



20 YEARS OF SERVICE 1991-2011 Fall 2011

Patient Newsletter

Notes from the Office Manager—*Maria Bridgewater*

- The Free Clinic is celebrating **20 Years of Service** as of October 2011!!
- Revised Patient Office Hours- There are no longer hours on Friday, please pick up an updated brochure with the revised hours and other useful information.
- Please remember to thank Free Clinic volunteers, which are most of the people you see when you come in for treatment - including front office, lab techs, nurses and doctors.

Clinic News: Will you be eligible for Medicare in the next 6 to 8 months?



If so, plan to attend our Medicare Information Party to be held in October (date to be announced.)

We are anticipating having Flu shots available for Free Clinic patients in September

Letter From the Executive Director



Who is responsible?

Earlier this summer my wife and I joined some friends on a trip to the southwest. We visited national parks with wonderful scenic overlooks. This area of the country is known for canyons that are hundreds or thousands feet deep. Signs at these sites invite visitors to enjoy the view and to remember “your safety is your responsibility.” It is not necessary to stand at the very edge of a 1,000 foot cliff to enjoy the visit. Sometimes it is helpful to be reminded where danger lingers.

Today I hear a similar message from the doctor when he reports a concern about my weight. Ultimately my weight is my responsibility not the doctor’s responsibility. In this case the doctor is powerless to improve my health if I will not follow his advice. Another example is my decision to take the medication as directed by the doctor. However if I think of my doctor as a partner in my health this identifies a team effort. My doctor and I are the team members.

At the Free Clinic healthcare is also a team effort. Our mission is to partner with patients for improved health and life-style change. On your next visit ask the doctor or nurse for their ideas about ways you can begin to improve your health. Remember the Free Clinic exists to help patients improve their health and implement life-style change, however also remember, “your health is your responsibility” and move back from the cliff.

Patient Survey Notice: Starting on September 1 thru October 30 the Annual Patient Survey will be available in the lobby. We invite your feedback on Free Clinic services. It is important for us to learn what we are doing well and what we can do better. Please fill out a survey following each visit.

Keith Gnagey, Executive Director

***The Free Clinic will be closed Monday September 5 for Labor Day ***

Harrisonburg Rockingham Free Clinic and Harrisonburg Community Health Center are often confused. The table below outlines some of the major services.

Guide to Harrisonburg Rockingham Free Clinic and Harrisonburg Community Health Center Services

Organization	Harrisonburg Rockingham Free Clinic 25 W. Water Street	Harrisonburg Community Health Center 563 Neff Avenue, Suite A
Patients Served	Serves eligible uninsured patients at no charge - specializes in care for patients with chronic conditions	Serves insured and uninsured patients on a sliding fee scale based on income (\$15 minimum charge)
Insurance	Does not serve patients with insurance, including Medicaid or Medicare	Serves patients who are self pay and will accept health insurance payments, including Medicare and Medicaid
Lab	Provides free lab testing	Lab work, x-rays may be included as part of sliding fee or may be charged in addition
Pharmacy	Medications provided at no charge through in-house pharmacy (\$3 donation requested for each with a cap of \$15), Medications donated through Medication Assistance Program by pharmaceutical companies	Medications available at discounted prices
Referrals	Various specialist referrals and services free of charge	Specialist referrals available on a fee for service basis
Clinic Hours	Health Services by appointment: Monday, Tuesday, and Wednesday, 9:00am-1:00pm, & Wednesday evening, 5:30-8:00pm Gynecologic services and Dental Extraction by appointment on 1st and 3rd Tuesday evenings, 5:30-7:30pm	Monday, Wednesday, Friday, 8:00am-5:45pm Tuesday, Thursday, 8:00am-7:20pm
Office Hours	Daytime Hours, Monday-Thursday, 9:00am-2:00pm Evening Hours, Tuesday and Wednesday, 5:30-7:00pm	Monday-Friday, 8:30am-4:30pm
Funding	86% of revenue is raised locally through fundraising, individuals, United Way, businesses, churches, and civic groups	Funding from Federal Government, patient fees, and insurance reimbursements
Employee/ Volunteer model	Volunteer based model providing clinical and front office support with part-time staff providing continuity and coordination	23 Employees

Choosing a Safe Backpack for a Child

KEEPING CHILDREN'S SPINES AND MUSCLES STRONG AND HEALTHY

A backpack fits correctly when:

- ◆The clips of the waist-strap stay shut to distribute the pack's weight evenly.
- ◆It sits no lower than the hollow of the back, i.e, it does not hang below the waist.
- ◆The top of the bag is near shoulder height, i.e, not too low below the shoulders.
- ◆All zips stay closed to contain the load.

A desirable backpack should:

- ◆Never be wider than the width of the chest.
- ◆Have wide, padded and adjustable shoulder straps.
- ◆Be no more than 10% of a child's body weight.
- ◆Have several pockets or compartments for even-weight distribution.

Italian Garden Pasta Salad Recipe

Ingredients:

- 1 cucumber, sliced thin
- 1 green onion bunch, sliced
- 1 small bunch broccoli, diced
- 1 lg. tomato, cut in thin wedges
- 1 green pepper, cut in strips
- 1 box tri-color rotini
- 1 bottle Zesty Italian Dressing
- Fresh basil
- Parmesan Cheese



Preparation:

- Cut up vegetables while pasta cooks.
- Mix vegetables and pasta in a large bowl.
- Pour dressing over pasta/vegetables
- Mix well and sprinkle with Parmesan Cheese. Cover and CHill