



# HEALTH CENTER BUZZ



**Bridgette Madden,**  
MBA,  
Executive Director

## *Bridgette's Goodbye.....*

For over two years, I have learned a lot about this area, community, patients, staff, other out-

standing agencies and much more which created many memories and unforgettable experiences for me.

Due to family reasons, I had to resign from the Community Health Center of Franklin County effective September 17, 2010 and relocate back to Pennsylvania.

Jim Worden, will be the interim

CEO until the Search Committee finalizes the search over the next few weeks. I know I left the health center in great hands all around with a committed board and the best devoted and loyal staff. CHCFC has many wonderful opportunities and yet some difficult challenges ahead of them as does every business in today's environment.

The most exciting news for CHCFC is relocating to a larger space in Greenfield which will allow expanded services for you and the community and the most nerve-racking challenge will be convert-

ing to electronic medical records (so be nice to the staff when they make the change ☺). Thank you for being a patient and supporter of CHCFC and good luck to each and every one of you for all your healthcare needs.

**We wish you GOOD LUCK Bridgette!!!**



### Health Care



is a Right!

www.chcfc.org

## **OUR MISSION**

*is to maintain a community owned, responsive health center which promotes public health and well-being, and provides comprehensive preventive and primary care services to all who need or desire such services without regard to income, insurance status, ability to pay, or past medical history.*

## **OUR VALUES**

- **Excellence:** We are committed to excellence in both clinical practice and customer service
- **Communication:** We strive to communicate effectively, respectfully and consistently with all members of our community
- **Honesty:** We act in a manner that demonstrates openness and truthfulness
- **Respect:** We are committed to respecting the value of every individual
- **Teamwork:** We work in a professional, collaborative manner to achieve shared goals
- **Service:** We are dedicated to serving others with compassion

## HOURS OF OPERATION

### **TURNERS FALLS** **413-772-3748**

#### **MEDICAL**

M/W/F- 8:00 am- 5:00 pm  
Tues & Thurs - 8:00am-7:00pm

#### **DENTAL**

M/T/W/TH - 8:00 am- 9:00 pm  
Friday - 8:00 am - 4:00 pm  
Saturday - 9:00 am - 1:00 pm

### **ORANGE**

#### **MEDICAL**

#### **978-544-7800**

M/W/Th/F - 8:00am - 5:00 pm  
Tuesday - 8:00 am - 7:00 pm.

#### **DENTAL**

#### **978-544-1576**

M/T/W/F 8:00am - 4:30pm  
Thursday: 8:00am - 9:00pm

### **PIONEER / NORTHFIELD**

#### **413-498-2502**

Phone Hours - 8-5

PATIENT Hours:

Mon & Fri-8:00am-12:00 pm  
Tues & Thurs- 8:00 pm-3:00 pm  
Wednesday - 8 am-4:30pm

*These hours are subject to change*

# Cameron's Corner... Diabetes Care



As the weather turns brisk and colors begin to appear in the trees I often begin to think about the “H word” that many diabetics dread: Holidays. While it is a wonderful time to get together with friends and family and enjoy holiday cheer together, it can be a complicating and stressful time for many diabetics tempted with homemade dishes and portion control challenges all over the place; all of which can raise your blood sugar levels. It’s around this time of year that I often look to others for encouragement. Some of the following suggestions may help you to stay on a healthier path in the coming months – Trade ideas with others you know facing the same struggles you are or making a promise can help. Attend a local meeting or presentation to learn a few things and maybe offer others support. Or even just a quick glance at this list of famous people can offer encouragement, help you to set some of your own goals and provide some perspective:

