



June 2016 Newsletter



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Please Mark Your Calendars and Plan to Join us for National Health Center Week.

**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

- Monday August 8<sup>th</sup> Speckles the Clown will help us celebrate at our New Kensington Clinic
- Tuesday August 9<sup>th</sup> will be a focus on Public Housing
- Wednesday August 10<sup>th</sup> we will host the members of the AK Strong Chamber of Commerce for Coffee and Connections at our Vandergrift Clinic
- Thursday August 11<sup>th</sup> will be a Meet and Greet at our New Kensington Clinic-One of our guests will be Loren Robinson MD The PA Deputy Secretary for Health Promotion and Disease Prevention
- Friday August 12<sup>th</sup> we will host a voter registration drive.

Please join us as we celebrate National Health Center Week



**CORRECTION:** Our May newsletter incorrectly stated the policy for access to our Psychiatrist's services. Psychiatric services are only available at this time to Community Health Clinic patients. We sincerely apologize for any inconvenience this may have caused.



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[www.communityhealthclinic.org](http://www.communityhealthclinic.org)

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### COMMUNITY HEALTH CLINIC NEWS IN BRIEF

#### THANK YOU

Community Health Clinic extends a sincere thank you to the New Kensington Rotary Club. The Rotary recently donated \$750 to the clinic. These funds will be used to offset the cost of labs for our most indigent patients. This is the second year in a row the New Kensington Rotary has donated funds to help patients afford the cost of lab work. Thanks!



#### REGISTER TO VOTE AT CHC

Call 724.889.2783 to schedule an appointment to register to vote. Please note CHC will be conducting a voter registration drive at our New Kensington Clinic on Friday August 12th as part of our National Health Center Week . October 11, 2016 is the last day to register in order to be able to vote in the Presidential Election on November 8, 2016.

#### DENTAL LABORATORY SERVICES

The Community Health Clinic Dental Laboratory services will be available by the end of July.



Services available will 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 **July 19th from 9am-4pm** at our **New Kensington** clinic. 



#### NEW PARTNERSHIP BETWEEN COMMUNITY HEALTH CLINIC AND NEW KENSINGTON AMBULANCE SERVICE.

Community Health Clinic is proud to announce that we have entered into a partnership with the New Kensington Ambulance Service. The ambulance service as part of there Community Paramedic Program has the goal to reduce non-emergency ambulance trips. The partnership allows the paramedics to refer patients to us who have frequent need of non-emergency medical

services. Community Health Clinic can help these patients with their non-emergency needs and hopefully prevent unnecessary ambulance runs. This will, hopefully, free ambulance personnel for true emergencies and allow the patients to receive necessary services to improve their health and prevent illness.

Community Health Clinic welcomes partnerships with other community organizations. Please let us know if you are interested in partnering with us.





## HEALTH TIPS



### LIGHTNING SAFETY

One of the downsides to summer outdoor activities is thunderstorms. In the United States on average 49 people die and 300 are injured from lightning strikes every year. Lightning strikes 25 million times in the US each year.

Here are some tips to keep you safe while enjoying outdoor activities this summer.

#### Lightning: What You Need to Know

- **NO PLACE** outside is safe when thunderstorms are in the area!!
- If you hear thunder, lightning is close enough to strike you.
- When you hear thunder, *immediately* move to safe shelter: a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows up.
- Stay in safe shelter at least 30 minutes after you hear the last sound of thunder.

#### Indoor Lightning Safety

- Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity.
- Avoid plumbing, including sinks, baths and faucets.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.

### Last Resort Outdoor Risk Reduction Tips

If you are caught outside ***with no safe shelter anywhere nearby*** the following actions *may* reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks
- Never lie flat on the ground
- Never shelter under an isolated tree
- Never use a cliff or rocky overhang for shelter
- Immediately get out and away from ponds, lakes and other bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.)



All information courtesy of the National Weather Service.

For additional information on lightning safety please visit these websites.

<http://www.lightningsafety.noaa.gov/>

<http://www.lightningsafety.noaa.gov/sports.shtml>

<http://www.lightningsafety.noaa.gov/outdoors.shtml>





## HEALTH TIPS



### SUMMER SAFETY: CONCUSSIONS

#### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even what seems to be a mild bump or blow to the head can be serious.

You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the signs of a concussion.

#### SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

#### SIGNS OBSERVED BY PARENTS/ GUARDIANS

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

#### DANGER SIGNS

Be aware of symptoms that worsen over time. Your child or teen should be seen in the Emergency Department right away if she or he has:

- One pupil larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

All information provided courtesy of Centers for Disease Control (CDC) for more information go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion)





## CHC OUTREACH NEWS

### COMMUNITY HEALTH CLINIC AND THE ALLE-KISKI CENTER FOR ACTIVE ADULTS WILL CO-HOST VETERANS AND SENIOR FAIRS



The **Veterans Mini-Stand Down** will be held at the **Alle-Kiski Center for Active Adults**, 1039 Third Avenue, New Kensington on

Wednesday, July 20th 2016 from 10:00am-3:00pm. Numerous veterans agencies and social service organizations will be on hand to assist veterans of all ages.

**The Senior Fair** will be at the same venue on Wednesday, September 21st 2016 from 10:00am-3:00pm. Various social services agencies will be on-hand to connect seniors to services. All seniors are welcome.

For information call 724.889.2783

#### HEALTH COVERAGE



#### OVERVIEW-MEDICAID/ MEDICAL ASSISTANCE.

Pennsylvania expanded its Medicaid program in 2015 to include a new Adult Expansion Category. This category covers adults from 19-64 years old, who are not blind or disabled.

Applicants must be:

- A U. S. Citizen or meet Medicaid immigration status requirements
- Have or get a social security number
- Be a Pennsylvania resident
- Meet certain financial requirements (please see chart at the top of the next column)

MEDICAID				
House hold Size	ADULT EXPANSION	Pregnant Women and Children <1	Children 1-5	Children 6-18
1	\$1,367	N/A	N/A	N/A
2	\$1,843	\$2,938	\$2,163	\$1,843
3	\$2,319	\$3,696	\$2,722	\$2,319
4	\$2,795	\$4,455	\$3,281	\$2,795

There is no resource test for the Adult Expansion Category or for pregnant women and children. Since the expansion, close to 700,000 additional Pennsylvania residents have qualified for Medical Assistance

Medical Assistance provides coverage for doctor visits, prescriptions, hospitalizations, dental visits and more. Recipients choose one of 4 managed care plans and pick a PCP. There are no monthly premiums, just co-pays from \$1.00 –\$3.80 for covered services.

Enrollment in Medical Assistance is open year round. If you would like more information about Medicaid/ Medical Assistance please call our Certified Application Counselor at 724.889.2783



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

