



### March 2017 Newsletter



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#### 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**

## COMMUNITY HEALTH CLINIC RECOGNIZED AS A PATIENT-CENTERED MEDICAL HOME LEVEL 3

Community Health Clinic has earned the prestigious Patient-Centered Medical Home (PCMH) Level 3 Recognition by the National Center for Quality Assurance (NCQA). PCMH Level 3 is the highest level awarded and requires the completion of 85% or greater of the PCMH standards. The award is valid for three years.

This recognition emphasizes Community Health Clinic’s success at integrating primary care and behavioral health care to better serve its patients with comorbid physical and behavioral health problems. The PCMH recognition also emphasizes the involvement of patients in managing their medical care. A key requirement is care management such as insuring patients are taking their medications and attending follow-up appointments with specialists and other providers.

“NCQA Patient-Centered Medical Home Recognition raises the bar in defining high-quality care by emphasizing access, health information technology and coordinated care focused on patients,” said NCQA President Margaret E. O’Kane . “Recognition shows that Community Health Clinic, Inc. has the tools, systems and resources to provide its patients with the right care at the right time.”

Community Health Clinic extends special recognition and thanks to our medical director Charmaine Batac M.D., Lynn Vermeulen CRNP and Cheryl Carson RN for their tireless efforts in helping the clinic earn this recognition.

Congratulations CHC staff!



Please Follow Us



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

To unsubscribe from our email list send an email to:  
[smcmannis@communityhealthclinic.org](mailto:smcmannis@communityhealthclinic.org)



## WHAT IS A PCMH?



According to the National Center for Quality Assurance (NCQA), the Patient Centered Medical Home is a practice that “provides first contact,

continuous, comprehensive, whole person care for patients across the practice.” The PCMH model has its origins in the Joint Principles developed by the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics, and the American Osteopathy Association.

The medical home encompasses five functions and attributes:

1. **Comprehensive Care**– The primary care medical home is accountable for meeting the large majority of each patient’s physical and mental health care needs, including prevention and wellness, acute care, and chronic care. Providing comprehensive care requires a team of care providers.
2. **Patient-Centered**– The PCMH provides primary health care that is relationship-based with an orientation toward the whole person. Partnering with patients and their families requires understanding and respecting each patients unique needs, culture, values and preferences. Patients are actively supported in learning to manage and organize their own care at a level they choose.
3. **Coordinated Care**– The PCMH coordinates care across all elements of the broader health care system, including specialty care, hospitals, home health care, and community services and supports. Such coordination of care is particularly critical during transitions between sites of care, such as when patients are discharged from the hospital.
4. **Accessible Services**– The PCMH delivers accessible services with shorter waiting times for urgent needs, enhanced in-person hours, around-the-clock telephone or electronic access to a member of the care team.
5. **Quality and Safety**– The PCMH demonstrates a commitment to quality and quality improvement by ongoing engagement in activities such as using evidence-based medicine and clinical decision-support tools to guide shared decision making with patients and families. Sharing robust quality and safety data and improvement activities publicly is also an important marker of a system-level commitment to quality.





## CLINIC NOTES



### THE OVERDOSE CRISIS AND CHC'S RESPONSE

According to Overdose Free PA 3,236 residents of Allegheny and Westmoreland County died of accidental overdose from 2009-2016. Heroin was indicated in approximately 1,600 of those deaths. The 15068 zip code accounted for the fourth highest total at 82 deaths. The Westmoreland County Coroner reported 30 accidental overdose deaths in the communities surrounding our clinic in 2016. While conducting our staff CPR training earlier this month the presenter, a local EMS technician, reported that his station experiences 3-5 calls per 24 hour period for overdoses.

Community Health Clinic recognizes the grave danger this epidemic poses to our community and is now providing Suboxone treatment at our Vandergrift Clinic. Those interested in receiving treatment with Suboxone **must** become clinic patients in order to receive the necessary follow-up care and monitoring. At this time, the Suboxone treatment is only available at our Vandergrift clinic however, we do have other treatment options available at our New Kensington Clinic.

Please call 724.567.5671 to schedule an appointment.



### FREE HEPATITIS C SCREENING!

### NOW IS THE TIME TO GET TESTED

The Pennsylvania Department of Health will be conducting free Hepatitis C screenings at

**Community Health Clinic, 943 Fourth Avenue, New Kensington on Tuesday April 18th from 10:00 AM to 2:00 PM .**

#### Risk Factors for Hepatitis C (HCV) include:

- Current injection drug use
- Previous injection drug use, including those who only injected one time
- Recipient of donated blood, blood products and organs prior to 1992
- People who received blood products for clotting problems prior to 1987
- People who spent many years on dialysis
- People who received body piercings or tattoos with non-sterile instruments
- Individuals having sexual contact with a person with HCV
- "Baby Boomers" persons born from 1945 to 1965

Results from the screening will be available in 20 minutes and those with positive results will receive referrals to confirmatory testing, counseling and be connected to care programs.





