

Hamilton Health Center's New Facility - Summer 2012

The growth of Hamilton Health Center is rooted in strong community support. As a result, Hamilton became, and remains today, the only Federally Qualified Health Center (FQHC) within a 30 mile radius of Harrisburg.

Hamilton Health Center (Hamilton) has been providing quality medical care to residents of the Greater Harrisburg area since 1969. Currently, with five medical and dental locations throughout the Harrisburg area, as well as 12 WIC sites; Hamilton has experienced an extraordinary demand for all of its services in the last three years.

Hamilton is continually expanding services to respond to the growing needs of the community. In 2009, Hamilton expanded the hours of operation; now open evenings and Saturdays, to make services more accessible to working patients. In 2010, our Healthy Start Program began offering services to help reduce the infant mortality rate in our community. Most recently, in 2011 Hamilton partnered with the Steelton Highspire School District to provide an

Asthma Education to elementary children, and established the Healthy Start Men Matter Program, an educational program for fathers.

The summer of 2012 will mark a new milestone in Hamilton's history with the re-location of our medical and dental services to a new facility. Hamilton will continue to provide services at our school based health center's as well as our WIC locations throughout the county.

Hamilton's new facility will be located at 110 South 17th St. It is conveniently located on a major access road, adjacent to two bus routes and approximately three blocks from Interstate 83; which provides easy access for patients throughout the county.

Phase 1 of the project is to be completed by August 2012. For more information about Hamilton's Capital Campaign for the new facility please do not hesitate to contact Kathy Lacomba at 717-230-3942.



Construction has Begun

From the Desk of the CEO

2011 marked my 11th year as CEO of Hamilton Health Center and what a year it was! It was a year of excitement as we finally secured sufficient funding to purchase 5 acres of land in the south Allison Hill area of the city, and began renovations on the 67,000 square foot warehouse sited on that property. We watched as the Hamilton vision for the future began to come alive during our groundbreaking ceremony, at which 100 people attended; a vision that embraces cultural diversity and ensures that all people, regardless of insurance status or income can have equal access to quality primary medical, dental and social services. To be a part of this vision is truly a blessing.

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This newsletter does not provide medical advice. Consult your physician before making any dietary or exercise changes.

From the Desk of the CEO



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Our excitement for our building project was soon overshadowed by the challenges we faced as a result of the severe weather conditions that plagued south central pa. Twice during the year our Fulton Street property suffered significant water damage to two floors of our building requiring months of repair work. I am truly proud to say that throughout the whole ordeal our staff remained flexible, worked together and continued to care for our patients. As if the severe weather conditions weren't enough, Kirk Isham, our Facilities and Purchasing Manager, died while at home, leaving a huge void in our operational management team. Again, our Hamilton Health Center staff stepped up to ensure that our clinical and social service departments kept operating.

Our clinical operations also experienced challenges during 2011. We saw the number of patients and patient visits decline for the first time in over eight years. The number of patients in 2011 totaled 18,889, a slight decline from 2010 when we served 19,089 patients, and our encounters declined from 76,744 in 2010 to 75,712 in 2011. The main reason for this decline was the loss of four medical providers during the year. Additionally, patients and staff are finding it more difficult to tolerate the overcrowded conditions at our exciting facilities; a problem that will be eliminated when we move into our new building.

In retrospect, 2011 was a good year overall for Hamilton Health Center and 2012 will be a year of transformation for our organization as we prepare to move into our new facility in September 2012.

Hamilton Health Center Program Highlights Greater Harrisburg Healthy Start

Greater Harrisburg Healthy Start's (GHHS) mission is to improve the health and well-being of pregnant and post-partum women, their babies, families, and the community by providing comprehensive, supportive services in the communities where they live. Services are available to pregnant women and women with a child under the age of 24 months that reside in Harrisburg City or Steelton Borough.

