



## **SPANISH PEAKS LIBRARY HEALTH & WELLNESS INITIATIVE FINAL REPORT**

### **Executive Summary**

The Spanish Peaks Library in conjunction with the Las Animas-Huerfano Counties District Health Department (LAHCDHD) intended to implement a health & wellness initiative program for the citizens of Huerfano County. This program included a health station at the library which would facilitate access for the public to healthcare related issues in order to become better educated about their own health and well being. The use of a variety of media was implemented, including healthcare books, magazines, educational videos, posters and anatomical models. These materials continue to be available for use, and a new health topic is displayed monthly. Through these materials being available for public use, we hoped that the community of Huerfano County might be empowered to take charge of their health and to be more attentive at healthcare visits and ask questions of healthcare providers. Most importantly, it would enable the population to have a better understanding of their individual disease processes and treatment, so they could live a longer, healthier life and contribute to this community.

Although the original intent of the project was for the public health nurse to make short public presentations periodically on specific topics, this did not happen due to short staffing at the Health Department. The proposal suggested that a count would be kept of patrons using the health station; this sign-in was not implemented. A survey was available for health station users, but seldom completed. During December of 2010 and January of 2011, a recent CNA graduate was hired to “man” the Health Station several hours each day, change materials, show video presentations, and ask visitors to complete the surveys. She was able to have 72 surveys completed and spent 97 hours in 6 weeks changing displays, playing videos and interacting with the public. In general reactions were very positive.

### **Geographic Regions**

The population served encompassed Huerfano County. The most recent 2010 Census figures has shown a decrease in population to 6711 citizens, a 16% decrease in population since the 2000 Census. This population is predominantly of a lower socioeconomic class with a 32% of children living in poverty according to a recent study by the Wisconsin Population Health Institute and the Robert Wood Johnson Foundation. The majority race is Caucasian with the second largest ethnic group being Hispanic. There is some small representation of African Americans, Asian, and Indian culture. Huerfano County includes the small towns Walsenburg, La Veta, Cuchara, Gardner, and Red Wing.

## **Collaborations/Partnerships**

Input from the RN at LAHCDHD was instrumental in preparing the grant proposal, planning monthly topics and selecting appropriate materials for the display but the major partner in this project. Once the Health Station was set up, she came on a couple of occasions to check the displays, but her primary office was in another County and her days in the area were limited by lack of local staffing. A short term staff person assigned to work at the Library through a special Workforce program took the Health Station on as a project (she had a Nutrition degree) and contacted a number of local healthcare and health education agencies to tell them about the Health Station and programs she planned to host. We were excited that the promotion of the Health Station was finally underway and other agencies were interested in collaborating with us. After about three weeks, this person simply did not return to the job. Her contact with the new Outreach Clinic coordinator did produce a couple of bulletin board displays that were changed at least twice, but Library programs were not advertised because there was no one on staff to actually carry them out.

## **Trainings/Training Sites**

The Library did not host formal trainings. The Health Station which included a large screen TV with DVD player and access to the Internet was used to play health videos and to find specific health information requested by patrons. The wall on either side of the TV screen was used to display large *posters* displaying particular topics, changed each month (see list attached) along with corresponding anatomical models illustrating particular body parts such as a heart, brain, uterus, etc. On the opposite side of the central “Curiosity Room” was a pamphlet display area including a number of health publications from both national and regional health organizations as well as local health agency flyers. A large 4 foot high “body” with removable parts was placed next to the pamphlets causing people of all ages to stop and look. Sometimes they would try to replace/rearrange body parts; occasionally someone with a health background who actually knew where everything belonged would put the body back together; school classes who visited were always taken to this area and shown the body and other materials.

## **Exhibits/Presentations**

Exhibits of materials (as described above) were available to library visitors during all the hours the Library was open to the public (currently 48 hours/week). When staff had time, or during the last few months when a person was hired to “staff” the Health Station, videos of interest were shown. Generally these presentations were found using MedLinePlus and other links on NLM sites. The local Outreach Clinic staff person held wellness checks on at least two occasions for Library staff as well as the public.

As a small rural public library, with very few professional staff, the materials were used in house and not part of conference presentations. The Library has a meeting room that is used by a large number of local and regional groups of all kinds so additional visitors to the building frequently stop to view the Health Station. The Library does staff a table every year at the local Health Fair where handouts from NLM are given out and library material on a variety of topics is available for the public to peruse and learn about resources at their Library.

