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info@downtownhammond.org

**Lakeshore Chamber of Commerce**  
5246 Hohman Avenue, Suite 100  
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219.931.1000

**Whiting/Robertsdale Chamber of Commerce**  
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7440 Olcott Avenue,  
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219.808.9743

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smithbizzellwarnerfuneralhome.com

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## Government

**Hammond City Clerks Office**  
5925 Calumet Ave.  
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219.853.6346  
www.am legal.com/hammond\_in/

**Hammond Park Foundation**  
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Hammond, IN 463223  
219.853.6378

**Hammond Department of Planning & Development**  
5925 Calumet Avenue  
Hammond, IN  
219.853.6371

**Hammond Mayor's Office**  
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Hammond, IN 46320  
219.853.6301

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# 17th Annual Hammond Job Fair

Mayor Thomas M. McDermott Jr. and the City of Hammond Office of Economic Development would like to invite you to attend the 17th Annual Job Fair on Thursday, September 16th from 11am to 3pm at the Hammond Civic Center, 5825 Sohl Avenue in Hammond, IN. This event is instrumental in addressing the employment needs of the residents of the City of Hammond and the Region, as well as assisting the local companies in their recruitment process.

We have carefully selected outstanding companies representing government, finance, gaming, healthcare, sales, manufacturing, and apprenticeship trades. It's a free event you will not want to miss! No need to pre-register. Just be sure to bring plenty of resumes and dress to impress!

Contact Juan J. Moreno at 219-853-7312, or email [morenoj@gohammond.com](mailto:morenoj@gohammond.com)

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- Tri-State Automation, Inc.
- United States Marine Corps
- Uno Insurance
- UPS
- U.S. Census Bureau
- We Care Fromm The Heart

Source: City of Hammond



# Mayor's Night Out 2021

October 6	5th District	Jefferson Elementary School-Cafeteria 6940 Northcote Avenue
November 3	6th District	Scott Middle School-Cafeteria 3635 - 173rd Street

Subject to change. All programs are from 6:30pm-8:30pm.

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# Church Directory

## Abundant Life Community Church

6808 Missouri Ave., Hammond, IN

Pastor Dr. Michael White

(219) 845-0954

Sunday School 10:00 a.m.

Sunday Morning Worship 11:00 a.m.

Sunday Evening Worship 6:00 p.m.

Wed. Evening Bible Study 7:00 p.m.

[www.alcccogop.org](http://www.alcccogop.org)

## Bethel Congregational C.O.G.I.C.

815 Michigan St., Hammond, IN

Deacon Lester Stokes

(219) 931-1301

Sunday School 9:00 a.m.

Sunday 10:30 a.m.

Friday 7:30 p.m.

## Black Oak Church of Christ

2844 Stevenson St., Gary, IN

Pastor Steve Martinez

(219) 844-1789

Sunday 10:30 a.m.

Bible Study 9:30 - 10:15 a.m.

## Greater Works Outreach Prayer and Deliverance Ministry

3916 173 St, Hammond, IN, 46323

Apostle Jose Ruiz (219) 852-0677

Sunday 11:30 a.m.

[www.greaterwksmin.com](http://www.greaterwksmin.com)

## Hammond Christian Reformed Church

1910 167th St, Hammond, IN

Pastor Donald Jabaay

(219) 844-3331

Sunday School 9:50 a.m.

Sunday Worship 11:00 a.m.

Coffee Break Tuesday 9:00 a.m.

Ladies Bible Study Tuesday 6:00 p.m.

[www.hammondcrcc.org](http://www.hammondcrcc.org)

## Hyde Park United Methodist Church

6348 Harrison Ave., Hammond, IN

Preacher Darryl Dorton

(219) 932-0613

Sunday 12:30 p.m.

Thursday Thrift shop 9:00 a.m. - Noon

Last Saturday of the month

Free Pancake breakfast 9-11 a.m.

## Lighthouse Christian Fellowship of Whiting, IN

1403 Stanton Ave. Whiting, IN 46394

Pastor Junior Berrios

(219) 742-0526

Tuesday-Prayer 6:30 p.m.

Tuesday-Service 7:00 p.m.

Wednesday-Bible Study 6:30 p.m.

