush* home visitor oral health flip chart, mouth models, magnetic MyPlate kit, digital parent handouts, and three original children's books. At least 750 Arkansas children and families will be served through this project expansion.



Second Edition Releases

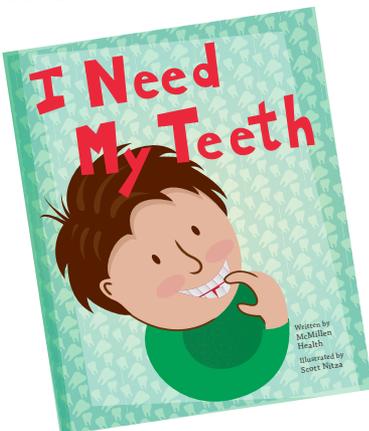
Thanks to the generosity of the Delta Dental Foundation of Michigan, Ohio, and Indiana, we were able to redevelop and design our #1 best seller "Happy Teeth", an early learning oral health board book. The redevelopment included a new design and the addition of children with special needs. We also released the 2nd edition of our *Brush* Early Childhood Oral Health Curriculum for children ages birth to 5. The 2nd edition curriculum now aligns with Head Start Early Learning Outcomes and Frog Street AIM Learning Progressions, which address all areas of children's learning and development. These updates allow *Brush* to continue to meet the educational standards of early childhood education settings.



"I Need My Teeth" Live School Assembly

McMillen Health has provided "I Need My Teeth" for four years, reaching 23,969 students in Kindergarten to 3rd grade. Over the last year, shows were provided throughout Indiana, Michigan, and Ohio. Two shows were shared in tandem with McMillen Health's Varied Abilities Days!

McMillen Health looks forward to serving students over the next year with an interactive virtual option due to COVID-19 restrictions.



Building

Transparent Anatomical Mannequin (TAM) Update

Thanks to the generosity of the Foellinger Foundation, Hefner Foundation, Journal Gazette Foundation, and McMillen Foundation we have been able to update our 38-year-old Transparent Anatomical Mannequin (TAM) to the 21st Century! TAM has been updated from operating on a laser disc to now function through a computer and tablet. These updates have allowed our videographer to develop new videos for our existing health education programs. TAM 2020, or TAM 3.0, served 540 children and adults between January 1, 2020 and June 30, 2020. We look forward to developing new programs and videos with TAM 3.0 over the next several years.

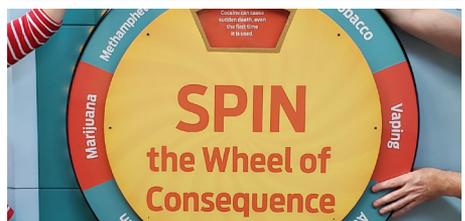


Our "bones" have been around since 1981, offering an interactive program space.

The Foellinger Foundation's Limited Asset Improvement grant also allowed McMillen Health to update our 17-year-old reservation system to a custom-built cloud-based system. The new system allows every department to pull reports, measure program effectiveness, and track grants.

Tobacco and Vaping Display

McMillen Health was able to redesign our 20-year-old tobacco display in the Great Hall thanks to funding support from Physician's Health Plan (PHP) of Northeast Indiana. The redesign included rewrapping the display and updating graphics to now illustrate various health education pieces: Windows to Wellness, vaping education, and prescription medication misuse. We also redesigned the spinning wheel into the "Wheel of Consequence."



NEW Programs

McMillen Health continues to expand program offerings to meet the needs of the communities we serve. Programs are often added, adapted, or removed based on feedback from the Program Committee which meets semi-annually. The Program Committee is composed of McMillen Health board members, school administrators, Head Start staff, and community advocates. If you ever wondered how we decide program topics, the Program Committee may be for you! Contact us today to see how you can become involved.

Odor Eaters 101 (Grades 4-5):

Students learn about the normal physical changes their bodies will make during puberty and how to prepare for these changes. This program covers hygiene related topics including showering, handwashing, dental hygiene, skincare, and nail care. Participation in this program prepares students to care for their changing bodies as they transition into adolescence.

