



Spring 2011

# Patient Newsletter

## Note from the Office Manager

It has been a pleasure working as Office Manager for the last five months. There is a lot to learn and one of the impressive things is that most of the work to operate the free clinic is donated by doctors, nurses, lab technicians, and front desk volunteers! For additional resources, beyond what HRFC can provide, contact the Community Resource Center which has volunteers answering their phone line Monday-Fridays from 10am-2:30pm. Their number is 540.433.3888.



## Will you be eligible for Medicare in the next 6 to 8 months?

If so, plan to attend our Medicare Transition Party on Thursday morning, April 14, at 10 am on the second floor of the Free Clinic. We'll talk about Medicare Part A, Part B and Part D. We'll tell you where to apply for financial assistance and how the Free Clinic will help you move to a new health care home. An expert from the Department of Social Services will join us. **If you would like to come, please call Bernie Mathes at 437-2904.** You are welcome to bring a friend or family member

## All About Our Pharmacy...

**Pharmacy Schedule:** The pharmacy is open on Monday, Tuesday and Wednesday mornings during am clinics from 9 am -12 pm. The pharmacy is also open on Wednesday evenings from 5:30 - 7 pm. For med availability times please refer to the chart below:

**Medicine Refill Process:** Patients have several options for refilling their chronic medications. They can drop off a refill request at the clinic at any time. During clinic hours, there is a Tupperware container located on the right side of the counter where these forms can be placed. After hours, there is a box outside the front door for dropping off requests. **Telephone refill requests are only taken on Thursdays from 10 am - 2 pm the phone number to call is 437-2345.** We also accept faxed requests.

**Pick-up times:** Patients can pick up their medicine from 9-2 Monday through Thursday and 5:30-7 pm on Wednesdays; any time after it is ready.

**For quick reference, cut it out and put it on your refrigerator !**

If you drop your prescription off	It will be ready
Monday	Wednesday between 5:30 and 7:00 pm
Tuesday	Wednesday between 5:30 and 7:00 pm
Wednesday	Thursday between 9am and 2:00 pm
Thursday	Wednesday between 9am and 2:00 pm
Friday	Wednesday between 5:30 pm and 7 pm

**\* The HRFC will be closed Monday May 30th for Memorial Day \***

# 2010 Taxes are due April 18th

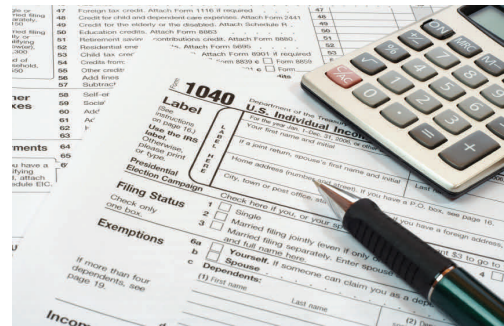
As soon as you have finished your 2010 income taxes, please bring a copy of the 1040 form to the Free Clinic. Without your 2010 taxes, we will not be able to give you your medicines after April 15th. **If you will not file income taxes in 2010, please ask at the front desk for Form 4506-T, then complete and sign it.**

## Free Tax Help!

February 1st through April 15th at the Price Rotary Senior Center at Westover Park, 305 Dogwood, Harrisonburg. Volunteers will assist tax payers with their 2010 returns for moderate to low income families and those age 60+. It is walk-in only, no appointments taken.

Tuesdays 9am-12pm and 2-5pm

Saturdays 9am-12pm



## WE LOVE OUR VOLUNTEERS!

A special shout out to JMU's Gamma Sigma Sigma sorority for putting in over 24 hours in February to keep our Clinic clean and tidy!

## Parenting Education and Support Classes

Classes are FREE - and dinner and childcare are provided!

WHEN: Every Tuesday night from 6-8 p.m. for 12 weeks starting April 12, 2011

WHERE: Lucy F. Simms Continuing Education Center  
620 Simms Avenue in Harrisonburg  
(where the Boys & Girls Club is located)

To register call HealthSource at 433-4580



## Strawberry Spring Salad Recipe

### Ingredients:

- 3 tablespoons white wine vinegar
- 3 tablespoons water
- 1 tablespoon honey
- 2 teaspoons extra-virgin olive oil
- 1/8 teaspoon of salt
- 1/8 teaspoon of pepper
- 3 cups quartered strawberries

### Preparation:

- Combine first 6 ingredients, and stir well with a whisk.
- Combine strawberries and greens. Add vinegar mixture; toss to coat. Sprinkle with nuts.

Yields 4 servings.

Nutritional Information: 98 calories;  
4.5g fat; 4.5g protein; 14.3g carbs;  
3.5g fiber; 76mg sodium

Recipe from

Cooking Light Magazine, April 1997 issue