Thursday-Prayer 6:30 p.m.

Thursday-Service 7:30 p.m.

Sunday-Prayer 10:00 a.m.

Sunday-Service 11:00 a.m.

## Mt. Zion Baptist Church

1047 Kenwood St., Hammond, IN

Reverend William R. Collins

(219) 931-4337

Sunday 11:00 a.m.

Wednesday Bible Study 6:30 p.m.

Wednesday Prayer 6:00 p.m.

## New Hope Missionary Baptist Church

1117 Merrill St., Hammond, IN

Reverend Herman A. Polk, Sr.

(219) 932-5955

Sunday 10:30 a.m.

Sunday School 9:00 a.m.

Wednesday 8:30 a.m, 1:30 & 7:00 p.m.

## New Salem Missionary Baptist Church

833 Conkey St., Hammond, IN

Pastor Wayne Hudson

(219) 932-0999

Sunday 11:00 a.m.

Wednesday 7:00 p.m.

## New Zion Temple Church

926 Morris Street, Hammond, IN

Bishop Brandon A. Jacobs

(219) 931-ZION (9466)

Sunday School 9:30 a.m.

Sunday Morning Worship 11:30 a.m.

Wednesday Prayer 6:30 p.m.

Wed Bible Study 7:00 p.m.

[www.newziontemple.org](http://www.newziontemple.org)

## Tabernacle Baptist Church

3715 Butternut St

East Chicago, IN

## Testimony C.O.G.I.C. of Hammond

1022 Cleveland St, Hammond, IN

Elder Patrick Williams

(219) 937-4676

Sunday School 10:30 a.m.

Sunday Worship 11:30 a.m.

Friday 7:30 p.m.

## Trinity Lutheran Church

7227 Hohman Ave, Hammond, IN

(219) 932-4660

Sunday Worship 9:00 a.m.

Sunday School 10:30 a.m.

On FACEBOOK

Trinity Evangelical Lutheran Church

[www.trinityhammond.com](http://www.trinityhammond.com)

*“We come  
to church  
not to  
hide our  
problems  
but to heal  
them.”*

*~ Dieter F. Uchtdorf*

# Church Directory Listing

**\$8.00 per/issue**  
(minimum 4 issues)

**(219) 931-6700** [newsdesk@crpubnwi.com](mailto:newsdesk@crpubnwi.com)

*\*information submitted subject to editing for clarity and space allotted*

# Hammond NAACP Celebrates Ongoing Success

## Luncheon Set for September

The NAACP Hammond, Indiana, Branch will host its 2021 Freedom Fund Luncheon on Saturday, September 18, 2021, 12:00 p.m.—3:00 p.m. at the Dynasty Banquet Hall, 4141 Calumet Avenue, Hammond, Indiana.

The NAACP Hammond Branch is a catalyst in promoting improvements to increase opportunity for all people. The Hammond Branch continues to work with every segment of the community to remove barriers for a better quality of life.

This glorious event is the most important fundraiser of the year, with a special guest speaker, the Honorable Roland Parrish, the owner, president, and CEO of Parrish McDonald's Restaurants. A.C. Williams will showcase a tribute to some of Motown's greatest music. For laughs, comedian Eunice Jarrett will enlighten your mood.

They will also honor outstanding community members and leaders,

including a special award to the Ophelia Steen Center. Proceeds allow them to continue to advocate for civil rights in their community and provide scholarships to their youth. The NAACP Hammond Branch's many years of success are because of supporters such as your company and partnerships among other businesses and educational, religious, civic, and community organizations over the years. This memorable event is not to miss. This year, the branch has created four levels of support for consideration, and tickets are \$50. Individuals and companies can also help a youth by becoming a Scholarship Sponsor.

The last few months have seen a shift in what is safe and possible with live events and meetings. This shift is reflected in the very important NAACP Freedom Fund Luncheon held by the Hammond, Indiana, chapter of the NAACP. "Of course, we are happy to have the chance to see one another in person again," commented

Branch President Homer Cobb. "We are all about community building, and that is best done face to face, as long as all rules and regulations are followed to ensure safety."

To participate virtually, contact the branch for the link and additional information. In addition, their website is always available to accept donations at <https://naacphammondin.org>.