Dunk the Funk (Grades 6-8): According to the Centers for Disease Control, nearly 22 million school days are missed each year due to the common cold. Addressing proper hygiene practices – including effective handwashing – is essential to the health of students and school personnel. Using practical tips, humor and videos, this age-appropriate program covers many hygiene-related topics including handwashing, showering, dental hygiene, skincare, clothing care, nail care, and menstrual hygiene practices. Participation in this program prepares students for the transition into adolescence and explains how self-care and success relate. This program is appropriate for both males and females. A brief introduction to the anatomy and physiology of the menstrual cycle is included.

Fall Prevention (Aging Adults): Do you feel unsteady when standing or walking? Do you worry about falling? In this program, you will discover the risk factors that can contribute to falls by completing a Falls Self-Assessment. You will learn about physical as well as environmental factors that can increase the risk of falling. Once you are aware of the risk factors that contribute to falls, you will master specific strategies that can be used to prevent falls. Did you know that yoga can improve balance and flexibility? You will participate in some basic chair yoga moves that may improve your range of motion and prevent future falls. You will also brainstorm strategies to help yourself if you should fall.

Top Ten Programs

Life Begins
Choices Today, Options Tomorrow
Informed Decisions
Respect & Responsibility
Brush for Kids
Seeing Through the Haze
The News About Booze
Vaping: Mists & Myths
Brush Adult Training
Pharm Crisis

NEW Programs (continued)

Keys to Happiness (Aging Adults): Aging adults struggle with emotions such as depression, anxiety, and sadness daily. Research shows that these emotions can trigger the stress response in the body which can lead to physical symptoms such as high blood pressure, nausea, muscle tension, and headache. Participants will learn the 4 keys to happiness which can counteract these negative interactions.

The ability to stay socially engaged, physically engaged, mentally engaged, and purposefully engaged are all critical components of happiness. The body produces natural happiness chemicals in the form of hormones and neurotransmitters. We will discuss specific strategies that senior adults can do every day to trigger the release of these happiness chemicals to improve their mood and boost their happiness levels.

Choices Today, Options Tomorrow and Promoting Health Among Teens Report

Over the last year, McMillen Health has provided pregnancy prevention education through the implementation of our *Choices Today, Options Tomorrow (CTOT)* eight-module curriculum for youth in grades 9-12 and *Promoting Health Among Teens (PHAT)* to youth in grades 6-8. These expansions of teen pregnancy prevention education have been made possible by the Indiana State Department of Health and the Parkview Community Health Improvement Program throughout Allen and Noble counties.

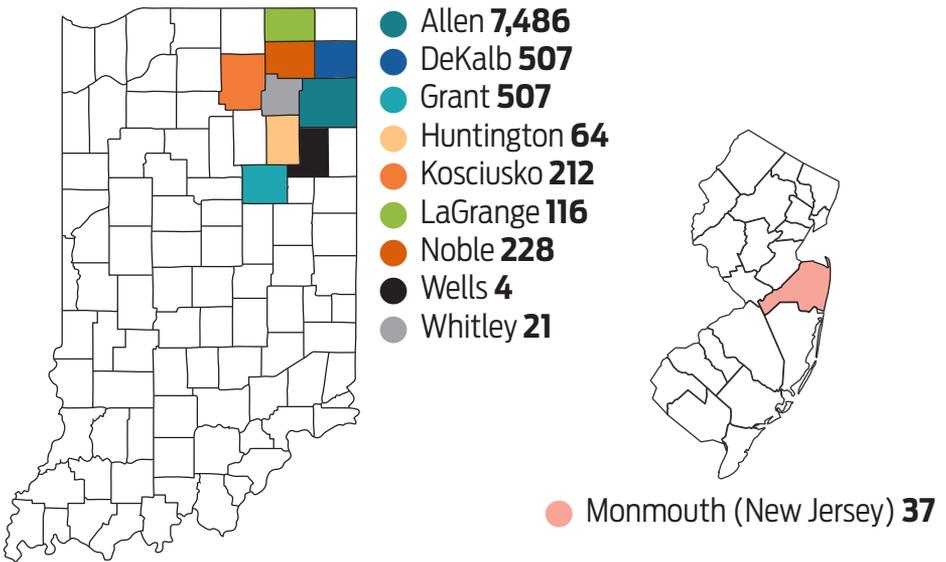
McMillen Health served 1,570 youth through *CTOT* and 716 youth through *PHAT* over the last fiscal year. Each student participating in these curricula receive eight sessions of education related to pregnancy prevention. Modules discuss positive decision making, conception and pregnancy, respecting yourself, refusal skills, sexually transmitted infections, HIV, how drugs and alcohol decrease choices, parenting as a wake-up call, and your role now and in the future.