Sports Stars	Entertainment	Business	Authors/Writers
<p><a href="#">Arthur Ashe</a> - Tennis - Wimbledon winner</p> <p><a href="#">Ayden Byle</a> - Runner - First insulin-dependent man to run 6521.5 km across North America.</p> <p><a href="#">Sean Busby</a> - Champion Snowboarder</p> <p><a href="#">Ty Cobb</a> - MLB - Detroit Tigers</p> <p><a href="#">Scott Coleman</a> - Swimmer - first man with diabetes to swim the English Channel, (August 17th 1996)</p> <p><a href="#">Missy Foy</a> - Professional Marathon Runner</p> <p><a href="#">“Smokin’ Joe” Frazier</a> - Boxing</p> <p><a href="#">Joe Gibbs</a> - NFL - Washington Redskins coach</p> <p><a href="#">Billie Jean King</a> - Tennis</p> <p><a href="#">Jackie Robinson</a> - Baseball Player</p>	<p><a href="#">Halle Berry</a> - Actress (<i>Monster’s Ball, X-Men, Die Another Day</i>)</p> <p><a href="#">Jack Benny</a> - Comedian</p> <p><a href="#">Wilford Brimley</a> - Actor (<i>Cocoon, The China Syndrome</i>)</p> <p><a href="#">Larry King</a> - Talk show host</p> <p><a href="#">Mae West</a> - Actress (<i>My Little Chickadee, I’m No Angel</i>)</p> <p><a href="#">Aida Turturro</a> – Actress (<i>The Sopranos</i>)</p> <p><a href="#">Elizabeth Perkins</a> - Actress (<i>Weeds</i>)</p>	<p><a href="#">Bill and John Davidson</a> - Harley-Davidson Motorcycles</p> <p><a href="#">Ray Kroc</a> - Founder of McDonald’s</p> <p><a href="#">Tom Foster</a> - Former head of Foster Poultry Farms, one of the nation’s top privately held companies</p> <p><a href="#">W. L. Gherra</a> - PayLess Drugs</p> <p><a href="#">Larry Miller</a> - Entrepreneur, Owner of Utah Jazz</p>	<p><a href="#">Ernest Hemingway</a> - Author (<i>For Whom the Bell Tolls; A Farewell to Arms; The Sun Also Rises</i>)</p> <p>Ken Kesey - Novelist (<i>One Flew Over The Cuckoo’s Nest</i>)</p> <p><a href="#">Carl Rowan</a> - Nationally-syndicated columnist and author</p> <p><a href="#">H. G. Wells</a> - Author (<i>War of the Worlds; The Time Machine; The Invisible Man</i>) founded the British Diabetic Association</p> <p><a href="#">Sylvia Chase</a> - Journalist (20/20)</p> <p><a href="#">Rodolfo Garcia</a> - AP Reporter</p>

## OCTOBER

National Breast Cancer Awareness Month /Dental Hygiene Month

**National Breast Cancer Awareness Month (NBCAM)** educates women about the importance of early detection for breast cancer. Since NBCAM’s inception, mammography use has doubled, and breast cancer death rates have declined. Still, many women do not utilize mammography at regular intervals. In recognition of the fact that mammography is the best available method of detecting breast changes that may be cancer, long before physical symptoms can be seen or felt, and that breast cancer deaths could decline further if all women age 40 and older received mammograms at regular intervals, We urge all women and their families to get the facts about mammography. [www.nbcam.org](http://www.nbcam.org)



Dental hygienists are licensed oral health care professionals who have completed extensive educational and clinical preparation in preventive oral health care.



In all states but one, to become licensed, dental hygienists must graduate from an accredited dental hygiene education program, pass the National Board Dental Hygiene Examination, and pass a state/regional clinical licensure examination.

Accredited education programs are offered at universities and community and technical colleges, with programs varying from two to four years in length, but including prerequisites, averaging three. Graduates may obtain a bachelor’s degree, an associate degree, or a certificate, depending on the program. Some dental hygienists go on to earn Master’s and Doctorate degrees.

In addition, continuing advances in the dental hygiene field and changing laws in many states have encouraged virtually all registered dental hygienists to participate in continuing education courses, keeping them up to date on the latest trends in dental hygiene practice and legislation regarding the profession. [www.adha.org](http://www.adha.org)

# NOVEMBER

DIABETES FOOT HEALTH, DIABETES MONTH / ALZHEIMER'S AWARENESS MONTH / GREAT AMERICAN SMOKE OUT



Click to enlarge

**Alzheimer's disease** is a disturbing disease because it stops a person's ability to do for themselves even simple things like using the bathroom. More horrible than anything about this disease is it takes your memories. Alzheimer's is a brain disorder that seriously affects a person's ability to carry out daily activities. Alzheimer's effect's the parts of the brain that control thought, memory, and language. Although scientists are learning more every day, right now they still do not know what causes Alzheimer's, and there is no cure. Scientists think that as many as 4.5 million Americans suffer from Alzheimer's. The disease usually begins after age 60, and risk goes up with age. While younger people also may get Alzheimer's, it is much less common. Though to me and my family it seems very common for a younger person to have it, my Mother was diagnosed with Alzheimer's at the age of 39. About 5 percent of men and women ages 65 to 74 have Alzheimer's, and nearly half of those age 85 and older may have the disease. It is important to note, however, that Alzheimer's is not a normal part of aging. [www.associatedcontent.com](http://www.associatedcontent.com)

## Great American Smokeout

The American Cancer Society is marking the 35th [Great American Smokeout](#) on November 18 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. Quitting smoking is not easy, but it can be done. To have the best chance of quitting successfully, you need to know what you're up against, what your options are, and where to go for help. [www.cancer.org](http://www.cancer.org)



# DECEMBER

NATIONAL HANDWASHING AWARENESS MONTH / SAFE TOYS AWARENESS MONTH / WORLD AIDS DAY

The easiest way to spread germs and catch a cold is by not keeping your hands clean. Every time you don't wash your hands after eating or using the bathroom, your germs are immediately spread to the next thing you touch, such as the telephone or the door knob.