## **Resource Materials**

The Health Station has prompted the Library to purchase new materials for circulation, a number of videos, a couple of free medical newsletter subscriptions and a number of pamphlets, bookmarks, etc. for the public to take home. These items are highlighted at the Health Station as the topics change monthly.

## **Web Sites**

Our Library recently acquired a new web site using Plinkit, a template based website authoring software developed specifically for Public Libraries. One of the online topic links now available there is Health and Medicine which includes health and safety topics from the CDC; Consumer Links, the best sites for non-medical people, selected by the librarians at the Denison Memorial Library of the University of Colorado Health Sciences Center; MedlinePlus, health information from the National Library of Medicine; NIH – Health Information, health topics from the National Institutes of Health; and Nutrition.gov, Nutrition information and topics.

## **Document Delivery and Reference Services**

As a small public library we do not do Document Delivery; we are a part of a system in Colorado that supports a strong Inter Library Loan service so almost any material requested by a patron can be borrowed from elsewhere in the State. Through our contacts with the medical librarian at Denison, we also became aware this year of a service called Loansome Doc which we have used on occasion to borrow material for local medical practitioners who do not have access to other professional resources, even through their affiliations with the University Medical School. The Library provides very limited professional reference services, but the Health Station reminds staff that there are valuable resources in the Library and a number of reliable medical resources available online to answer patron questions.

## **Approaches and Interventions Used**

About half way through the project the Library served as a placement site for two people through a Workforce program; one of these was a woman with a degree in Nutrition. She adopted the Health Station as her project, made a number of contacts in the community with the High School Science Teacher, the Hospital Outreach Clinic, and others to coordinate their services with the Health Station. We were quite excited to begin planning more activities and have someone interested in promoting the Health Station. Three weeks later she just stopped coming to work. Although more organizations in the community were informed about the Health Station, no new partnerships were solidified. This is a community where everyone is stretched to the limit and focused on their own programs and priorities. One of the Library regular staff members tried to find time to turn on the TV and play videos from reliable health sites. She has continued to change the large poster displays and the materials from the collection pertinent to the particular topic of the month.

The Library has recently received 20 new laptops and other computer resources as part of a major grant awarded to the Colorado State Library to implement 76 Public Computing Centers across the State. Part of the award includes staff as well as public training for the next two years.

It is my hope that our staff will be trained well enough to conduct trainings including sessions showing the public where to find reliable health information.

## **Evaluation**

Having the Health Station in the Library is a great resource for the patrons and the staff as well. Small should not mean Less and that can be true of resources, especially when the “hardware” acquisitions are supported by grant funding. Unfortunately, this experience has shown us that the lack of staffing can prevent optimal use of these resources. The large wall posters draw attention from passersby and the anatomical models pique the curiosity of everyone. The large model would be more useful if there were easier to understand directions – or an expert interested in teaching staff and the public how to manipulate the parts. Volunteers could be utilized to provide programming, but in a small economically depressed area like ours where staff and volunteers are stretched thin and a high percentage of the population is aging and the percentage of the population with mental health needs is great, human resources are limited.

A short one page 10 question survey was prepared at the beginning of the project and was available at the Health Station along with a sign-in sheet. Without a staff person neither of these was actually use. Occasionally someone would scribble on the questionnaire and only one or two people ever signed the clipboard. We were ready to give up but with strong encouragement from NN/LM staff we agreed to try to find someone to staff the Health Station and work on completing the questionnaires. Seventy-two surveys were completed in a period of six weeks from December 20, 2010 through January 27, 2011. During this time a young woman who had just completed her CNA program was hired to work at the Health Station, change displays, play videos, search web sites for useful information and hand out surveys.