McMillen Health's professional educators have witnessed an 81% increase in knowledge on abstinence as the best means of preventing teen pregnancy, birth, and STIs, a 61.5% increase in knowledge regarding the consequences of teen pregnancy, and an 84.5% increase in knowledge regarding attaining self-sufficiency before engaging in sexual activity.

Our Reach

Over the last several years, McMillen Health has seen significant growth in the number of programs scheduled and students served. This year was no different. By December 2019, McMillen Health had served 39,841 students and was on track to reaching more than 90,000 students by the end of June 2020. Despite COVID-19 impacting our scheduled sessions in the spring, we were still able to serve 67,232 students of all ages and abilities throughout 22 Indiana counties, across 53 school corporations and community organizations. On average, McMillen Health's nine (9) professional health educators serve 2,129 students per week over the 9-month school year. That's approximately 56 programming sessions per week!

Counties served via Distance Learning and E-Learning during COVID-19 school closures from March 2020-June 30, 2020:



Reaching these students throughout our fiscal year would not have been possible without the support of our funders. McMillen Health provided 2,072 preventive health education sessions to 67,272 students and of those students served, 61%, or 41,431 students, received McMillen programming at no cost through grant funding and the generosity of our donors. We thank you immensely for allowing us to serve students who would otherwise not be able to receive our vital, effective, preventive health education which promotes physical, emotional, and social well-being.

Our programs reach students nationwide and globally!



Special Events

Varied Abilities Days

Through the generosity of the AWS Foundation, McMillen Health was able to serve 679 youth and 173 adults living with disabilities and an additional 281 family and staff members at our Fort Wayne facility. Due to COVID-19, we were unable to provide the last Varied Ability Day for youth in March. As a result, we adapted ten of our programs into an E-Learning format allowing us to serve 138 youth and adults and 19 staff members. We hope to continue Varied Abilities into the next year with virtual programming due to COVID-19 restrictions.



Vitality Awards and Pat Parker Award

McMillen Health's Vitality Awards honor businesses and individuals dedicated to creating a vital, healthy community. Businesses, professionals, and volunteers working in the areas of healthcare, health education, wellness, and prevention were recognized for their efforts to make an impact in our community on October 9, 2019 at the Parkview Mirro Center.

Annually, McMillen Health recognizes one individual in the community as our Janus Award recipient. However, in 2019 we changed the name of the award in recognition of one of McMillen Health's founding members, Mrs. Pat Parker. Pat has remained committed to McMillen

Health over the last 39 years by attending monthly Finance Committee meetings, annual events, and providing advice when needed. The first Pat Parker Award recipient was Captain Kevin Hunter of the Fort Wayne Police Department for his extensive work with the opioid epidemic. Category winners included the YMCA of Greater Fort Wayne for business; Kelly Sickafosse with the Adams County Drug Court for Prevention; Mike Carter of Southern Wells Elementary for Health Education, and Mindy Waldron with the Allen County Department of Health for Wellness. Each of these award recipients strive to make Northeast Indiana a healthier community through their work.