### COMMUNITY HEALTH CLINIC NEWS IN BRIEF



#### VETERANS' BENEFIT CLINIC

Mark your calendars! The next Veteran's Benefit clinic will be **Thursday, April 20** at our **New Kensington Clinic-at 943 Fourth Avenue, New Kensington.** Jennifer Bogus, National Service Officer from the Military Order of the Purple Heart Pittsburgh Regional Office, will be on site to assist veterans, their spouses and dependents with claims for compensation, pension, survivors benefits, death benefits, accessing military records and discharge upgrades. The clinic runs from **10:00 AM to 2:00 PM.**

#### SLIDING FEE SCALE

Community Health Clinic uses a sliding-fee scale to make health care more affordable for our uninsured and underinsured patients. The slide applies to patients with income up to 200% of the Federal Poverty Line. A doctor visit starts at \$15.00, a dental visit at \$20.00 and behavioral health visit at \$5.00.

Community Health Clinic, Inc. - Sliding Fee Scale  
Revised 12/2016

ANNUAL INCOME LEVEL	\$15.00	\$20.00	\$25.00	\$30.00	\$35.00	\$40.00	\$45.00	\$50.00	\$55.00	\$60.00	\$65.00	\$70.00	\$75.00	\$80.00	\$85.00	\$90.00	\$95.00	\$100.00
1	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
2	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
3	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
4	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
5	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
6	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
7	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
8	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00
9	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00	15.00

NOTE: For family size of more than 8 members, add \$4.00 for each additional member.  
SOURCE: Federal Register Volume 42, Number 197, October 29, 2017, Pages 6031-6032

**Please call 724.335.3334 to schedule an appointment**

#### FLU SHOTS STILL AVAILABLE

Flu shots for the 2016 flu season for adults and children over 3 are available until the end of April. They are free with a doctor visit or \$20.00 without a doctor visit if not covered by insurance.



**Please call 724.335.3334 to schedule.**



#### IN-PERSON SNAP APPLICATION ASSISTANCE FOR WESTMORELAND COUNTY RESIDENTS

CHC is partnering with the Westmoreland County Food Bank to provide in-person assistance to apply for SNAP (Food Stamps) benefits. The next SNAP clinic will be **April 18 from 9 AM-4 PM** at our **Vandergrift clinic, 179 Columbia Avenue, Vandergrift.**



#### COMMUNITY HEALTH CLINIC DENTAL SERVICES

In addition to our regular dental services Community Health Clinic offers dental laboratory services. These include:

- Complete Dentures-upper and lower
- Partial Dentures
- Flippers (temporary partial denture)
- Crowns
- Bridges

Although these are not offered with our dental

sliding fee, they are competitively priced. We do offer a payment program. Medical Assistance requires a benefit limit exemption.

Of course, we continue to offer our basic services such as:

- Exams
- Cleanings
- X-rays
- Fillings and extractions

We take almost all dental insurance, as well.

To schedule an appointment call 724.335.2862





## HEALTH TIPS

### MARCH IS COLORECTAL CANCER AWARENESS MONTH



In the United States, colorectal cancer is the third leading cause of cancer deaths in women, and the second leading cause in men. This year, it is expected to cause approximately 50,260

deaths. In Pennsylvania, the colon cancer rate is among the highest in the nation at 42.8 per 100,000.

However, the death rate from colorectal cancer has been dropping in both men and women for several decades. There are a number of likely reasons for this. One is that colorectal polyps are now being found more often by screening and removed before they can develop into cancers or are being found earlier when the disease is easier to treat. In addition, treatment for colorectal cancer has improved over the last few decades. As a result, there are now more than 1 million survivors of colorectal cancer in the United States.

If you are 50 and older you need to be screened as your risk of developing this cancer increases with age. Colon cancer is preventable, treatable and beatable!