For more information about the luncheon, please get in touch with Reverend Homer Cobb at (219) 670-0883 or [homerclayjr11@yahoo.com](mailto:homerclayjr11@yahoo.com).

The Hammond Branch NAACP is one of the co-founders of the Hammond Police and Citizens Advisory Committee. After an incident involving a Hammond's white police officer being accused of using excessive force against an African American, the Hammond Police Department and a diverse group of concerned residents representing neighborhoods and communities of Hammond, IN in Community Policing

Districts 1-5, created an entity known as the Hammond Police and Citizens Advisory Commission (HPCAC) whose mission is to improve the relationship between the police department and the community. It is also intended to develop frank and open communication with residents and police on matters concerning but not limited to public safety, procedural justice, use of force, and biased policing.

Source: Hammond NAACP

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# Back to School Guidance Fall 2021

After July 1, 2021, local school boards will be responsible for implementing whatever measures and restrictions deemed necessary and prudent to address the impact and spread of COVID-19 for their buildings, facilities, and grounds, including transportation. Educational governing bodies are encouraged to follow Centers for Disease Control and Prevention (CDC) and Indiana Department of Health (IDOH) guidance.

Per CDC order, masks are required to be worn on public transportation, which includes school buses.

IDOH has released preliminary fall guidance for K-12 schools. A summary of this guidance can be found below. This guidance includes additional recommendations regarding handwashing, daily cleaning,

ventilation, nursing clinic procedures, daily screening, food service, water system maintenance, and extracurricular activities.

## K-12 Schools:

- Unvaccinated staff and students: Masks recommended indoors (except when eating); social distance at least 3 feet if all students are facing forward in the classroom; social distance at least 6 feet in all other areas of the school; and quarantine if identified as having had close contact with someone who tested positive for COVID-19.

- Vaccinated staff and students: Masks are not necessary; use good judgment regarding social distancing; and no quarantine needed if identified as a close contact as long as they remain asymptomatic.

## Track and Isolate Positive Cases:

- Individuals should stay home for 10 days following the onset of symptoms or a positive test result.

## Who is a close contact?:

- If all students are masked and facing forward in the classroom, only individuals within 3 feet of a person diagnosed with COVID-19 for a total of 15 minutes or more over a 24-hour period.

- If all students are not masked and facing forward in the classroom, all individuals within 6 feet of a person diagnosed with COVID-19 for a total of 15 minutes or more over a 24-hour period.

## Quarantine:

- Vaccinated close contacts do not have to quarantine, but should

monitor for symptoms and isolate if symptoms develop.

- Unvaccinated individuals who are identified as a close contact must quarantine. Asymptomatic close contacts may return on day 8 (with specific negative testing and precautions), day 11 (with precautions), or day 15 (without testing or precautions).

## Report:

- Schools should report all positive cases and close contacts via the IDOH K-12 Gateway portal. All guidance is subject to change as CDC and other expert guidance changes. Please email questions to [backtoschool@isdh.in.gov](mailto:backtoschool@isdh.in.gov).

Source: *Indiana Department of Health*



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# HAMMOND ACCELERATES LEAD CONTAMINATED SOIL REMOVAL PROJECT

Hammond Mayor Thomas M. McDermott, Jr. and the Hammond Department of Environmental Management let residents of an area of Robertsdale know this week that the clean-up process of lead contaminated soil will now be accelerated with the city's help. This project will now begin this year instead of its original timeline of up to a decade from now. The city has teamed up with environmental firm EnviroForensics from Indianapolis to assist and help manage the clean-up process.

In 2017, it was determined by the United States Environmental Protection Agency that a number of properties in the Robertsdale section of Hammond contained levels of lead in the soil as a result of a nearby metals

processor that operated decades ago. The USEPA cleaned up a few properties in the area containing high levels of lead. Several more properties were determined to have lower levels, but still in the range where remediation should be performed. These properties are the subject of the city's accelerated clean up efforts.

"We have had several productive conversations with both our state and federal environmental agency partners about this issue. It was apparent to me that the federal and state process for clean up would take years to begin. Instead of waiting, I determined that the City of Hammond should start to undertake the removal and disposal of lead-contaminated soil at those properties and

replace it with clean topsoil, lawn, and landscaping," stated Mayor McDermott. "This will accomplish the remediation in a much shorter time period and will be done entirely at the city's expense. This was too important of an issue to wait," said the mayor.