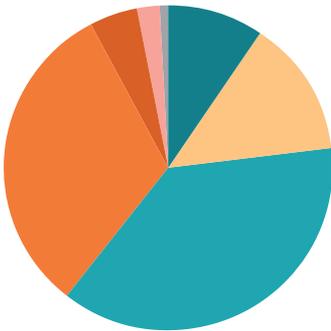


Parker Scholarship

The Parker Scholarship, named after one of our founding members, is used to cover the cost of programs not funded through grants. Many schools would be unable to receive programming without this scholarship. In the last year, the Parker Scholarship enabled 579 students of all ages and abilities to receive preventive health education. If you would like to contribute to the Parker Scholarship, please designate your gift in the comments section of our online giving form or on your return envelope today.

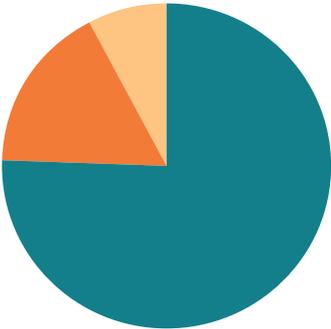


2019-2020 Income & Expenses



Income

- Admissions \$109,296
- *Brush Curriculum* \$159,374
- Grants & Donations \$432,106
- Contracted Work \$366,948
- Investment Income \$54,793
- Special Events \$24,869
- Other \$8,397



Expenses

- Program Services & Health Education \$917,819
- Management & General Expenses \$204,044
- Development Expenses \$92,821

Donors

Platinum \$20,000+

Anonymous
AWS Foundation
Community Foundation of Greater Fort Wayne
Delta Dental Foundation of Michigan, Ohio, and Indiana
English-Bonter-Mitchell Foundation
Indiana State Department of Health
The James Foundation, Inc.
McMillen Foundation, Inc.
Olive B. Cole Foundation
Parkview Noble Hospital Community Health Improvement Program
Physicians Health Plan of Northern Indiana, Inc.

Diamond \$10,000-\$19,999

Edward D. and Ione Auer Foundation
CVS Health Foundation
The DEKKO Foundation
Harold & Rachel McMillen Charitable Trust
Parkview Health Community Health Improvement Program
Parkview Huntington Hospital Community Health Improvement Program

Gold \$5,000-\$9,999

3 Rivers Credit Union Foundation
Allen County Drug and Alcohol Consortium
Boren Foundation
Community Foundation of Noble County
K2I Health Foundation
LaGrange County Community Foundation
M. E. Raker Foundation, Inc.
Magee-O'Connor Foundation, Inc.

Dr. Dane & Mary Louise Miller Foundation
PNC Foundation of Northern Indiana
Prophet Sisters Foundation
Steuben County REMC Operation Round-Up
Edward M. and Mary McCrea Wilson Foundation

Silver \$1,000-\$4,999

Aging and In-Home Services
Aldi Inc.
Ashtabula Foundation
Council for a Drug Free LaGrange County
Deister Machine Company, Inc.
DeKalb County Community Foundation
Dr. Thomas and Marie Felger
Drug Free Adams County
Drug Free Steuben
Durant Foundation, Inc.
Foundation for Dental Health Education
Haines, Isenbarger & Skiba, LLC
Howard P. Arnold Foundation
Huntington County Community Foundation
Isaac Knapp Dental Education Foundation, Inc.
Nicole Fairchild
Kosciusko County Community Foundation
MainStay Solutions
Mary E. Van Drew Charitable Foundation, Inc.
Miami-Cass REMC Operation Roundup
Noble REMC Operation Round Up Trust
Northwestern Mutual-Grant Goeglein
Parkview Heart Institute
Parrott Charitable Foundation
PNC Foundation Indianapolis Region

Steuben County Community Foundation, Inc.
Steuben County Community Foundation, Inc. Women's Fund
United Way of DeKalb County, Inc.