Test your knowledge of colorectal cancer:

<https://www.cdc.gov/cancer/colorectal/sfl/quiz/index.htm>

Courtesy Centers for Disease Control and Prevention CDC.gov

### RISK FACTORS OF COLORECTAL CANCER

- Inflammatory bowel disease
- A personal or family history of colorectal cancer or colorectal polyps
- A genetic syndrome such as familial adenomatous polyposis
- Lifestyle Factors
  - Lack of regular physical activity
  - A diet low in fruits and vegetables
  - A low-fiber and high-fat diet
  - Overweight and obesity
  - Alcohol consumption
  - Tobacco use

Everyone can take these healthy steps to help prevent colon cancer:

- Get screened starting at age 50
- Encourage your family members and friends over 50 to get screened
- Quit smoking and stay away from second hand smoke
- Get active and eat healthy



Courtesy Centers for Disease Control and Prevention  
[www.cdc.gov](http://www.cdc.gov)





## HEALTH TIPS

### MARCH IS NATIONAL NUTRITION MONTH

#### How to use Fruits and Vegetables to help Manage Your Weight

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight.



Using more fruits and vegetables along with whole grains, lean meats, nuts and beans is a safe and healthy one. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

To lose weight you must eat fewer calories than your body uses.

#### Here are few simple ways to cut calories and eat fruits and vegetables throughout your day:

##### Breakfast: Start the day right

- Substitute some spinach, onions or mushrooms for one of the eggs or half the cheese in your omelet.
- Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries

##### Lighten up your lunch

- Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito.

- Add a cup of chopped vegetables, such as broccoli, carrots, beans, or red peppers, in place of 2 ounces of the meat or 1 cup of the noodles in your favorite broth-based soup.

##### Dinner

- Add 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions or peppers, while removing 1 cup of the rice or pasta in your favorite dish.
- Take a good look at your dinner plate. Vegetables, fruit, and whole grains should take up the larger portion of your plate.

##### Smart Snacks

Most healthy eating plans allow for one or two small snacks a day. Choosing most fruits and vegetables will allow you to eat a snack with only 100 calories.

##### About 100 Calories or Less

- A medium sized apple (72 calories)
- A medium sized banana (105 calories)
- 1 cup steamed green beans (44 calories)
- 1 cup blue berries (83 calories)
- 1 cup grapes (100 calories)
- 1 cup carrots (45 calories)
- 1 cup broccoli (30 calories)
- 1 Cup bell peppers (30 calories)



Courtesy Centers for Disease Control and Prevention CDC.gov





# COMMUNITY HEALTH CLINIC

## CHC MEDICAL STAFF



Charmaine Batac, MD  
Medical Director



Ronald Proctor, DDS  
Dental Director



Adolfo Bagnarello, MD  
Vandergrift Clinic



Lynn Vermeulen, CRNP

## CHC SERVICES

Our Services Include:

- General Medical Services for Adult and Pediatric Patients
- General Dentistry
- CDL License Physicals
- Laboratory Testing
- Psychiatric Services
- Behavioral Health Services including counseling with a Licensed Clinical Social Worker and Case Management
- Medical Case Management
- High Blood Pressure, Cholesterol, Asthma, Diabetes, COPD services
- Immunizations
- STD Testing and Treatment
- Gynecological Services and Pap Testing
- Family Planning (Birth Control)
- Referral Services
- Diet and Nutrition Services
- Suboxone Treatment



Our pediatric room offers seating for the whole family, no need to worry about the siblings, they can be right with the parents during exams and treatment.

We take all insurances including Highmark and UPMC. Our physicians have admitting privileges at both Allegheny Health Network and UPMC facilities. We provide a sliding fee scale for those without insurance.



We have reserved a seat just for you! Call 724.335. 3334 (New Ken) or 724.567.5671 (Vandergrift) to schedule your appointment today!





## ADVOCACY AND OUTREACH



CEO Raji Jayakrishnan with Rep. Keith Rothfus

### NATIONAL HEALTH CENTER ADVOCACY DAY

As part of National Health Center Advocacy Day, Community Health Center's CEO, Raji Jayakrishnan, met with members of Congress representing the districts we serve. Congressman Keith Rothfus (pictured above with Ms. Jayakrishnan) represents the Pennsylvania 12th Congressional District. His district contains many communities in our service area including: Lower Burrell, Allegheny Township, Harrison Township and Vandergrift. Traditionally, Health Centers have obtained bi-partisan congressional support due to the value they provide to their local communities.



# Thank You

The Community Health Clinic Outreach and Enrollment department would like to extend a special thanks to two of our community partners, the Westmoreland County Food Bank and the Kiski Valley Food Bank.

We are extremely grateful for our partnership with the Westmoreland County Food Bank. They kindly and graciously allow us to pass out clinic flyers and information at their monthly food pantries. In the past two years we have been able to reach tens of thousands of people with information about the services we provide because of that access.

The Kiski Valley Food Bank is a new partner, but they also have been extremely gracious and have distributed our flyers at their food pantry and to their email list.

For information about their services see:  
[www.westmorelandfoodbank.org](http://www.westmorelandfoodbank.org)

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

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