A summary of the survey results follows: (survey instrument in the appendix)

- Patrons were asked how they felt about the topic; 66% were satisfied or delighted; 30% had mixed feelings and 3 persons did not answer.
- 83% of respondents answered that they were able to relate to the topic; 15% said they were not.
- There were 132 responses to the question what did you do at the Health Station; about half responded that they watched a video, looked at the models and/or read material available; 16 replied that they checked out reading material and 18 said they asked questions of the staff person.
- Less than 10% of persons completing the survey responded that the topic did not really meet their needs although 14% did not answer this question, with 68% responding positively.
- When asked to what extent the topic helped them feel more confident about their healthcare or that of their families, 61% answered 4 or 5 (5 being Very Much, 1 being Not at all); 26% answered a 3; 2 respondents did not answer the question at all and almost 10% responded 2, or 1.
- About 60% of respondents said they were likely to come back to view other topics. Of the 20% who answered 3 on a scale of 5, it compares to the 68% of respondents who said they visit this Library 5+ times per year. 15% of respondents said this was their first visit to the Library – it is reasonable to think that a number of these first visits might be persons from out of the area. Considering these percentages, it is interesting that 83% answered that they would recommend the Health Station to friends and family.

- The open ended questions are always interesting; we asked what would encourage respondent to return to the Health Station. Less than half of the survey respondents answered this question but of those that did their answers included \*particular health topics, e.g. allergies, sex prevention, Celiac, health food, \*more information, more models, more staff, \*knowing that it will continue to be available and \*workshops where one could spend more time.

No actual statistical analysis was completed. Obviously such a small response rate may not be significant. The average daily door count at the Library is 22.5 patrons per hour. The surveys were completed by less than 1 person per hour. However, the overall positive response provides encouragement to continue trying to provide services at the Health Station.

### **Problems or Barriers Encountered**

As has been described elsewhere, the major problem we encountered was lack of staffing resources. We did very little advertising because we could not guarantee that a staff person would be available to carry out a program. Recently our Library along with 75 others in Colorado has been the recipient of a large BTOP (Broadband Technology Opportunities Program) award that has provided funding to set up Public Computing Centers for the purpose of bridging the digital divide in rural areas in Colorado. This grant includes training for staff as well as the public so our plan is to include classes for the public on using the health databases once we all become skilled trainers.

### **Continuation Plans**

The Health Station is a permanent part of our new Library and we are able to change out the health topics on a regular basis, usually monthly. As mentioned above we intend to provide classes for the public in the next year. The materials and hardware purchases that were made with the grant funds will be available to the public for several years to come – hardware and information that is up to date and accessible to people of all ages and abilities. It is a great resource for this community. I think it is fair to say that it is also a great resource for library staff who are untrained and now have the materials to help them learn in order to help their patrons.

### **Impact**

The Health Station at the Spanish Peaks Library can only have a positive impact on the residents of Huerfano County. According to an article in *The Pueblo Chieftain*, March 30, 2011, a new study by the Wisconsin Population Health Institute and the Robert Wood Johnson Foundation ranks Huerfano County last in healthy counties in Colorado. “Residents of Huerfano County, the report claims, are more than three times as likely to die a premature death than people in Douglas County, which was listed as the healthiest. They’re also three times as likely to contract a sexually transmitted disease and teen girls four times as likely to become pregnant.”

### **Recommendations for Improvement**

We would certainly appreciate feedback from anyone who reviews this report. It appears that the original plan was a good one; finding staffing within the library and from collaborating

organizations was very difficult. Even with funding for staff, coordination, supervision, assessment all require trained staff that often don't exist in small communities like ours. The closest community college is almost 40 miles away, there are no service clubs in the community, an active volunteer organization was begun last year and is stretched across two counties and a number of communities all in need of their services. It would be worthwhile to consider providing programs like this one to communities in need but the scope of the projects need to include salary for a qualified staff person.

## **FOLLOW-UP QUESTIONS**

### **1. Were your original project goals and objectives met? If not, why not?**

In the greater scheme of things one might say our goals were met – more health information is available in an interactive, engaging way to the Huerfano County community. The Library has a permanent exhibit of health information resources easily accessible to anyone who comes into the building. However, we did not have any advertised public programming to bring in other members of the public who might have been interested but do not regularly visit the Library.

So, we met the objective of creating a Health Station with regularly changing health care topics on display. We made healthcare literature available to everyone who came into the building as well as those who participated in the annual hospital health fair and one focused specifically for children and families supported by the Outreach Clinic. With all of the new material we added for this project we will continue to participate in community events that allow us to show the public that we can assist them in finding reliable healthcare information geared to their needs and interests. Using a large screen TV connected to an Internet-enabled computer and a DVD player we were/are able to use current technologies to demonstrate and educate people about health issues. In addition we purchased several anatomical models for hands-on learning and several large laminated posters and charts to promote visual learning. These models and posters are also available in the Library Catalog for checkout to persons doing health education in the community. All of these efforts will certainly help to educate our patrons about their health.