Hammond's environmental consultant EnviroForensics and a contractor will manage the project and work to remove the lead-contaminated soil and restore approximately 14 properties this Fall. The owners of these properties have been recently notified and are receiving information about the clean up. When the remediation is completed, Hammond will certify the property is clean and safe. Property owners will then have a certificate to show

to future interested persons that their property meets environmental standards.

The project will continue over the next two to three years until all properties are clean and remediated. "This process will result in a faster clean up for our residents and will ensure proper procedures are followed so that a certificate of remediation can be issued by our department," said long-time Hammond Department of Environmental Management Director Ron Novak.

For more information please contact Sharon Szany at Mayor McDermott's office at (219) 853-6302 or [szanys@gohammond.com](mailto:szanys@gohammond.com)

*Source: City of Hammond*



## **H.U.G.S. Cultural Committee** *presents*

# **Mexican Independence Parade**



**Morton High School  
to Hessville Park**



**Staging at Noon**

**Starts 1:00 pm**

**Free!!**

**September 19**

**Free!!**

*Hammond Human Relations  
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**HugsCulturalCommittee**  
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*Hammond Human Relations  
Commission estará  
distribuyendo información  
y patrocinando comida ligera  
en Hessville Park al concluir el desfile.*



## Bobby Fischer becomes the first American to win the World Chess Championship

On September 1, 1972, in what's billed as the "Match of the Century," American chess grandmaster Bobby Fischer defeats Russian Boris Spassky during the World Chess Championship in Reykjavik, Iceland. In the world's most publicized title match ever played, Fischer, a 29-year-old Brooklynite, became the first American to win the competition since its inception in 1866. The victory also marked the first time a non-Russian had won the event in 24 years.

Fischer, who started playing chess professionally at age 8, won the U.S. Open Championship when he was 14 (he would go on to win it seven more times) and became the world's youngest international grandmaster at age 15.

Fischer's skills and age—and demanding, arrogant attitude—made him a pop culture phenomenon. He became the subject of books and movies and even inspired a song, "The Ballad of Bobby Fischer."

Played during the Cold War, the Reykjavik match also carried political undertones. Fischer had already accused the Soviets of rigging the tournament system and didn't mince words in his feelings about them, saying the match was "really the free world against the lying, cheating, hypocritical Russians. They always suggest that the world's leaders should fight it out hand to hand. And that is the kind of thing we are doing."

Fischer missed the competition's July 1 opening ceremony, after demanding more money, as well as a cut of TV and film rights. After a

two-day delay—and a doubling of the prize purse by British millionaire Jim Slater—Fischer finally showed. A call from Henry Kissinger, national security assistant for President Nixon at the time, may have helped persuade him to compete, as well. "America wants you to go over there to beat the Russians," he reportedly told Fischer.

"Fischer is known to be graceless, rude, possibly insane," financier Slater once said. "I really don't worry about that, because I didn't do it for that reason. I did it because he was going to challenge the Russian supremacy, and it was good for chess."

Spassky took the first game (Fischer blamed the TV cameras and ordered them to be removed). Fischer then forfeited the second game after some of his other demands weren't met. Following much quarreling, the match resumed July 16 with a win by Fischer. Over 21 games, Fischer won seven, Spassky won three, and 11 were draws. Spassky resigned after 40 moves on the 21st game via telephone, with the final score set at 12.5 to 8.5.

Fischer took home \$156,250 in prize money for the feat, while the Soviet grandmaster Spassky, who was 35 and the reigning world champion, earned \$93,750.

Fischer lost his world title by forfeit in 1975, when he refused to play against Soviet Anatoly Karpov in Manila after the competition's governing body failed to meet all his demands.

*Source: History.com Staff*

## NEW LEADERSHIP APPOINTED AT SALVATION ARMY EAST CHICAGO CORPS

Cpts. Jessica Martinez and Gloria Pelayo have been appointed to lead The Salvation Army East Chicago Corps Community Center. Both officers come to Northwest Indiana from Minnesota, where they served in a similar capacity. They take over leadership responsibilities as the demand for food and emergency assistance, specifically emergency financial grants for rent, continues to remain high.