Greater Harrisburg Healthy Start has five primary goals, which are shared with all of the Healthy Start Initiatives across the country. These five core services include Case Management, Education, Outreach, Interconceptional Care (birth spacing), and Maternal Depression.

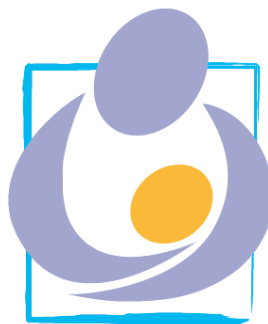
Hamilton Health Center received federal funding to initiate Healthy Start services in June 2009. Greater Harrisburg Healthy Start (GHHS) joins 104 other National Healthy Start Initiatives in the United States and Puerto Rico. In order to receive this funding, our geographic area must have an infant mortality rate of 15 out of 1000 infants dying before their first birthday. Harrisburg City and Steelton Borough currently have a infant mortality rate of 17.9 out of 1000 babies dying before their first birthday. GHHS focuses on African American and Latina women, who



have higher rates of birth disparity, teen pregnancy, and low-weight births. The program is not exclusive to these two ethnicities, but does hope to support minorities in ensuring for their health and well-being while pregnant and having a young child.

In January 2011, a Fatherhood Initiative, Men Matter, began in the community. Men Matter, allows GHHS to also reach out to the fathers in the local community. Men Matter offers 6-week classes to men on varying topics connected to being a healthy father. The Cycle of Six topics include: Fatherhood 101, Economic Stability, Job Readiness, Family Law and Domestic Relationships, Male Reproductive Health and Relationships, and Spirituality and Religion. Classes are currently being offered in the Harrisburg community.

For more information on Greater Harrisburg Healthy Start or Men Matter, please contact 717-909-1278.



**Greater Harrisburg
HealthyStart**

A PROGRAM OF
HAMILTON HEALTH CENTER, INC.

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To Your Good Health

If I Had My Druthers...

Bill Kretchman, RDH
Dental Department

Preventive dentistry has a very important role in oral healthcare; sadly however, it is all too often discounted or ignored.

Given the following scenario, what would be our preference?

While Driving along a road with which we are not familiar, we approach a canyon having a bridge that weeks before had collapsed. As we ascend a knoll leading up to the area, what would we rather see? A “bridge out” sign well before the canyon? or No sign, but an ambulance at the bottom of the canyon?

There is hopefully no question as to what our choice would be—preventive maintenance is pretty much always better than crisis management.

We have the oil changed in our vehicles regularly to avoid the need for an engine overhaul.

This same principle certainly holds true with oral healthcare; regular visits to our dental hygienists can definitely help lessen our need for major restorative work (i.e. – large cavity repairs, root canals, or extractions).

Aside from preventing cavities, visits to our dental hygienists help us to maintain healthy gingiva (gum tissues) as well. Frequently, patients come in to see the dentists for pain—pressure pain when chewing—only to be told that they have “gingivitis.” All gingivitis is, is a fancy word that means swelling of the gums (“gingiv” = gingiva and “itis” = swollen or inflamed). A day or so after having the teeth cleaned, above and beneath the gums, the swelling goes down and the pressure pain is nothing but a fading memory.

Therefore...

If I had my Druthers.....that’s right, regular hygiene visits. Hopefully that’s yours too.



Reduce Your Stress

Laugh out Loud - it increases your oxygen intake and your blood flow increases, which reduces stressful situations. Nurture your friendships it is proven that people with close relationships tend to be more happy and healthy.

Health Observances

January

- Cervical Health Awareness
- Glaucoma Awareness Month
- Blood Donor Month
- Thyroid Awareness Month

February

- American Heart Month
- Kids’ Ear, Nose, Throat Health Month
- Children’s Dental Month

March

- Nutrition Month
- Colorectal Cancer Awareness
- Kidney Month

Consumer Care

We all know, in this time of Economic concern everybody is trying to find ways to cut expenses and make ends meet.

