

January 2019

# Your Caring Connection

*A newsletter for the patients of Fairfield Community Health Center!*

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

The holidays are over and it's time to settle in for the winter, maybe make a pot of your favorite soup to get through the typically cold month of January. But January is more than just a cold, winter month. It's a month of new beginnings, resolutions and goals.



January is National Blood Donor Month. Every two seconds someone is in need of blood – accident and burn victims, organ transplant patients, heart surgery patients, and those receiving treatment for leukemia, cancer or sickle cell disease may need blood products. Blood can be safely donated every 56 days. Platelets can be given every seven days – up to 24 times a year.

Individuals who are at least 17 years of age (16 with parental consent in most states), weigh at least 110 pounds and are in generally good health may be eligible to donate. While none of us know when we or a family member or friend could be in need of blood, there seems to be a blood drive happening nearby to make it convenient for you to do so. The American Red Cross website has all of the locations listed or you can call 800-733-2767 to locate one near you.

So why not resolve to donate blood for 2019 and give the gift of life?

~Have a great new year!

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



## Upcoming Community Events



**Winter Hike**-Sunday, January 6, 2019 at 2 PM - 3:30 PM at Alley Park. Join Mike Sutter, park volunteer for a hike at Alley Park on Sunday, January 6th beginning at 2:00pm. Learn to identify trees in the winter and look for tracks along the trail. Bundle up and bring along a hiking stick to maneuver the trails



**Civil War Roundtable: The Great Locomotive Chase**-The program runs from 7-9 p.m. and is open to the public. No reservations are needed. Admission is \$5. The Sherman House Museum is located at 137 E. Main St., Lancaster, Ohio.

Your Caring Connection Newsletter is now available on our website! [www.fairfieldchc.org](http://www.fairfieldchc.org) and visit the website for access to the Patient Portal.

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# National Drug & Alcohol Facts Week: Jan 22<sup>nd</sup> – 27<sup>th</sup>



National Drug and Alcohol Facts Week® links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute of Alcohol Abuse and Alcoholism became a partner in 2016, and alcohol has been added as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health.

NEW DATES  
ADDED!

**CAUTION**  
FLU & COLD  
SEASON  
AHEAD

# FLU CLINIC

**WALK INS! ALL INSURANCES ACCEPTED!**  
NEW DATES ADDED!

JANUARY 12	JANUARY 26	FEBRUARY 16
9AM-1PM	9AM-1PM	9AM-1PM

EAST MAIN CLINIC  
1055 E. MAIN STREET  
LANCASTER, OH 43130

(740) 277-6043

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

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# Cervical Cancer Awareness

January is Cervical Health Awareness Month, and **Fairfield Community Health Center** wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news?

- The HPV vaccine (shot) can prevent HPV.
- Cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, **FCHC** encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more.

"As a provider, I strongly believe in the importance of this cancer-preventing vaccine, and have recommended it to my family members and my friends' family members. It's safe and is extremely effective...ask your provider about it today!"

~ Sheri Dodds, Certified Nurse Practitioner



Taking small steps can help keep you safe and healthy.

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

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## Transforming Classrooms Into "Care" Rooms –

### *The South School Project*

This November, Fairfield Community Health Center was able to establish an account with the Fairfield County Foundation and participate in the 29-Hour Give. From Tuesday, November 27 at 8 AM until Wednesday, November 28 at 1 PM, anyone could either go online or personally visit the foundation and donate to a fund of their choosing. The FCHC Fund was the recipient of \$4,383.95! The Foundation shares a match based on percentage of donations of \$29,000 and the additional amount was \$1,326.95 making the total for FCHC - \$5,710.90.



giving period with over \$95,000 being committed to various funds. The fund for FCHC was established not only to assist fundraising efforts for the renovation of South School, but for future projects in which the health center may initiate.

FCHC has applied for other grants and is anticipating financial commitments from these organizations. FCHC is hoping 2019 will be a great year for raising funds for the south school renovation. To donate, please visit our website at [www.fairfieldchc.org](http://www.fairfieldchc.org). If you are unable to make a financial contribution you can still help by sharing with others the positive impact FCHC has made in your life.

Fairfield County Foundation reported it was the best year yet during the 29-hour

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



In this New Year, I want to personally thank you for entrusting your health care needs with Fairfield Community Health Center. We provide access to quality patient-centered healthcare for all. In the past year, we were able to increase our behavioral health services with a grant from the Human Resources and Services Administration (HRSA) at our Main Street location by hiring a Director of Behavioral Health and a Licensed Professional Counselor. We continue to increase your selection of 340B pharmacies by adding Walmart in the New Year. We continue to receive contributions for our capital campaign so we can increase our capacity by turning classrooms into careroms at the south school. We have another exciting year ahead of us and we can't wait to share each accomplishment with you. Always remember that we serve everyone's health care needs regardless of the ability to pay. Stay warm and healthy during these cold winter months! Happy New Year!

~Lisa

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

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