During this flu season it is imperative that hands are washed multiple times during the day and you refrain from rubbing your eyes or touching your nose as often as possible. There is no easier way to pass germs than by not keeping your hands clean. Also, make sure that you wash with warm soapy water rather than cold water, because the heat helps eliminate the bacteria.



[www.epromos.com/education/calendars/national-hand-washing-awareness-month/](http://www.epromos.com/education/calendars/national-hand-washing-awareness-month/)

Children get an abundant amount of toys during the holiday season. There are some guidelines that make gift giving safe and enjoyable. It's important to choose age-appropriate toys. It is not safe to give small toy parts to infants and toddlers because it can become a choking hazard. Some toys are developmentally appropriate for children and can stimulate their learning and imagination, be mindful of the child's age and developmental milestones. Always keep an eye on children when playing with toys.

It is important to be aware of any toy recalls. Some toys may contain lead in the paint or can cause serious harm to the child and must be discarded immediately. Check the US Consumer Product Safety Commission's (CPSC) Website for the most current recalls (<http://www.cpsc.gov/cpscpub/prereel/category/toy.html>). You can also contact the CPSC to report unsafe toys. For More information on how to choose safe and age appropriate toys please visit [http://kidshealth.org/parent/firstaid\\_safe/home/safe\\_toys.html](http://kidshealth.org/parent/firstaid_safe/home/safe_toys.html).

<http://userwww.sfsu.edu/~nsa/2008/12/safe-toys-and-gifts-month.html>



Started on 1st December 1988, World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education. The World

AIDS Day theme for 2010 is '*Universal Access and Human Rights*'. World AIDS Day is important in reminding people that HIV has not gone away, and that there are many things still to be done.

According to UNAIDS estimates, there are now 33.4 million people living with HIV, including 2.1 million children. During 2008 some 2.7 million people became newly infected with the virus and an estimated 2 million people died from AIDS.<sup>1</sup> Around half of all people who become infected with HIV do so before they are 25 and are killed by AIDS before they are 35.<sup>2</sup>

The vast majority of people with [HIV](#) and [AIDS](#) live in lower- and middle-income countries. But HIV today is a threat to men, women and children on all continents [around the world](#). [www.avert.org/world-aids-day.htm](http://www.avert.org/world-aids-day.htm)

# 1st Annual Community Health Fair Held at the Greenfield High School



## OUR PROVIDERS

### DENTAL

Lynne Bennett, RDH  
Joseph DeLeon, DMD  
Layth Ghanim, DMD  
Steve Johnson, DDS  
Kari Lidefeld-Calabi, DMD  
Bernard Matute, DMD  
Stephanie Perkins-Stange, RDH  
Marcelo Prebianchi, DMD  
Celeste Wondolowski, RDH

### MEDICAL

Anne Chipperfield, MD  
Douglas Fusonie, MD  
Diane Grasso, FNP  
Amy Jacobson, PA-C  
Sarah Kemble, MD, MPH  
Kathy Kerr, MD  
Rebecca Pace, DO  
Flora Sadri, DO  
Russ Thomas, MD  
Connie Turner, FNP  
Daniel W. Zinn, MD

### MENTAL HEALTH

Angelique Lauren, LICSW  
Ileana Miranda, CNS/APRN  
Sarah Serwa, LICSW  
Louis Velázquez, MD

### NURSING

MaryJo Korfhage-Poret, BSN  
Haley Maxwell, LPN  
Anna Pearson, RN  
Pat Pierson, RN  
Jeannie Raymond, LPN  
Claire Sagor, RN  
Diane Vitello, RN  
Patty Zywna, RN

### NUTRITION

Mary Sieruta, RD

## communitycrisis response team

Healing After Trauma - The Community Crisis Response Team (CCRT) provides free support to people affected by crime-related trauma in Franklin & Hampshire Co's and the N. Quabbin Region. Services include one-on-one and group support, nurturing gifts, information & referral, trauma recovery coaching for drunk-driving victims, access to a lending library of materials on trauma & recovery, and Healing Arts programs. Our fall series includes Alexander Technique, Transformational Kinesiology, Collage, Feldenkrais, Survivors of Traumatic Loss group, a Moving Meditation, and more. For more information about CCRT, contact us at 413.773.5090, ccrt@communityaction.us, or view our website at www.communitycrisis.info. Healing can be more than just wishful thinking.

### HOLIDAY CLOSINGS

#### OCTOBER

**Monday - 11th ALL DAY - Columbus**  
**Thursday - 28th Closed Morning Only - Opening at 1:00**

#### NOVEMBER

**Thurs & Fri - 25th & 26 ALL DAY**  
**Thanksgiving**

#### DECEMBER

**Friday - 24th All Day - Christmas**  
**Friday - 31st All Day - New Years**

When the CHC is closed,  
callers will be advised how to  
reach our answering service

AUTUMN 2010

