

HEALTH CONNECTION

of Pace Community Action Agency, Inc.

We Educate, Empower, and Improve



HAPPY 2011!



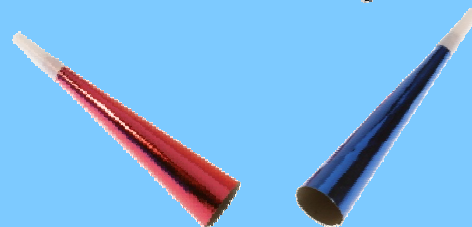
With the New Year upon us, I like to think back over the past year and reflect on the blessings I have received. I also consider those I have blessed, which leads me to think about changes that need to be made in my life for the New Year. Do you need to make a commitment to resolve any troubled areas in your life? The following are just a few reminders of how to have a safe and healthy new year.

1. Women are encouraged to get an annual examination and Pap test if 21 or older. The Pap test is a screening test for cervical cancer.
2. For women who are planning to become pregnant in the future, now is the time to start **preconception care** and counseling.
3. If you smoke and want to quit, set a quit date and make modifications in your life that will assist you in achieving this goal. **1-800-QUIT-NOW**
4. Alcohol & drugs can ruin lives. If you are ready to quit seek help now. There are numerous support groups available.
5. Fitness & nutrition should be a part of our everyday life. It is never too late to decide to be healthy!
6. If financial burdens are too heavy, seek a debt counselor to assist you with a plan to unload this burden.

Health Connection can assist with many of these resolutions, either by direct care or by referrals. The fees for the services received at Health Connection are on a sliding-fee scale. No customer will be denied services due to inability to pay. Call for an appointment today!

Have a healthy and blessed 2011!

By P. Jackson



Tips for Staying Healthy During the Cold and Flu Season

By G. Hazard

There are things that you can do to try to avoid becoming sick. Drink plenty of fluids to keep hydrated. Try to include foods that contain Vitamin C to help boost your immune system. Try to avoid people that are sick. Cover your mouth or nose whenever you cough or sneeze and remind sick people around you to cover coughs or sneezes. Practice good hand washing or use hand sanitizer when unable to wash your hands.

Eat out intelligently! For the restaurants that you visit frequently, find out the menu choices that are healthy options. This way, you can enjoy going out without jeopardizing your health.

New Staff at Health Connection Welcome Aboard!



Health Connection is pleased to announce the addition of three new clerical staff, one for each clinic. Denice, Nicole, and Vanessa will assist in providing quality care to our customers. Welcome aboard! We are so glad to have you on our team. Good luck keeping all of us in line!



Thanks for Volunteering!
Sabrina Collins volunteered her time and energy at Health Connection the past 2 months. She was a great asset to Health Connection and was a pleasure to work with. The time Sabrina volunteered was utilized to make up new charts, file, scan documents, organize, and much more. Thank you, Sabrina for your hard work. Good luck at your new job!

EVERYDAY HEROES ... NURSE PRACTITIONERS
National Nurse Practitioner week was celebrated November 7-13, 2010. This national week was designed to recognize nurse practitioners and the vital role they play in bringing high-quality, cost-effective, comprehensive, patient-centered, personalized healthcare services. In addition to being expert clinicians, nurse practitioners focus on health promotion and disease prevention, guiding patients to make smarter health and lifestyle choices, which ultimately may lead to reduced overall healthcare costs. Our Nurse Practitioner, Angie Graber, has a commitment to educating patients as well as the public. The staff at Health Connection thanks Angie for this commitment.



Cervical Cancer Awareness

To help raise awareness of cervical cancer, the US Congress has designated January as Cervical Health Awareness Month. Though cervical cancer is largely preventable, this preventable cancer will be responsible for the deaths of nearly 4,000 women in the United States this year. More than 11,000 new cases of cervical cancer are diagnosed each year, a disease that is most often caused by a common sexually transmitted virus, the human papillomavirus (HPV).

Cervical cancer is caused by high-risk HPVs, and the risks of acquiring them increase as the number of one's sexual partners increases. However, because the viruses can cause slow-growing cancer, people who have been in longtime monogamous relationships may discover they have cervical cancer or another cancer associated with HPV decades after first contracting the virus.

The designation of January as National Cervical Health Awareness Month will hopefully encourage women to schedule their Pap test screening for cervical cancer and to become more aware of the risks associated with HPV infection. For more information visit [National Cervical Cancer Coalition](#).



The TODAY Sponge - An Alternative Birth Control

The Today Sponge is a safe, hormone-free birth control alternative for women that provides 24-hour protection. Today Sponge provides effective birth control without "pill" side effects. It is a proven contraceptive with over 150 million sponges sold. Today Sponge is now the fastest growing female OTC contraceptive and is available over the counter at your local drug stores or online.

Today Sponge is 89-91% effective. In clinical studies, about 1 out of 10 women (9-11%) got pregnant during the first year of use when using this product

correctly all the time. The possibility of getting pregnant increases to about 1 out of 7 (13-16%) in women when this product was not used correctly.

Summary of Clinical Efficacy Study:

- Over 1,850 women used the Today Sponge over a 1 year period
- Over 230,000 acts of intercourse produced 179 pregnancies
- Translation: One Pregnancy for Every 1287 Acts of Intercourse



Click on above link for more information



Electronic Medical Records Coming To Health Connection

Health Connection of Pace Community Action Agency is pleased to announce that we are in the beginning stages for Electronic Medical Records (EMR). The goal will be to have EMR up and running by 2014.

Did you know that more than 2,000 teen girls in the United States get pregnant every day? Even though nearly all teens say they don't want to get pregnant, most of them have never really thought about how getting pregnant or getting someone else pregnant would affect their lives. [Learn more...](#)

Health Connection accepts debit and credit cards for fees and donations.



GYT - GET YOURSELF TESTED

CHECK OUT THIS LINK!

New Spanish Website....

The U.S. Department of Health and Human Services has unveiled the first website in Spanish of its kind to help consumers take control of their health care by connecting them to new information and resources that will help them access quality, affordable health care coverage. It is consistent with the mandate in the Affordable Care Act, the website is the partner site of HealthCare.gov, which was launched in July 2010, and is the first website in Spanish to provide consumers with both public and private health coverage options tailored specifically

for their needs in a single, easy-to-use tool. cuidadoDeSalud.gov



Click on the link for more information



THE OFFICIAL SPONSOR OF BIRTHDAYS.*

A world with less cancer and **more birthdays.**

Last year, the American Cancer Society became "The Official Sponsor of Birthdays." Why? Because every day, 350 people who otherwise would have been lost to cancer will celebrate another birthday, thanks in part to the important work we're doing together. But we can't stop. **To learn more...**



JOB POSTING

NURSE PRACTITIONER/PHYSICIAN ASSISTANT POSITION AVAILABLE

At **Health Connection**, we consider our Family Nurse Practitioners and Physician Assistants to be not only the face of our clinic, but our backbone. If you share our passion for care, we may have a home for you on our team. We currently have opportunities available at www.pacecaa.org

HEALTH CONNECTION CLINICS

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Washington
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Washington, Indiana 47501
(812) 254-6936

Please call for more information about our services or to schedule an appointment.



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We educate, empower, and improve.