We probably did very little to empower our patrons to use this knowledge in a positive way because the Health Station was not staffed with trained library or medical personnel. The public health nurse who was to help with this project seldom had time in her schedule to be at the Library. Because the Health Station occupies a permanent spot in the Library and the models, posters and materials, including a few monthly subscriptions to health material, will continue to be maintained, the possibility of doing more formal education exists – staffing will continue to be an issue, even staffing to just plan programs, but we will continue to look for volunteers to help with this effort.

### **2. What significant lessons were learned which would be of interest or use to others conducting outreach projects? Which strategies were the most effective in implementing the project?**

If it were not for our collaboration with the local Health Department, the grant would not have been written and we would not have this dedicated Health Station in the public library. As

the Library Director and only trained librarian I thought I would have time to conduct regular programs for the public and at least be available a few hours a week to show interested persons what was available at the Health Station, make referrals to other healthcare providers in the community and train some of my staff to learn to use more reliable health resources. The grant actually began just as the Library was moving into a new space (3 times the size of our original facility) and I am still working on making the new space work.

On at least two occasions we had volunteers or Workforce trainees skilled in the healthcare field take on the project only to quit abruptly in a short number of days or weeks. Programming really needs paid staff whose responsibilities include a project like this; it can't just be "something else" they do because they are interested.

### **3. If you were to start all over again, what, if anything, would you change about your goals, project plans, etc.?**

Of course it is always nice to be able to ask for hardware that can be devoted to a project like this. Library staff did our own research on anatomical models and posters, but there might be better ones, models with better directions on their use, maybe with talking parts. I would highly recommend that purchasing new up to date health materials include major book purchases as well. Small public libraries know about the CREW guidelines, but many of us don't have the budget to keep a broad collection up to date.

I would suggest a question on the survey be added asking which topic was being highlighted at the time the survey was completed and possibly a few demographic questions, in particular sex and age. I feel strongly from some responses on the surveys that these things likely influenced the answers given, but the data was not available to verify these assumptions. Obviously a more sophisticated analysis would have looked at responses from frequent library users compared to first time visitors as well as other comparisons. This survey was not designed to answer such questions, but additional information would suggest topics of special interest, specific needs of the community, etc.

I would encourage previous collaborations with a partner in order to better predict their ability to participate – how much time, staffing, expertise they would actually make available. Taking on a project like this requires time and commitment from both partners for the duration of the project.

The original goal was to provide more direct education to the community; this is a valuable goal, but just having the Health Station in the Library with great material included can be a catalyst for conversation, inquiry, and programming by experts in the area. A commitment to provide programs requires staff with time assigned to the project.

### **4. What advice or recommendations would you give to anyone considering a similar outreach effort?**

The Health Station is a great idea; ordering materials, setting it up and changing topics is fairly simple. When school groups come to the Library we always introduce them to the Health Station. When organizations meet in the building they can't miss the Health Station. The true outreach efforts depend upon your community and the degree to which you are already collaborating with other agencies. The possibilities are almost endless, but dependent on people

devoted to planning, coordinating, and if necessary carrying out programs. Incentives for watching a video or completing a survey might increase participation of the public.

**5. Please describe plans for disseminating lessons learned and other information about the project, such as through a conference presentation or publication.**

When I first became the Library Director at Spanish Peaks Library there was an article in Library Journal, the premise of which was that “small is not less” – I have quoted this and believed it with all my heart for seven years. This year, in a beautiful new facility operating on the same budget with the same staff, I am beginning to doubt the veracity of this statement. I want our Library to be everything a Library can be for its community, but without Librarians some things are just not possible. You know that phrase “I didn’t learn that in Library School” – the thing I didn’t learn was how to limit the goals and programs when we truly have less, fewer dollars, fewer community resources, fewer trained staff. The Health Station would never have been a possibility – or even an idea – without this grant. I believe it is a great asset to the Library and our patrons/visitors and one that will continue to promote health and education for years to come. The possibility that any one of us will have time to “tell the story” in a public forum is unlikely, but we would be happy to have visitors or help someone else tell our story.