*Capt. Jessica Martinez*

"We want the community to know we're here to help," Capt. Pelayo said. And if it's something we can't help with, we can refer them to the place to the right place."

In their role, Cpts. Martinez and Pelayo will oversee all administrative duties, programs, and services at The Salvation Army East Chicago Corps. This includes the distribution of emergency assistance, a food pantry, as well as a free lunch program Monday through Friday that serves as many as 100 people daily. Capt. Martinez says she expects to see a continued increase in need for social services. She said a priority will be getting into the

community to introduce herself and get to know potential volunteers, partners, and clients.

"The Salvation Army helps people, and we do it because we love the Lord," Capt. Martinez said. "I know that because my mother and I came to The Salvation Army ourselves, and we were helped. We will always try to do our best."

In their new roles, Cpts. Martinez and Pelayo will also serve as pastors for Sunday worship services.

The Salvation Army East Chicago Corps offers a variety of programs and services for the community, including Pathway of Hope, a targeted, individualized program to help families break the generational cycle of poverty. The corps is currently offering a low-cost day camp for children and free online music classes.



*Capt. Gloria Pelayo*

To sign up for classes, access services, or make a donation, please visit [www.salarmyestchicago.org](http://www.salarmyestchicago.org) or call 219.398.2939.

*Source: Salvation Army*



# American Red Cross partners with youth media group for region-wide campaign to amplify teen voices about the COVID-19 vaccine

In March, the Indiana Region of the American Red Cross partnered with more than 40 organizations to help individuals and groups begin the conversation with others about the COVID-19 vaccine. Now, the Centers for Disease Control and Prevention (CDC) recommends youth as young as 12 years old get the vaccine. To reach this demographic, the Red Cross is partnering with an organization in Gary, Indiana that encourages youth to talk about the COVID-19 vaccination through a region-wide campaign.

AVE Y Productions, which stands for Amplifying the Voice of Every Youth, is a group of young people dedicated to sharing topics significant to their peers through media, as well as to engage in real-life leadership experiences.

"This incredible group of young people has created relatable content that empowers youth to talk with those they trust about the COVID-19 vaccine," said Kristin Marlow, executive director of the northwest chapter of American Red Cross – Indiana Region. "Although they cannot make the appointment for themselves, they can be a part of the conversation and perhaps the decision to be vaccinated."

According to the latest available data from the CDC, while COVID-19 hospitalization rates were lower in adolescents aged 12–17 years compared to adults, nearly one-third of 204 teens from this study required intensive care. CDC officials say increased hospitalization rates among adolescents might be related, in part, to the circulation of particularly transmissible

COVID-19 variants due to students returning to school, changes to physical distancing, regulations on wearing masks, and high school extracurricular activities. Of the three vaccines offered in the U.S., teens between 12 and 17 years of age are only required to get the Pfizer-BioNTech COVID-19 vaccine. "We are grateful to partner with the American Red Cross to help our youth express their views on this important campaign," said Ken Barry, owner of Do Good in Gary, which oversees AVE Y Productions. "Our young people need a voice in this space, and our hope is that it opens the doors for their peers across the country to have the talk about the vaccine." The American Red Cross will share AVE Y Production's campaigns across the organization's social

media channels and blog, with community partners and televisions in regional offices.

Local media is also encouraged to share the campaign across their platforms.

About the Indiana Region of the American Red Cross: The Indiana Region serves 104 counties across Indiana, Ohio, Kentucky, and Illinois through its six-chapter areas: Central, Northeast, Northwest, Southeast, Southwest, and Greater Indianapolis (Regional Headquarters). For more information on the Indiana Region: [www.redcross.org/indiana](http://www.redcross.org/indiana). Follow the Indiana Region on Twitter at: @INRedCross, on Instagram at: @indianaredcross or [www.facebook.com/INRedCross](http://www.facebook.com/INRedCross).

*Source: American Red Cross*

## US. Secretary of Labor Meets with NWI Construction Officials, Congressman, to Highlight Excellence in Training and Safety

U.S. Secretary of Labor Marty Walsh made a visit to Northwest Indiana to discuss the region's outstanding performance and training in construction safety.

