

**March 24th is  
American Diabetes Alert Day**



Go to [diabetes.org/alert](http://diabetes.org/alert) to take an online test to see if you are at risk for diabetes.

Common diabetes symptoms include:

- ◆ Frequent Urination
- ◆ Feeling very thirsty
- ◆ Feeling hungry - even though you are eating
- ◆ Extreme fatigue
- ◆ Blurry vision
- ◆ Cuts/bruises that are slow to heal
- ◆ Weight loss - even though you are eating more
- ◆ Tingling, pain, or numbness in the hands/feet
- ◆ Frequent yeast infections

Community Health Clinic offers screening and treatment of diabetes. Our medical staff works with patients to bring down A1C levels, through proper diet, exercise, and medication when appropriate. To schedule an appointment with our medical staff at our New Kensington clinic call **724.335.3334** or **724-567-5671** for our Vandergrift clinic today!



**Spring Arrives March 20th**



National Poison Prevention Week

March 15th-21st

**Poison Control Center Emergency Number**

**1.800.222.1222**

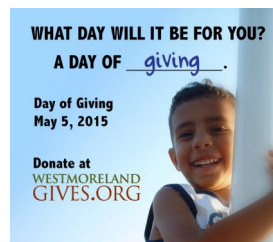


Community Health Clinic and  
Westmoreland Community Action  
Present a  
Drug Awareness/ Prevention Seminar  
Tuesday April 14th 2015  
6:30-8:30pm

Westmoreland Community College, New Kensington  
1150 Fifth Avenue, New Kensington

*According to the Valley News Dispatch, Sunday March 15th, 2015 nearly 100 people in the A-K Valley died from heroin overdose in 2014. Nearly 1/2 of those (45) were from Arnold, New Kensington or Lower Burrell.*

Learn how we can reverse those numbers.  
Call 724.889.2783 for more information.



**Please support your  
Community Health Clinic!**  
**May 5th**  
**At**  
**WestmorelandGives.org**  
**or**  
**Pittsburghgives.org**

**All donations receive a partial match from the Westmoreland Community Foundation.**

Medical 724.335.3334    943 Fourth Avenue, New Kensington  
Dental 724.335.2862    947 Fourth Avenue, New Kensington



**Mark Your Calendars!**

**Allegheny Valley Hospital  
10th Annual Destination Wellness  
Health Fair  
Saturday, April 11th 2015  
10am-2pm  
Pittsburgh Mills Mall  
Please stop by and visit our table!**

**HealthCare.gov**

**Tax Season Special Enrollment Period  
March 15th 2015 to April 30th 2015**

A special enrollment period is available for consumers who:

- Currently do not have health insurance
- First became aware of the requirement to maintain health insurance coverage or did not understand the meaning of the requirement until after February 15th 2015
- Are subject to the individual shared responsibility payment on their 2014 taxes.

Our certified application counselor can assist with obtaining health insurance coverage through the Marketplace, Medicaid and CHIP.

We can also assist with explaining the affect of healthcare laws on your taxes, explaining the types of exemptions available and how to apply for marketplace exemptions. (However, we cannot give tax advice or help file taxes.)

**To speak with our Certified Application Counselor call: 724.889.2783**