**Attachments**

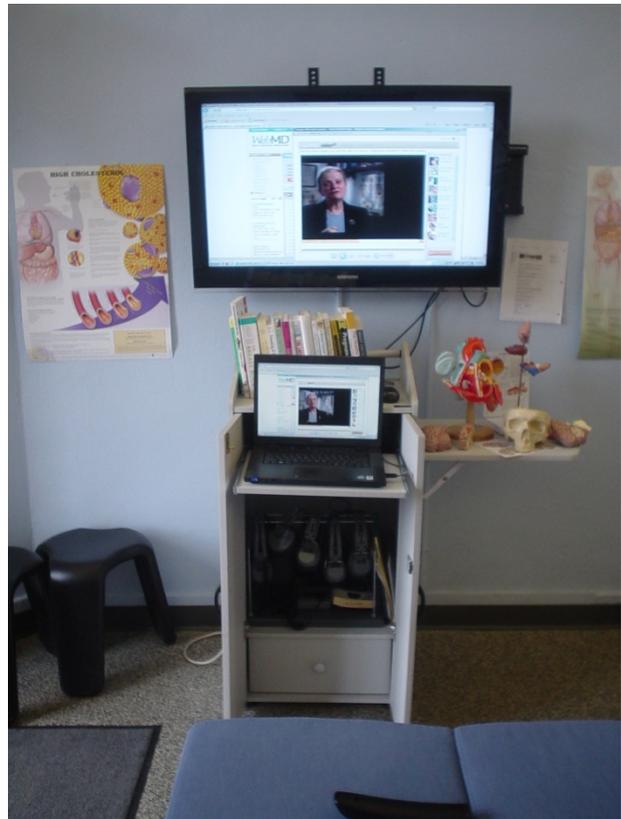
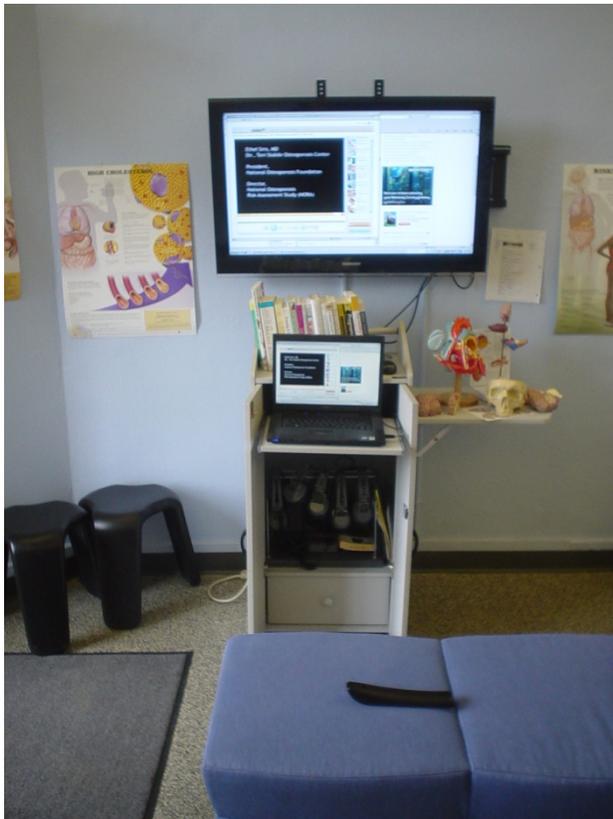
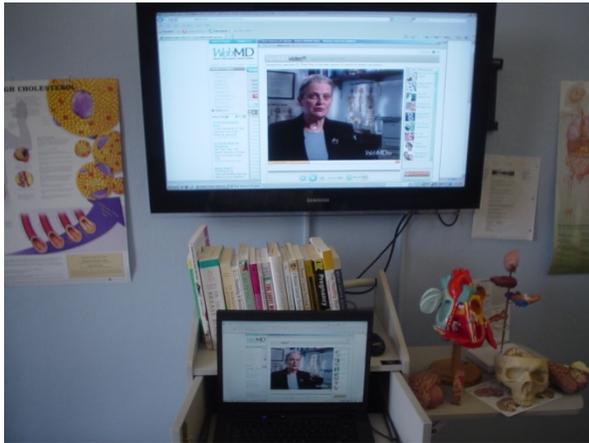
- List of monthly topics
- Photos of the Health Station
- Copy of Survey
- List of anatomical models, laminated posters and handouts