Representatives from the Construction Advancement Foundation of Northwest Indiana, Inc. (CAF), Congressman Frank Mrvan, and numerous leaders from the building trades gathered at the CAF offices in Portage to discuss the region's achievements. They shared insights about how builders have effectively used federal grant funding for high-quality safety training over the years. Over the last two decades, CAF has secured more than

\$1.7 million in grant funding for safety programs through the U.S. Department of Labor (DOL), Office of Safety and Health (OSHA) Susan Howard Training Grant Program. These funds have helped train almost 8,900 workers and employers in the latest best practices in jobsite safety.

"We want to thank OSHA for its partnership with CAF to make construction job sites in the region among the safest in the country. These funds have been instrumental in supporting the strong commitment of local contractors, labor leaders, and our owner community for the safest possible work environment,"

said Dewey Pearman, Executive Director of CAF.

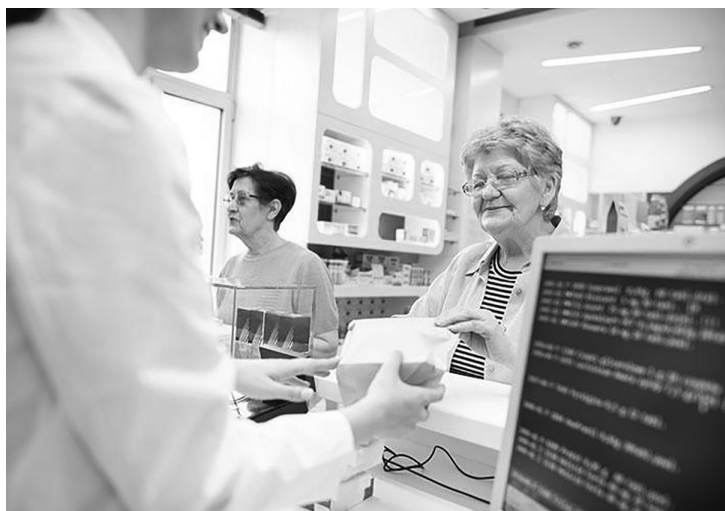
"Because of meetings like this one, the men and women who work in NWI construction can see that support for their hard work goes all the way to the very top. They are dedicated professionals, and they deserve the absolute best training and education to keep them safe on the job. That's what this gathering is all about – bringing the best to our builders," said Randy Palmateer, Business Manager of the Northwest Indiana Building and Construction Trades Council. According to the latest figures, NWI's performance is 294% better for its total

recordable incidence rate (TRIR) compared to national averages. This means far fewer workers experience injuries here than the rest of the country.

NWI beats the nation's days away from work rate (DAFW) by 307%. Additionally, the region's days away from work rate (DART) is 33% lower than national averages. "We were honored to host this meeting and hope it kick starts an even greater future in making NWI construction a great place to work," said Dr. James Arendas, Director of Environmental Health and Safety with the CAF Safety Institute.

*Source: dms -Nick Dmitrovich*

# Forced Nonmedical Switching



A switch to a needle and syringe can make keeping up with your insulin treatment more difficult on busy days, leading to occasional missed doses,

and it also makes it harder for family members to help when you get sick. That's a problem that's less likely with pens because of their ease of use.

According to a survey by the American Pharmacists Association, more than 75% of the time, people learn about medication coverage changes when they arrive at the pharmacy. And the majority of surveyed pharmacists said that there's often a delay in getting the new medication. In some cases, it may take three days or more.

## It's not just insulin

It's not just insulin that gets switched. Blood glucose meter and test strip brands, as well as other types of diabetes medications, also are subject to nonmedical switching. Frequently it happens with GLP-1 receptor agonists, which boost insulin secretion in people with type 2 diabetes. Many have experienced their insurance discontinuing coverage of their once-weekly injections in favor of less-expensive daily injections. That extra burden may make it harder for some to stick to their self-management routine.

In one study asking people with type 2 diabetes about their experiences with switching medications, one in five had

been told by their health care provider that their blood glucose (or blood sugar) levels were somewhat or much worse than they had been on their previous medication. Nearly the same number reported that they had to check their blood glucose levels more often after the switch, an additional burden to the already cumbersome routine of self-management.

