

Your Caring Connection

A newsletter for the patients of Fairfield Community Health Center!



Upcoming Community Events



FMC Healthfest: Saturday, August 3rd, 8am-1pm @ The Fairgrounds.
FREE TO ATTEND

Health Center Week- Sunday Aug. 4th-Saturday, Aug. 10th. See page 3 for details.

FCHC VIP Pool Party Saturday, August 10th, 8pm-11pm @ Tiki Pool.
FREE TO ATTEND

Hogs 4 Healthcare-Saturday, August 17th (see page 4 for details)

Looking ahead...
Rummage & Bake Sale-Saturday, September 7th 9am-1pm

Tournament of Healthcare Champions Golf Outing- Saturday September 21st

Your Caring Connection Newsletter is now available on our website! www.fairfieldchc.org and visit the website for access to the Patient Portal.

News for your health from, Dr. Troy Hampton, CMO



August is an exciting month! Fairfield Community Health Center will be hosting health center week at each clinic location beginning Monday, August 5. I invite you to take advantage of this celebratory time where we will be offering health education, giveaways and lunch at each clinic site. The theme of National Health Center Week is "Rooted in Our Communities." I truly believe that our health center is rooted in our community. By providing healthcare at three different locations around Fairfield County to anyone regardless of their insurance type or offering a sliding discount fee for those who have limited ability to pay, FCHC can ensure that anyone who needs healthcare has access to it. Walk In times are now happening at East Main Street Center. Even if you are not a patient, and/or have no appointment, you can walk in; EVERY Monday through Thursday from 5:00pm – 7:30pm and EVERY Saturday from 9:00am – 12:30pm

Welcome Dr. Troy Hampton
- NEW LOCATION -
1155 E Main St
Call **740-277-6043**



"Building a healthy community, one life at a time!"

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Are your kids ready for Back to School?

It's National Immunization Awareness Month! Is Your Family Up to Date on Vaccines?

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, and pneumonia with vaccines.

During NIAM, Fairfield Community Health Center encourages you talk to your doctor, nurse, or other healthcare professional to ensure you, your child, and your family are up to date on recommended vaccines.

As your children head back to school this fall, make sure vaccination is at the top of your checklist. August is also a key time to



make sure you are up to date on all the vaccines you need to stay healthy. Talk to your child's healthcare provider to see which vaccines might be right for them.

The golden age of psoriasis treatments

PSORIASIS: AN INCURABLE CHRONIC SKIN DISEASE		MOST COMMON SYMPTOMS*	
MORE THAN 125 MILLION PEOPLE ARE AFFECTED WORLDWIDE		THICK, RED SKIN	SCALING
Up to 3% of the world's population is living with psoriasis. More than 1/3 of patients with plaque psoriasis suffer from its moderate-to-severe		ITCHING	PAIN
EFFECTS ON QUALITY OF LIFE* <small>The effect of psoriasis on patients' quality of life is similar to diseases such as cancer (lymphoma), heart attack, arthritis, type 2 diabetes and depression. A number of international studies also demonstrate that people with more severe forms of psoriasis have a significantly reduced life expectancy.</small>		CO-MORBIDITIES**	
75% FEEL UNATTRACTIVE	54% FEEL DEPRESSED	DEPRESSION	DIABETES
31% HAVE FINANCIAL DISTRESS	8% ARE RESTRICTED TO WORKING AT HOME	PSORIATIC ARTHRITIS	HEART DISEASE
TREATMENT FAILURE** <small>Approximately 40 to 50% of people with moderate-to-severe plaque psoriasis report dissatisfaction with existing treatments, indicating the need for new efficacious therapies.</small>		PSORIATIC ARTHRITIS* 30% of patients are affected	

"This is such an exciting time for the person with psoriasis," Zimmerman announced during the very first Psoriasis Awareness Month campaign in 1997. "Until we find a cure for this devastating condition, we welcome every new treatment option. Recent advances have made more psoriasis treatments available than ever before."

Zimmerman referred to 1997 as "an exciting time" because two new treatments – an oral and a topical – had been approved by the U.S. Food and Drug Administration. The primary treatment options of the late 1990s were not much advanced over the 1970s: coal tar, photo therapy, topicals and systemics prior to these new treatments.

Fairfield Community Health Center & Paramount Advantage Present:

Health Center Week

ROOTED IN OUR COMMUNITY

Visit one of our 3 clinics for health education, giveaways & lunch!

9:30am-3:30pm
Lunch: 12pm-1pm

Monday, Aug. 5: Baltimore Center
1055 W Market St, Baltimore

Wednesday, Aug. 7: East Main Street Center
1155 East Main Street, Lancaster

Thursday, Aug. 8: Hunter Trace Center
216 Trace Drive, Lancaster

www.fairfieldchc.org

National Health Center Week (August 4th-10th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.

Health centers serve 28 million patients – a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations

FCHC Mission Statement is we provide access to quality patient centered healthcare for all.

Stop by, get free stuff, have lunch, and learn about what makes FCHC great!

This year we want ALL children to be FCHC VIPs and want to celebrate them with a free pool party on Saturday, August 10th. Healthy lifestyles and eating choices start at a young age and helping our VIPs develop healthy habits that they can take into adulthood. We are planning on having healthy eating/cooking demos, personal trainers who can demonstrate easy and fun ways to exercise, yoga instructors, as well as providing a fun learning environment that will nurture families having fun together.

Plus – PRIZES & RAFFLES

FCHC V.I.P. POOL PARTY

August 10, 2019
8PM-11PM

Tiki Pool
1475 Tiki Ln,
Lancaster, OH 43130

SWIMMING | MUSIC | POPCORN BAR
FUN ACTIVITES & PRIZES

Learn to grow your own produce w. Lynne from Schultz Valley Farms

Youth Yoga Project will be providing demos

Exercise tips with a Personal Trainer

Healthy Eating tricks with a Nutritionist

211 will be on site with community resource info

Complete Activites to be entered to win a Nintendo Wii!

Transforming Classrooms Into “Care” Rooms – The South School Project

FCHC's Annual Poker Run ~~-Hogs -4- Healthcare-~~ put on by our friends at Horns & Halos Riding Club will be Saturday, August 17th with kickstands up at noon, and the last bike in at 5pm. We will be roasting a hog and having tons of auction items including tickets to some of your favorite sports teams! See our Facebook page for more event details and how to register.

Our **LAST EVER** Rummage Sale will be on Saturday, September 7th from 9am-1pm and as always will feature the FCHC culinary talents at the Bake Sale.

We are now taking registrations for our Tournament of Healthcare Champions; please visit www.fairfieldchc.org/golf for more information.

Again, thank you to all who are able to support FCHC at our fundraising events.

A Note from Fairfield Community Health Center, CEO, Lisa Evangelista



We have so much going on this month! I hope you all enjoy Health Center Week which begins at our locations on Monday, Aug 5 through Aug 9. We will have lunch and give-a-ways for everyone at the different locations indicated on the flyer in this newsletter. We appreciate the sponsorship of Paramount Healthcare for the event. We are also hosting a Tiki pool party on Aug 10 and a Poker Run on Aug 17. All the details are in this newsletter and I hope you can attend one or all of the events.

This is a time to thank our great providers, support staff, and most of all you, our patients who entrust us with your care each and every day.

Enjoy the last month of summer! ~ Lisa



WALK-INS WELCOME!

EVERY MONDAY-THURSDAY from 5pm-7:30pm, & EVERY SATURDAY from 9am-12:30pm

East Main Clinic 1155 E. Main

Patients are seen on a first-come first-served basis.