A tip to cutting medical expenses is to work with your health-care provider to turn unhealthy habits into healthy habits. Take small steps towards a healthy lifestyle; achieve a healthy weight for you, stop smoking, and make sure to get regular exercise. Save the emergency room visit for emergencies only. It is an expensive alternative to visiting your health-care provider when you first notice a problem rather than waiting for it to turn into an emergency.

Although there are ways to cut down medical expenses, it is important to make sure you do not put your health in jeopardy. If you have to see your doctor, do not put that off because you don’t have insurance. Hamilton Health Center is here to work with you, contact our registration line to talk with someone about our sliding fee discount program.

717-232-9971

HEALTHY TIPS FOR THE COLD SEASON

Winter is here, take care to follow the tips below to help stay healthy for the cold season.

1. **Be cautious**-Wash hands frequently to prevent the spread of infections.
2. **Dress for the weather** - We have been spoiled with warm weather make sure to bundle up when needed.
3. **Get Moving** - Exercise gets your blood flowing and is a great mood booster to help fight the winter blues.
4. **Maintain a healthy diet** - Grab an apple instead of the chocolate bar, you will not want those extra calories come summertime.



Adult Medicine

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Sheku Idris, DO
Arif Shaikh, MD
Emily Williams, DO
Arthur Williams, MD
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Jackie Kopetz, CRNP
Patricia Millner, CRNP

Women's Health Services

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Robert Goeltsch, MD
Sally Gambill, CNM
Melissa Zegley, CRNP

Dental

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Jonise McDaniel, DDS
Yolanda Dunn, DMD
Steven Hess, DDS
John Roemig, DMD
Roy Willis, DDS
Kevin Ferguson, DMD
William Kretchman, RDH
Linda Rosenblatt, RDH

Meet Our Providers

Hamilton Health Center has 16 Medical Providers, &
9 Dental Providers on staff.



Dr. George Herrold was born and raised in Mount Wolf, PA, a small community 20 miles south of Harrisburg. He graduated from Temple Dental School in 1978; worked in Millerstown PA for Dr. David Bulak; then opened his own practice in his hometown in 1980. He maintained that practice until 2007. His general practice included endodontics, orthodontics, oral surgery as well as general dentistry.

In 2007, Dr. Herrold began his association with Hamilton Health Center, working part time initially. His passion for dentistry and serving the community soon resulting in again working full time and Dr. Herrold is presently the Dental Director at Hamilton Health Center (Hamilton).

Along with his responsibilities at Hamilton, Dr. Herrold is involved in volunteer work; he has participated in many "free day" clinics offered by Hamilton, and other institutions. He also has been in Guatemala and India on mission trips with his Church. Dr. Herrold and his staff take pride in providing quality dental services at Hamilton, to the residents of the Harrisburg community, especially the less fortunate.

Dr. Herrold resides in York, PA and has two children. His daughter, Elizabeth lives in Norristown PA and works for Vanguard Investments; while his son Jimmy is following in his father's footsteps and is pursuing a career in dentistry.

In 2011, Hamilton Health Center provided dental services to 6,796 people; with 15,154 dental visits.

Hamilton In The News

Hamilton was selected by PA Reach to receive the *Meaningful Use Vanguard Award* developed by the Office of the National Coordinator (ONC) for Health Information Technology for being a leader in Electronic Medical Records.

Jeannine Peterson, CEO received the 2011 Harrisburg Regional Chamber & CREDC's Annual Catalyst Award.

Dr. George Herrold, Dental Director, received the PA Association of Community Health Center's *Primary Care Provider Awards* at the Association's statewide conference.

Roberta Vann, Patient Services Manager received the PA Association of Community Health Center's *Career Achievement Award* at the Association's statewide conference.

Hamilton Health Center's ground breaking ceremony was September 29, 2011 and construction on the new facility has officially begun. The construction is currently on target to be completed August 2012.

Hamilton Health Center has launched a new website and a new logo

Please visit www.hamiltonhealthcenter.com



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