Nonmedical switching also happens with drugs for treating other types of conditions. For example, among people with diabetic neuropathy, pain medications may be switched without warning.

These switches can have unintended consequences. For example, some medications prescribed for diabetic neuropathy do more than control pain; they also serve as mood stabilizers, meaning people can become more depressed or anxious if pain gets worse.

## What to do about it

By now, you're probably wondering: If this happens to me, what can I do? First, understand that if you get switched from one medication to another, you may do just as well on your new medication as you did on your previous one.

Switches occur more often with rapid-acting (mealtime) insulins than with longer-acting (background) insulins, and in general, it's easier to adapt to changes in mealtime insulin. A change to a different long-acting insulin may take more time and effort.

During the period of adjustment, your doctor may advise you to track your blood glucose levels more closely. Your primary concern should be managing your blood glucose. If you struggle to adapt,

your doctor can appeal your insurance company's decision. But it's not a quick process, there's no guarantee that it will be successful and each insurance company handles appeals differently.

Make sure you have paperwork to substantiate your claim that the new medication isn't a good fit. Providing documentation that the original drug worked makes a big difference for insurance companies considering your appeal. The more documentation proving that you need it, the better. If you get switched, write down your blood glucose readings, how the new medication makes you feel and any other changes you notice. Be sure that your physician does the same, documenting in your chart what's making you better or worse, how much you take and for how long, what else you've tried unsuccessfully and why this particular medication works best for you.

Often the process includes more trips to the doctor, more exams and more phone calls and e-mails back and forth with your doctor. But it's worth it if you get coverage of the medication you need. Don't give up hope that you and your health care team can find a way to get you back on that medication or find a new one that works."

## Find resources

If you're having trouble affording your insulin, the American Diabetes Association (ADA) can help. Visit [InsulinHelp.org](http://InsulinHelp.org).

And learn about the ADA's insulin affordability campaign at [makeinsulinaffordable.org](http://makeinsulinaffordable.org).

*Source: American Diabetes Association*

Physicians routinely change their patients' medications when the drug they first prescribed doesn't do the job. There are also times when these changes are made because of what's called forced nonmedical switching—when an insurance company changes its coverage of certain medications so that consumers must bear more of the cost themselves, or when it simply stops covering certain medications in favor of less-costly alternatives. And it happens a lot.

## Switching without warning—what does it do?

Switching to a new medication or diabetes tool can affect more than your ability to manage your blood glucose—it also may increase your stress. Many people experience fear and anxiety when wondering whether a new medication will have a different effect their ability to manage their diabetes. Will the new medication mean you'll have more hyperglycemia? What about hypoglycemia?

Plus, when it comes to switching medications, the cost is not just financial. For example, insulin pens allow you to inject discreetly in public, which many value. Being forced to switch to syringes changes that.





# SEEKING INFORMATION

## ASSAULT ON FEDERAL OFFICERS AND VIOLENCE AT THE UNITED STATES CAPITOL WASHINGTON, D.C. JANUARY 6, 2021



Photograph #117-AFO



Photograph #118-AFO



Photograph #119-AFO



Photograph #120-AFO



Photograph #121-AFO



Photograph #122-AFO



Photograph #123-AFO



Photograph #124-AFO



Photograph #125-AFO



Photograph #126-AFO

### DETAILS

The Federal Bureau of Investigation's (FBI) Washington Field Office is seeking the public's assistance in identifying individuals who made unlawful entry into the United States Capitol Building and assaulted federal law enforcement personnel on January 6, 2021, in Washington, D.C.

Anyone with information regarding these individuals, or anyone who witnessed any unlawful violent actions at the Capitol or near the area, is asked to contact the FBI's Toll-Free Tipline at 1-800-CALL-FBI (1-800-225-5324) to verbally report tips. You may also submit any information, photos, or videos that could be relevant online at [fbi.gov/USCapitol](https://fbi.gov/USCapitol). You may also contact your local FBI office or the nearest American Embassy or Consulate.

When calling to provide a tip on one of these individuals, please reference the above photo number, including the AFO.

**Field Office:** Washington D.C.

[www.fbi.gov](https://www.fbi.gov)





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