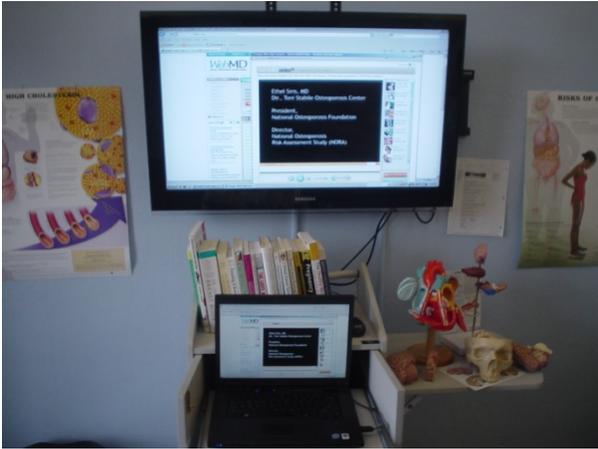
**List of Monthly Topics**

Each month the topics displayed at the Health Station are changed. The anatomical models, the large laminated posters, handouts, and library material on the subject are added to the display. Occasionally a change is made depending on local needs/issues, but these are the topics for which materials were purchased:

- |           |                                       |
|-----------|---------------------------------------|
| January   | Cervical Health Awareness Month       |
| February  | American Heart Month                  |
| March     | Colorectal Cancer Month               |
| April     | STD Awareness Month                   |
| May       | American Stroke Month                 |
| June      | Sun Safety Week                       |
| July      | Juvenile Arthritis Awareness Month    |
| August    | National Immunization Awareness Month |
| September | National Cholesterol Education Month  |
| October   | National Breast Cancer Awareness      |
| November  | American Diabetes Month               |
| December  | National Hand Washing Awareness       |

Photographs of the Spanish Peaks Library Healthcare Station





## Library Survey Questions

**How do you feel about this month's healthcare station topic?**

- Delighted
- Satisfied
- Mixed
- Disappointed

**Were you able to relate to the topic presented?**

- Yes  No

**What did you do today while at the healthcare station?**

- Viewed the video on display (if applicable)
- Looked at or worked with the model (if applicable)
- Read materials at hand
- Checked out reading material on topic
- Asked questions to library staff about referral to public health nurse

**To what extent did this month's healthcare topic meet your needs?**

- Not at all Very Much  
1            2            3            4            5

**To what extent did this month's healthcare topic help you feel more confident about your personal healthcare and that of your family?**

- Not at all Very Much  
1            2            3            4            5

**How likely are you to come back to view other healthcare topics presented?**

- Not at all likely Highly likely  
1            2            3            4            5

**Is this your first visit to the library?**

- Yes  No

**How many times do you visit us each year?**

- Less than once a year  2 or 3 times  4 or 5 times  More than 5 times

**Would you recommend this healthcare station to a friend or relative?**

- Yes  No

What would encourage you to come back to visit our healthcare station?

# AnatomyWarehouse.com

8120 Monticello Ave.  
Skokie IL 60076

# Quote

CUST. ID	QUOTE NO.	DATE	QUOTE ID
24870	1546	7/7/2009	

SOLD TO
<b>Beth Harper</b> <b>Spanish Peaks Library District</b> <b>415 Walsen Ave</b> <b>Walsenburg CO 81089</b> <b>United States</b>

SHIP TO
<b>Beth Harper</b> <b>Spanish Peaks Library District</b> <b>415 Walsen Ave</b> <b>Walsenburg CO 81089</b> <b>United States</b>