Bronze \$500-\$999

Anthem Blue Cross Blue Shield
Council on Senior Services
Current Mechanical
Dr. Thomas and Sally Gutwein
Dr. Anthony and Jacqueline Henry
Jackson Group
Kosciusko County REMC
Aaron and Marjory Lybarger
Jeff and Nancy Mann
MKM architecture + design, inc
Park Center, Inc.
PayChex of New York LLC
Purdue University Fort Wayne
WBOI

Copper \$100-\$499

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Anonymous
Blue Pony
Lindsay and Josh Boidock
Brian and Jill Bowman
Debra and David Branfield
Dr. Sean and Lori Brennan
Christian Bridgwater
Ryan Busch
Jana and Josh Clark
Ta'nisha and Josh Clements
Richard and Deborah Conklin
Drs. Marcia and John Crawford
Michelle and Jim DeArmond
EpcO Products, Inc.
Daniel Ewing
Findley Financial Corp
First Federal Savings Bank of Huntington
Flat Top Grill
Dr. Kristen Gerhardstein

Timothy and Ann Gibson
Laura and Todd Green
Elizabeth and Ian Harris
Jerome and Becky Henry Jr.
Dan and Joyce Herstad
Captain Kevin Hunter
Kristina Johnson
Shalon Johnson-Taylor
Michelle and David Kearns
Connie and Randall Kerrigan
Casey and Dennis Knuth
Lori and Joshua Kramer
Kroger
Floyd and Betty Lou Lancia
Lassus Brothers Oil Foundation
Jessica and Andrew Martin
Mitchell and Cindy McKinney
Dr. Debora McMahan and Bruce Aulick
David and Susan Meyer
Dr. Kevin and Patricia Murphy
Neitert Insurance
Noble Educational Initiatives, Inc.
Turning Point Educational Center
Dr. Jeff Nowak
Osage Lane Property
Management
Lindsay and Joseph Platt
Laura and Tod Ramsey
Dr. Mark and Lynn Reecer
Ann Reidenbach
Alyssa Roush
Dr. Marcia and Larry Sauter
Dr. Daniel and Rebecca Schmidt
Kathryn and Dan Schreiber
Thomas and Kathleen Skiba
Tiffany Taylor Smith
Twila and Mike Smith
David and Susan Stouder
Richard and Lisa Teets
Anne Tiernon
Dr. J. Phillip and Carolyn Tyndall
Megan Wilkinson
Lindsay and Brandon Wolf
YMCA of Greater Fort Wayne

Under \$100

Glen Abels
Amazon Smile Foundation
Dr. Richard and Matoula Avdul
Signing Closers LLC
Mrs. Bethany R. Clapper
Rachael Dickerhoof
Martha Eagleson
Tyler and Katelyn Engstrom
Tabitha and Robert Ervin
Jared Evans
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GE Foundation
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Kristen Ruble
Dr. David and Elizabeth Steiner
Rachel and Jonathan Steinhofner
Jennifer and Robert Storey
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Elaine and Tony
Wagner
Jacquelyn Walkup
TJ and Kelly
Walstrom
April and Carl Waters
Valentine White-
Xayarath

Maureen Widner
Todd Wiedemann
Melissa and Stephan Wolf
Makenna Worman
Andrew and Patt Wyss

In-Kind

Arena Theatre Inc
Bobick's Golf Headquarters
Botanical Conservatory
Comfort Suites North
Cookie Cottage
Cosmos
Crazy Pinz
Debrand Chocolatier
Fort Wayne Children's Zoo
Fort Wayne Museum of Art
History Center Allen County-Fort
Wayne Historical Society
Mad Apple CrossFit
PBS 39
Pint and Slice
Pizza Hut of Fort Wayne, Inc.
Salvatori's Authentic Italian Eatery
Summit City Brewerks
Walmart Apple Glen
WBOI
Whispering Creek
YMCA of Greater Fort Wayne



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The mission of McMillen Health is to provide vital, effective preventive health education that promotes physical, emotional, and social well-being.
www.mcmillenhealth.org