

HEALTH CENTER BUZZ

Patient Publication
Volume 3, Issue 2

SPRING
2011

From the Executive Desk.....



**George E.
Barton, CEO**

The next few months will be an important time for CHCFC as we move ahead with our plans to relocate and expand. This move will allow us to increase the number of exam rooms available for patient care and to increase the number of providers as well as clinical staff. The services we offer will also be expanded with more behavioral health providers. We anticipate moving by August 1st to the

Cherry Rum location. Information will be sent to all patients in advance to ensure you are aware of our move. Dental will remain at the current location until we can get a new location for the dental program.

We will also be adding electronic health records which will increase communication between medical organizations and make patient care for you more effective. The electronic health record will allow

more resources for our providers and staff to manage your care. There will also be more resources for patients as we make communication with our center easier through technology. This includes scheduling of appointments, prescription refills and other essential functions that are critical to patient satisfaction. We want to thank you for making CHCFC your health care home and we look forward to serving you in the future.

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



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*



Cameron's Corner... Diabetes Care

Go on, get out there! Nearly everyone intends to get some activity or at least they know they should, but somehow even the best intentions can be derailed. I have tried to stay active to help manage my diabetes and when people ask me "How do you keep at it?" I began to realize that it has a lot to do with *finding something I enjoy that also keeps me active*. It's kind of like tricking yourself into doing something else while you get some exercise. I happen to enjoy biking, so anything on a bike works for me. Here are some other ideas to help you stay active:

Photography - An inexpensive digital camera or even your cell phone can encourage you to start walking around to find things to take pictures of. Walk in the woods, in the park, around town... walk around. See what I am getting at?

Birdwatching - Ever thought of it? Go on out and get a book (libraries are loaded with them) and then go track down some birds. They're out there, but you have to be out there too in order to find them. If you need a jumpstart check out www.millersriver.net or <http://greatfallsma.org/>

Gardening - It may take some time to start but it will pay off in more ways than one. Some digging, raking, spreading seeds are all good activities that will likely offer some rewards in a few months time. Speak to your dietician for ideas about what would be good to plant and consult Seeds of Solidarity for instructions on how to get started. http://www.seedsofsolidarity.org/Using_Produce_for_School_Gardens.pdf

Boating - I am talking about a kayak or canoe not a BassTracker here. It can be a very relaxing and low-impact activity that can reduce stress and help to control your blood sugar levels

Trainspotting - Never heard of it? It's not that popular in the U.S. because we don't have that many trains, but according to local media sources we are likely to see a lot more trains around here in the coming months and years. Just as the name implies, it is a hobby involving keeping track of certain types of trains or 'rolling stock'. Maybe it's interesting enough to bring you outside...

Other things that have helped include finding a friend to help encourage you on those days when you 'just don't feel like it'. Even better if you can find someone that shares your challenges with diabetes and with recent statistics indicating there are 25.8 million children and adults living with diabetes in the U.S. chances are that you can find someone to help you get out there. Some groups in the area include The Center for Excellence in Diabetes Education <http://www.cooley-dickinson.org/services/diabetes-education>. Or contact Baystate Franklin Medical Center for more information on their classes at (413) 773 2097

APRIL National Public Health Week / National Infant Immunization Week



**Safety is NO Accident:
Live Injury-Free**
National Public Health Week
April 4-10, 2011 - www.nphw.org



Love them.
Protect them.
Immunize them.

National Infant Immunization Week

It only takes a moment for an injury to happen – a fall on a stair, a moment's glance away from the road, a biking or sports-related injury, a medication mix-up. But it also takes just a moment to protect against injuries and make communities safer. The potential for injury is all around us. Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room.

Injuries are not "accidents", and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing a helmet and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries.

During **National Public Health Week 2011**, the American Public Health Association (APHA) needs your help to educate Americans that "**Safety is No Accident**". Together, we can help Americans live injury-free in all areas of life: at work, at home, at play, in your community and anywhere people are on the move. We all need to do our part to prevent injuries and violence in our communities. Join us as we work together to create a safer and healthier nation. www.nphw.org

National Infant Immunization Week (NIIW) is an annual observance to promote the benefits of immunizations and to improve the health of children two years old or younger. NIIW is part of a broad global initiative with the World Health Organization Regions of the Americas, European, Eastern Mediterranean, Western Pacific, and Africa to promote vaccination through education and communication activities. Since 1994, local and state health departments, national immunization partners, health care professionals, community leaders from across the United States, and the Centers for Disease Control and Prevention (CDC) have worked together through NIIW to highlight the positive impact of vaccination on the lives of infants and children, and to call attention to immunization achievements.

<http://www.cdc.gov/vaccines/events/niiw/index.html>



BONE HEALTH BASICS

Because osteoporosis is a disease of the bones, it is important to know some basics about your bones. Learn why bone health should be on the top of your wellness list.

DETECTING OSTEOPOROSIS

Your bones won't tell you if they are weak. In fact you may have osteoporosis and never know it. For many people, breaking a bone is their first clue. Learn more.

PREVENTION & HEALTHY LIVING

You're never too old or too young to improve the health of your bones. Whatever your age, the habits you adopt now can affect your bone health for the rest of our life.