Ship via:	Ground
-----------	--------

SKU	Description	Ordered	Unit Price	Total
AW-110	4 Stage Osteoarthritis Knee Set	1	\$76.50	\$76.50
AW-L40	AIDS Virus Model	1	\$70.00	\$70.00
AW-345	Breast Cross Section Model	1	\$57.00	\$57.00
AW-CMT32	Budget Functional Francis Torso	1	\$320.00	\$320.00
AW-290	Diseased Brain in Skull	1	\$111.00	\$111.00
AW-E10	Giant Inner Middle and Outer Ear Part 3D Model	1	\$107.50	\$107.50
AW-400	Hypertension Model Set	1	\$101.50	\$101.50
AW-380	Skin Burn and Normal Skin Model	1	\$67.00	\$67.00
348	Uterus and Ovary Model with Pathologies	1	\$59.50	\$59.50
AW-265	4 Piece Artery Model	1	\$48.00	\$48.00
AW-312	4 Piece Bronchus Model	1	\$48.00	\$48.00
AW-DG140	Giant Heart of America Model	1	\$386.50	\$386.50
AW-286	Diseased Teeth and Gums Model	1	\$71.00	\$71.00
AW-DG950	Human Sinuses Model	1	\$278.50	\$278.50
AW-VR1283L	The Skin Laminated Poster	1	\$18.95	\$18.95
AW-VR1556L	The Female Breast - Anatomy Pathology and Self-Examination Laminated Poster	1	\$18.95	\$18.95
1ACC-0781786304	Understanding the Common Cold Anatomical Chart	1	\$8.95	\$8.95
1ACC-1587798859	Understanding Influenza Anatomical Chart	1	\$8.95	\$8.95
1ACC-1587798522	Understanding HIV and AIDS Anatomical Chart	1	\$8.95	\$8.95
1ACC-0781773334	Understanding Colorectal Cancer Anatomical Chart	1	\$8.95	\$8.95
1ACC-1587793792	Risks of Obesity Anatomical Chart	1	\$8.95	\$8.95

**Thanks for the opportunity to serve you!**

# AnatomyWarehouse.com

8120 Monticello Ave.  
Skokie IL 60076

# Quote

CUST. ID	QUOTE NO.	DATE	QUOTE ID
24870	1546	7/7/2009	

SOLD TO
<b>Beth Harper</b> <b>Spanish Peaks Library District</b> <b>415 Walsen Ave</b> <b>Walsenburg CO 81089</b> <b>United States</b>

SHIP TO
<b>Beth Harper</b> <b>Spanish Peaks Library District</b> <b>415 Walsen Ave</b> <b>Walsenburg CO 81089</b> <b>United States</b>

IACC-0781773504	Common Gynecological Disorders Anatomical Chart	1	\$8.95	\$8.95
IACC-1587796155	Hypertension Anatomical Chart	1	\$8.95	\$8.95
ACC1-1587792583	Heart Disease Anatomical Chart	1	\$8.95	\$8.95
IACC-1587794810	Understanding Bacterial Infections Anatomical Chart	1	\$8.95	\$8.95
IACC-0781776546	Understanding Cervical Cancer Anatomical Chart	1	\$8.95	\$8.95
IACC-1587799871	Understanding Stroke Anatomical Chart	1	\$8.95	\$8.95
IACC-1587799103	High Cholesterol Anatomical Chart	1	\$8.95	\$8.95
IACC-1587799553	Understanding Type 2 Diabetes Anatomical Chart 2nd Edition	1	\$8.95	\$8.95
IACC-0781776619	Understanding Type 1 Diabetes	1	\$8.95	\$8.95
IACC-158779828X	Internal Organs of the Human Body Anatomical Chart	1	\$8.95	\$8.95
334	Colon Model with Pathologies	1	\$59.50	\$59.50

<b>Subtotal</b>	<b>\$2,033.65</b>
<b>Discount</b>	<b>\$0.00</b>
<b>Shipping</b>	<b>\$61.03</b>
<b>Sales Tax</b>	<b>\$0.00</b>
<b>Total</b>	<b>\$2,094.68</b>

**Thanks for the opportunity to serve you!**

U.S. GOVERNMENT PRINTING OFFICE

Public Documents Distribution Center  
 31451 United Avenue  
 Pueblo, Colorado 81009  
 (719)295-2675 or pueblo@gpo.gov

Page	Date	Invoice No.
1	04/05/10	2771901
6-0-0-6-450		

<b>S O L D T O</b>	BETH HARPER SPANISH PEAKS LIB DIST 415 WALSEN AVE WALSENBURG, CO 81089
--	---

Origination	Oper ID	Type	Priority	Date Filled	Filled By	Payment
FTC	FTC	FM	NRML	04/08/10	gri	
Phone Number		E-Mail Address				Total Weight
(719)738-2774						

**THANK YOU FOR YOUR ORDER.** If you have any questions concerning your order, please call, mail or email us at the address or number listed above. Please refer to your invoice number when making inquiries.

