

DCH Receives HealthPlus Rainmaker Grant

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Deckerville Community Hospital was awarded a Rainmaker Program grant from HealthPlus of Michigan to help fund its **We Can! Program**. The initiative is designed to use the **We Can! Program** developed by the U.S. Department of Health and Human Resources in a two-part approach aimed at children 10-12 years old and their families. In partnership with Deckerville Community Schools, DCH will use a certified diabetes educator, a registered dietician and a diabetic educator to teach kids and their families about portion control and healthy snacking.

"Healthy snacking, and use of portion control, are important ways to maintain health," states Laurie Roggenbuck, RN, CDE, Diabetes Educator for the hospital. "We will be presenting a "healthy snack" learning activity to the Deckerville Community School's fifth and sixth grade classes, and follow it up with a parent's program: **We Can! Energize Our Families**. **We Can!** Is a fun, hands-on workshop for parents to learn skills that can help their families make healthful food choices, become more physically active, and reduce recreational screen time."

Dr. Bassam Afaneh, MD, of Deckerville Healthcare Services, adds, the **We Can!** family workshops are important, because, "as a Pediatrician, childhood obesity is one of the bigger challenges that I must face. My line of defense against childhood obesity is to promote a healthier diet and increase exercise within

the entire household. By treating and preventing childhood obesity, my hope is that it will in-turn help protect the health of that child both now and in the future."

HealthPlus established the Rainmaker Awards Program in 1994 as a means to support community health initiatives in areas served by HealthPlus. The name is derived from Native American folklore, where "Rainmakers" are tribal leaders who make good things happen. Cumulatively, thousands of individuals have benefited from the 143 Rainmaker grants (totaling \$764,202) that have been awarded since the program's inception. The Rainmaker Program has been recognized as a model community support program at state and national levels.

"We are pleased to provide Rainmaker Program funding to the **We Can! Program**," said HealthPlus Community Relations Administrator Louis Hawkins. "The Rainmaker Award selection committee agreed that the project can lead to a healthier community and we look forward to seeing the positive outcomes."