



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

September 2013

A Letter from Mayor Dave Wood



This past summer, the City had the good fortune to work with some talented young people from our community. The City of Mishawaka partnered in a unique program known as Northern Indiana's Jobs for America's Graduates (JAG) program which was paid for and administered by WorkOne. The JAG program is a three-year program. Participants begin as high school Juniors, then continue through their Senior year and one year beyond high school. These kids go to class daily where they are taught many valuable skills such as resume building, public speaking, how to apply for college and work on life goals and lessons. They are then placed with public and private sector employers where they can strengthen and build their technical and soft skills by gaining practical experience in the field. This program has become "a real catalyst for stirring up and connecting people and organizations," said Ron King, WorkOne JAG specialist.

Eight energetic, hardworking young people in this program worked throughout the City this summer in many departments including Central Services, Water, Human Resources, Community Development, Mayor's Office, and Parks. We provided them with some hands-on experience and a taste for city government. What they provided to us was extraordinary. In these times when employment is still a challenge and the cost of education is overwhelming, these youths brought an excitement for life, and a vigorous work ethic. They even taught us old dogs some new tricks! These youth are excited about their upcoming demands in college. They already have a tremendous sense of community and I couldn't be more optimistic about the future of our community with such capable kids who have so much to offer.

I found these interns to be thoughtful, diligent and effective workers. One intern found a way to save substantial funds on a project. Another performed vital research locating essential historical documents. One very ambitious intern is working on organizing and coordinating youth councils for open forums and discussions that pertain to his peers. City

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Lung Screening for High-Risk Patients

Health Information from Saint Joseph Regional Medical Center

Lung cancer is the leading cause of cancer deaths for both men and women in the United States. Often, patients are diagnosed with cancer in its later stages, when survival rates are poor.

A 2011 National Lung Screening Trial, sponsored by the National Cancer Institute, found that a low-dose CT scan was more effective than an X-Ray in the early diagnosis of lung cancer, and that a routine screening is recommended for high-risk patients.

Saint Joseph Regional Medical Center (SJRMC) offers high-risk patients access to this critical detection tool and follow-up treatment. The Lung Screening Program at SJRMC consists of having a low-dose CT scan performed, followed by a visit to Saint Joseph Cardiothoracic Surgery for evaluation, results and recommendations.

The out-of-pocket expense for the low-dose CT Scan is \$99. The program is for high-risk patients who meet this specific criteria:

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UPCOMING EVENTS!

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|---------|--|
| Sept 21 | Youth Punt, Pass & Kick competition (Mishawaka HS) |
| Oct 12 | Oktoberfest (Beutter Park/Kamm Island) |
| Oct 29 | "Ghouls and Goodies" (Battell Center) |

School Safety Tips

Young pedestrians face a wide variety of decision-making situations and dangers while walking or biking to and from school. Here are a few basic safety tips to follow:

- ◆ Mind all traffic signals and/or the crossing guard -- never cross the street against a light, even if you don't see any traffic coming.
- ◆ Walk your bike through intersections.
- ◆ Walk with a buddy.
- ◆ Wear reflective material...it makes you more visible to street traffic.
- ◆ Drivers - be ready to slow down for School Zones
- ◆ Drivers - be ready to stop for school buses

**Remember...
safety is everyone's
responsibility!**

A Letter from Mayor Dave Wood (continued)

Controller Rebecca Miller said, "The interns arrived at a time when we were short-staffed and they really picked up the slack!" The Human Resources Director Bonnie Bonham said, "I wanted to make it an educational learning experience. I wanted them to know how different the public sector was from the private sector."

This program has not only been a positive experience for the City of Mishawaka, but the interns themselves are leaving their summer internship with a sense of accomplishment, some new skills and a bit more knowledge that will help them in their future. When asked about their experiences, HR intern Cameron Dunlap said, "This internship has been a very good and exciting experience. I learned a lot of new things, but overall the people I met here were incredible and unforgettable. I will miss the City of Mishawaka and all of my good memories here." The Water Department's intern, Latisha Dudley commented, "The people that work here made me feel very welcome. They've been very accommodating with my work schedule, and have mentioned that I have really helped them out in the office and have set high standards for their next intern. (I am the first intern they have had in their department). I'd love to come back for my internship here again next year!"



(l-r) - Bonnie Bonham, Director of Human Resources; Latisha Dudley; Royshauna Stevenson; Mercedes Easton; Cameron Dunlap; Mishawaka Mayor David Wood; Caderia Strickland; Parish Pittman; Vaughn Anderson; Austin Mainwaring; Susan Wallace, Assistant, Director of Human Resources.

I would like to thank Latisha Dudley, Adams High School, Cameron Dunlap, Clay High School, Mercedes Easton, Clay High School, Austin Mainwaring, Out-of-School Program, Parish Pittman, Riley High School, Royshauna Stevenson, Adams High School, Caderia Strickland, Clay High School, and Vaughn Anderson Taylor, Riley High School. The value that was gained by the City of Mishawaka was priceless!!

Mayor Dave Wood



Lung Screening for High-Risk Patients (continued)

- Between 55-74 with a history of smoking 1 pack a day for 30 years or 2 packs a day for 15 years
- Between 50-74 and have smoked 1 pack a day for 20 years and have one additional lung cancer screening risk factor (exposure to radon, exposure to asbestos, significant second-hand smoke, exposure to cancer-causing agents, lung scarring from certain types of pneumonia or COPD, or first-degree relative who has had lung cancer)

If you do not meet the criteria, but you have a history of smoking and experience other symptoms, such as a persistent cough, discuss your risk with your primary care physician.

If lung nodules that require further evaluation are discovered during the screening, the patient will be placed on the schedule for the Lung Clinic, a collaborative effort between SJRMC and Michiana Hematology Oncology (MHO). During the Lung Clinic, patients are seen by a SJRMC cardiothoracic surgeon, a MHO medical oncologist and a MHO radiation oncologist — all during a single clinic visit. Testing, appointments, treatment and follow-up care are coordinated to minimize the patient's time lost from work and family, and to avoid unnecessary testing and visits.

According to physicians, early detection and diagnosis is critical when it comes to lung cancer. But the screening should no way distract from continued efforts to decrease and prevent tobacco use, which is a major factor for lung cancer and many other diseases.