Qty	Status	Source	Item #	Description	Unit Price	Disc	Total
25		FTC	544A	Miracle Claims: Add a Dose of Skepticism	0.00	0.00	0.00
100		FTC	579A	Basik Lasik: Tips on Lasik Eye Surgery	0.00	0.00	0.00
25		FTC	636A	Who Cares: Sources of Information About	0.00	0.00	0.00
100		FTC	644A	Sunscreens and Sun-Protective Clothing	0.00	0.00	0.00
100		FTC	659A	Sound Advice on Hearing Aids	0.00	0.00	0.00
100		FTC	755A	Cure-ious Bookmark	0.00	0.00	0.00
					TOTAL SALES*****		0.00
					-----ORDER TOTAL-----		\$0.00
					BALANCE DUE-----		\$0.00

Sept. 2009

**October (Breast Cancer Awareness Month)**

**Initial reproducibles**

Questions to Ask Your Doctor: If Someone You Love Has Breast Cancer – You Are a Co-Survivor

<http://www.shopkomen.com/PDF/KOMEED066000.pdf>

10 (double-sided, BW)

\$1.50

Questions to Ask Your Doctor: Before Breast Surgery

<http://www.shopkomen.com/PDF/KOMEED052000.pdf>

10 (double-sided, BW)

\$1.50

Questions to Ask Your Doctor: About Treatment Choices

<http://www.shopkomen.com/PDF/KOMEED050000.pdf>

10 (double-sided, BW)

\$1.50

Breast Health Basics

<http://www.shopkomen.com/PDF/KOMEED070000.pdf>

10 (double-sided, color)

\$15.00

Breast Self-Awareness card

<http://www.shopkomen.com/PDF/KOMEED000400.pdf>

10 (double-sided, color)

\$15.00

Understanding Mammograms

[http://www.cdc.gov/cancer/breast/pdf/cdc\\_mammography\\_fact\\_sheet.pdf](http://www.cdc.gov/cancer/breast/pdf/cdc_mammography_fact_sheet.pdf)

10 (double-sided, bw)

\$1.50

---

\$36.00

Amy Harper  
415 Walsen Ave.  
Walsenburg, CO 81089  
USA

Amy Harper  
415 Walsen Ave.  
Walsenburg, CO 81089  
USA



**National Institute of Neurological Disorders and Stroke**

**P.O. Box 5801**  
**Bethesda, MD 20824**  
www.ninds.nih.gov

**Telephone:**(800) 352-9424 **Fax:**(301) 402-2186 **Email:** braininfo@ninds.nih.gov

<b>Publication #</b>	<b>Publication Title</b>	<b>Quantity Ordered</b>
NDS-553	Stroke--Stroke bookmark 2008 (Warning Signs of a Stroke)	10
99-2222	Stroke--Stroke HTR 1999	10
NDS-519	Stroke--Stroke HTR insert (April 2007 NINDS-Sponsored Stroke Clinical Trials)	10
NDS-556	Stroke--Stroke HTR insert (August 2008 Information Resources)	10
09-6451	Stroke--Stroke: Challenges, Progress, and Promise	3
NDS-414	Stroke--Wallet card--Know the Sudden Signs of Stroke	10
04-5517	Stroke--What You Need to Know About Stroke	10

Amy Harper  
415 Walsen Ave.  
Walsenburg, CO 81089  
USA



**National Institute of Neurological Disorders and Stroke**  
**P.O. Box 5801**  
**Bethesda, MD 20824**  
www.ninds.nih.gov

**Telephone:**(800) 352-9424 **Fax:**(301) 402-2186 **Email:** braininfo@ninds.nih.gov

---

**Order Date** 04/05/10

**Order #** 173664

---

These materials were sent to you at the request of .

Publication #	Publication Title	Quantity Ordered
NDS-428	NINDS web site bookmark 2005	1
NDS-573	Publications list (May 2009)	1
08-4872	Stroke--Know Stroke . Know the Signs. Act in Time. 2008	10
09-4846	Stroke--Post-Stroke Rehabilitation (FS) (August 2009)	10
NDS-63	Stroke--Poster--Know Stroke poster 1 (plain)	1
04-3440b	Stroke--Preventing Stroke (Brain Basics) 2005	10

IS: 0