

February is

National Children's Dental Health Month



ADA.org/ncdhm

You can help your children defeat Monster Mouth!

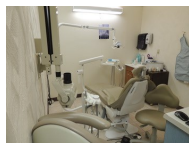
- ◆ Brush 2 minutes, 2 times per day
- ◆ Clean between your teeth daily
- ◆ Limit snacks, eat healthy meals
- ◆ Visit your dentist regularly



Our dental team of Dr. Ronald H. Proctor, DDS, and dental assistants Angela Leon and Thelma Marchlewski will be glad to help you fight Monster Mouth at our modern dental facility.

Call to schedule a visit for your child now!

724.335.2862



We take most dental insurances and offer affordable dental care with our sliding-fee. Our outreach and enrollment department can also help you apply for CHIP or Medicaid for your children (both of which have dental benefits).

Schedule your child's visit today!



Happy Valentine's Day



February is American Heart Month.



Heart disease is the number one killer in the United States. Heart disease causes 1 in 4 deaths in the United States – more than all types of cancer combined.

Some Tips for a Healthy Heart

- ◆ Quit smoking and stay away from secondhand smoke.
- ◆ Control your cholesterol and blood pressure.
- ◆ Drink alcohol only in moderation. This means no more than 1 drink a day for women and no more than 2 drinks a day for men.
- ◆ Eat healthy and get active. Aim for 2 hours and 30 minutes of moderate aerobic activity every week.
- ◆ Aim for a healthy weight. If you are overweight or obese, losing just 10 pounds can lower your risk of heart disease.

Office of Disease Prevention and Health Promotion U.S. Department of Health and Human Services

Community Health Clinic will be hosting a

Veteran's Benefit Clinic

Thursday March 19th 2015

10:00am– 2:00pm

Here at Community Health Clinic, New Kensington

Douglas Mosley, National Service Officer from the Military Order of the Purple Heart will assist veterans, their spouses and dependents with claims for compensation, pension, survivors benefits, death benefits, accessing military records and discharge upgrades. **Pass the word!**

Call 724.889.2783 for details



In Case you missed it

CHC New Lower Nominal Fees!

Doctor visit\$15.00

Dental visit.....\$20.00

Licensed Clinical Social Worker visit.... \$5.00

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!

Open Enrollment for 2015 is over.

You may still have options!

Medicaid and CHIP have no deadlines for enrolling. We can assist you enrolling in these programs.

There are special enrollment periods (SEP) for certain life changes these include:

- Getting Married
- Having a Baby
- Losing Other Health Coverage

We can assist you in obtaining an SEP if you qualify.

The new healthcare laws also affect your taxes. Some taxpayers will have new tax forms to fill out. If you don't have qualified health coverage for all year you must pay a fee or have an exemption.



We can 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