MANAGEMENT & TREATMENT

Osteoporosis is a lifelong condition. The progression of the disease varies from person to person and affects some bones more than others. While osteoporosis is not curable, it can be treated and managed.

<http://www.nof.org/aboutosteoporosis>

May is National High Blood Pressure Education Month and this year's theme highlights the threat of uncontrolled hypertension. The National Heart, Lung, and Blood Institute (NHLBI) urges Americans: "If Your Blood Pressure Is Not Lower Than 140/90, Ask Your Doctor Why." The NHLBI is part of the National Institutes of Health. NHLBI sponsors the hypertension month effort with the National High Blood Pressure Education Program (NHBPEP), which it coordinates.

High blood pressure affects about 50 million--or one in four--American adults. Of those with hypertension, about 68 percent are aware of their condition--but only 27 percent have it under control. The reasons for this include not taking drugs as prescribed and/or not taking a medication that sufficiently lowers blood pressure.

Hypertension can lead to stroke, heart failure, or kidney damage. To help prevent that, blood pressure must be lowered to less than 140/90 mm Hg (millimeters of mercury). Normal blood pressure is less than 130/less than 85 mm Hg.

"We advise Americans to talk about their blood pressure with their doctor," said NHLBI Director Dr. Claude Lenfant. "They should have their blood pressure checked and, if it's high, ask about adjusting their medication and whether they've made the necessary lifestyle changes to bring it to below 140/90."

The lifestyle changes to control high blood pressure are: lose weight, if overweight; become physically active; choose foods lower in salt and sodium; and limit alcohol intake.

To help spread the word about the dangers of uncontrolled hypertension -- and what can be done about it -- the NHLBI and the NHBPEP have set up a special web site, which can be accessed through the NHLBI home page at <http://www.nhlbi.nih.gov>.



JUNE

Home Safety Month Men's Health Month

Home Safety Month is a perfect time to prepare yourself and your family for an emergency. Planning ahead can keep you and your family safe if a flood, fire, flu pandemic, terrorist attack, or other public health emergency strikes. Take these steps to prepare for an emergency:

- Do a walk-through of your home. Check your smoke alarms, child safety locks, and first aid supplies.
- Get an emergency supply kit.
- Make a family emergency plan.
- Stay informed.

<http://homesafetycouncil.org/AboutUs>

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

- Save men's lives by reducing premature mortality of men and boys
- Foster health care education and services that encourage men of all ages to implement positive lifestyles for themselves and their families
- Increase the physical and mental health of men so that they can live fuller and happier lives
- Significantly reduce the cycles of violence and addiction that afflict so many men
- Energize government involvement in men's health activities so that existing government health networks can be utilized to increase the health and well-being of men and boys
- Encourage women to expand on their traditional role as the family's health care leader and activist for enhancement of health care services

<http://www.menshealthmonth.org/week/>

<http://www.menshealthnetwork.org/>

The Franklin County Spring Parade

Organized by the same awesome folks who organize the Franklin County Fair Parade and Pumpkinfest!

The first annual parade will be held in Turners on Saturday, April 9, 2011/1:00pm

The parade will make a three mile loop, beginning at 1pm at Sheffield School on Crocker Avenue. It will take a left onto Montague Street, travel to the end, and turn left onto Turnpike Road. The parade will go past the Turners Falls High School, and take a left onto Millers Falls Road. At Scotty's Convenience Store, the parade will turn left onto High Street and end back at Sheffield.

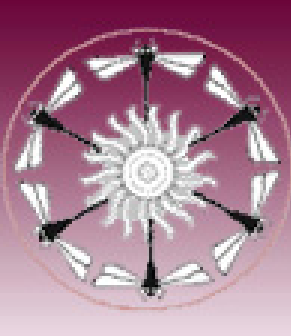


CHCFC will be there...come on out and watch the PARADE!!!



Join the Community Health Savers' to raise money for the American Cancer Society's RELAY FOR LIFE June 10th & 11th at the Franklin County Fairgrounds. Any contribution will help more people celebrate more birthdays.

www.chcfc.org



www.seedsolidarity.org

Winter was brightened considerably with news of a two-year grant of \$45,000 per year that helps to fully fund our SOL Garden youth program, create food gardens with and for 20 low-income families in our region, and implement food producing wellness gardens at the Desmond Callan Community Health Center and the Orange Innovation Center sites. This project is the result of a Seeds of Solidarity vision many years brewing.

Feeling Overweight Worried About Diabetes

Your Community Health Center is offering a **FREE** 12 week program focused on helping you make lifestyle changes. Call **413-772-3748 x147 TODAY!**

Leave a message with your name and phone number and a member of our team will call you back to see if you qualify.



HOLIDAY CLOSINGS

APRIL:
No Holiday Closings
May:
No Holiday Closings
JUNE:
No Holiday Closing

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

OUR PROVIDERS

DENTAL

Lynn Bennett, RDH
Celeste Chickering, RDH
Joseph DeLeon, DMD
Layth Ghanim, DMD
Steve Johnson, DDS
Julie Le Boeuf, RDH
Kari Lindefjeld-Calabi, DMD
Bernard Matute, DMD
Stephanie Perkins-Stange, RDH
Marcelo Prebianchi, DMD

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
Louis Velázquez, MD

NURSING

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

NUTRITION

Mary Sieruta, RD

