



September 2016 Newsletter



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New Kensington Clinic

943 Fourth Ave.
New Kensington,
PA 15068

Medical/ Behavioral Health

P. 724.335.3334
F. 724.335.2283

Dental

947 Fourth Avenue
New Kensington, PA
15068
P. 724.335.2862

Vandergrift Clinic

179 Columbia Ave.
Vandergrift, PA 15690
P. 724.567.5671

COMMUNITY HEALTH CLINIC RECEIVES

HEALTH CENTER QUALITY IMPROVEMENT FY 2016 GRANT AWARD

The Health Resources and Services Administration (HRSA) awarded Community Health Clinic \$73,299 in awards as part of the Health Center Quality Improvement Fiscal Year 2016 Grant Award.

“Health centers are evaluated on a set of performance measures emphasizing health outcomes and the value of care delivered,” said Health Resources and Services Administration (HRSA) Acting Administrator Jim Macrae. “These measures provide a balanced, comprehensive look at services to manage conditions among the vulnerable populations served by health centers.”

The awards CHC received are:

- **Clinical Quality Improvement**- \$13,299– for demonstrating notable improvement in one or more Clinical Quality Measures between 2014 and 2015
- **Access Enhancement**- \$5,000– for increasing the total number of patients served and the number of patients receiving comprehensive services between 2014 and 2015.
- **High Value Health Center**- \$25,000– for delivering better, smarter, healthier care by improving cost efficient care delivery compared to the national average while also increasing quality of care and improving access to comprehensive services.
- **PCMH Recognition**- \$30,000- achieving PCMH recognition for their service delivery sites

These awards will help Community Health Clinic to continue to provide high-quality, affordable health care to the community.



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smcmannis@communityhealthclinic.org



COMMUNITY HEALTH CLINIC NEWS IN BRIEF



VETERANS' BENEFIT CLINICS RETURN TO CHC

October 13, 2016 will mark the return of monthly Veteran Benefit Clinics to CHC.

Jennifer Bogus, National Service Officer from the Military Order of the Purple Heart Pittsburgh Regional Office, will be on site to assist veterans, their spouses and dependents with claims for compensation, pension, survivors benefits, death benefits, accessing military records and discharge upgrades. The clinic runs from 10:00am to 2:00pm.



DENTAL LABORATORY SERVICES

Community Health Clinic Dental Laboratory services are now available. Services available include:

- Dentures
- Partials
- Maintenance of Crowns

For more information or to schedule an appointment please call 724.335.2862



Supplemental Nutrition Assistance Program

IN-PERSON SNAP

APPLICATION ASSISTANCE

CHC is partnering with the Westmoreland County Food Bank to provide in person assistance to apply for SNAP (Food Stamps) benefits one day per month at either our New Kensington or Vandergrift Clinics. The next SNAP clinic will be **October 18th from 9am-4pm** at our **Vandergrift Clinic** 



REGISTER TO VOTE AT CHC

Call 724.889.2783 to schedule an appointment to register to vote. **October 11, 2016** is the last day to register in order to be able to vote in the Presidential Election on November 8, 2016.



COMMUNITY HEALTH CLINIC WELLNESS GROUP

Every Wednesday at 3:00pm a group of patients meets here at CHC for a Wellness Group. The Group is led by Ms. Monique Smith our Care Manager. The focus is diabetes, high blood pressure and weight management. They use the LEARN model.

- Lifestyle
- Exercise

- Attitude
- Relationship
- Nutrition

This program is available to all CHC patients. If you are interested in learning more about the group or becoming a CHC patient call 724.335.3334



FLU SHOTS NOW AVAILABLE

Flu shots for adults and children over 3 are now available. They are free with a doctor visit or \$20.00 without a doctor visit if not covered by insurance.





WHAT ARE THE BENEFITS OF FLU VACCINATION?



While how well the flu vaccine works can vary, there are a lot of reasons to get a flu vaccine each year.

Flu vaccination can keep you from getting sick with flu. Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.

- A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012.
- Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.

Flu vaccination is an important preventive tool for people with chronic health conditions.

- Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who

had had a cardiac event in the past year.

- Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).

Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the developing baby during pregnancy and for several months after the baby is born.

- A study that looked at flu vaccine effectiveness in pregnant women found that vaccination reduced the risk of flu-associated acute respiratory infection by about one half.
- Another study found that babies of women who got a flu vaccine during their pregnancy were about one-third less likely to get sick with flu than babies of unvaccinated women. This protective benefit was observed for up to four months after birth.

Flu vaccination also may make your illness milder if you do get sick.

Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Information courtesy Centers for Disease Control. CDC.Gov





HEALTH TIPS



SEPTEMBER IS FRUITS AND VEGGIES-MORE MATTERS MONTH.

Most people know that eating fruits and vegetables is important for good health, but most of us still aren't getting enough.

Eating a healthy diet with plenty of vegetables and fruits can help you:

- Lower your risk for heart disease and some types of cancer
- Maintain or reach a healthy weight
- Keep your body strong and active

Here are some ideas to help you and your family fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy where the whole family can see it.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge your family to try a new fruit or veggie every week.

Remember, eating more fruits and veggies can be fun-and it's worth it!

Information courtesy of healthfinder.gov



LOWER YOUR RISK OF FALLING

You can make small changes to help prevent falls. One in 3 older adults will fall each year. Falling can lead to broken bones, trouble getting around, and other health problems-especially if you are age 65 or older.

A fracture (broken bone) can cause pain and disability. It can also make it hard to do everyday activities, like cooking a meal or taking a shower, without help. Hip fractures are a major cause of health problems and death among older adults.

You don't have to be afraid of falling. Take these steps to prevent falls:

- Do exercises to improve your balance and leg strength
- Review your medicines with your doctor. Some medicines can make you dizzy or sleepy
- Ask your doctor if you need to take vitamin D pills
- Get your vision checked by an eye doctor at least every 1 to 2 years. Update your glasses or contact lenses when your vision changes
- Make your home safer. For example add grab bars inside and outside your bathtub or shower

Information courtesy of healthfinder.gov





HEALTH TIPS

PROTECT YOUR FAMILY FROM FOOD POISONING

Food poisoning (or foodborne illness) happens when you get sick from eating or drinking something that has harmful germs in it-like bacteria, viruses, or parasites. Two common causes of food poisoning are E. coli and Salmonella.

Follow these simple steps to keep your family safe from food poisoning:

1. Shop smart when you buy food

- Check the expiration (“use by” or “sell by”) dates on everything you buy.
- Don’t buy cans that are leaking, bulging, rusty, or badly dented
- Don’t buy bottles or jars with “popped” lids or broken seals
- Make sure frozen food packages are open or crushed
- Buy eggs that have been kept in the store’s refrigerated section. Make sure they are free of cracks and liquid



- Put meat, fish and poultry in plastic bags-or separate them from other food in your shopping cart. This will keep them from dripping onto your other food.

2. Make sure frozen food stays frozen

- Shop for frozen foods last so they are less

likely to thaw before you get them home.

- Don’t buy packages with frost or ice crystals- these are signs the food became warm and then refroze.

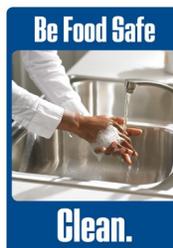
3. Plan ahead to get food home safely

- Put cold food I the refrigerator within 2 hours. If it is a hot day-over 90° F-refrigerate cold foods within 1 hour.
- If you have other errands to do, save food shopping for last.
- If you live far from the store, pack a cooler with ice for your cold items
- If it is a hot day and you have the air conditioning on in your car, keep groceries in the passenger area instead of the trunk. This will keep them cool.



- Put cold foods in the refrigerator or freezer as soon as you get home.

4. Clean



- Wash hands with warm water and soap for at least 20 seconds before and after handling food.
- Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item.

Information courtesy of healthfinder.gov and fightbac.org





CHC OUTREACH NEWS



TWO HEALTH INSURERS ARE LEAVING THE MARKETPLACE IN SOUTHWEST PA.

Aetna and United Healthcare will not be offering plans on the Marketplace in Pennsylvania. In Southwest PA consumers will still have a choice of Highmark or UPMC health plans. Open Enrollment begins November 1st 2016 and ends January 31st 2017. For free, impartial assistance by a trained Certified Applications Counselor please call 724.889.2783

MANAGING YOUR HEALTH CARE COSTS

Know your expenses once you have purchased a health plan.

Outside of the monthly premium you or your employer pay to the health insurance company, you may have other costs associated with your health care needs.

These are some key terms to help you understand those costs:

- **Co-pay:** This is the amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor's visit, hospital outpatient visit, or a prescription drug. A co-pay is usually in a set amount such as \$10 for a doctor visit, rather than a percentage. Co-pays are usually between \$0 and \$50 depending on your insurance plan and the type of visit or service.
- **Deductible:** The amount you owe for health care services your insurance or plan

covers before your health insurance plan begins to pay. In general, copays usually do not count toward the deductible, but they do count toward the out of pocket maximum.

- **Co-insurance:** The amount you may be required to pay as your share of the cost for services after you pay any deductibles. Co-insurance is usually a percentage (for example, 20%)
- **Out-of-pocket maximum:** is the most you pay during a policy period (usually one year) before the insurance or plan pays 100% for covered health benefits.

Examples: You go to the doctor and pay a \$10 co-pay for the office visit and pay a \$5 co-pay for a prescription. Later you have minor surgery. The cost for the surgery is \$2000. Your deductible is \$1,000 and you have a 20% co-insurance. You will pay \$1,200 for the surgery. \$1,000 for the deductible and 20% of the balance of \$1,000 which is \$200. You have now spent \$1,215 toward your out-of-pocket maximum.

UP-COMING EVENTS:

Please join us at these community events.

New Ken Sidewalk Sale-Saturday October 1st 10am-6pm (4th and 5th Avenue)

Rep. Eli Evankovich Senior Expo– St. Margaret Mary Church, October 14th 9am-12pm

Free assistance applying for Marketplace, Medicaid, CHIP and VA health coverage is available from CHC please call 724.889.2783

