

March 2019

Your Caring Connection

A newsletter for the patients of Fairfield Community Health Center!

News for your health from, Dr. Troy Hampton, CMO

Thank goodness it's almost spring! I'm sure you are all just as ready to say good bye to this winter weather as I am. Spring seems to get us motivated to go out and take a walk or jump on our bike.

Until the weather turns for us to enjoy the great outdoors, there are other things we can do to focus on good health – we can focus on what we eat.



March is nutrition month, and a few changes to our everyday diet, can help us along the way. A big concern as your healthcare provider with what you eat is the amount of sodium being consumed. Too much sodium or salt has been known to elevate blood pressure levels. Did you know one serving of frozen pizza contains nearly 1/3 the milligrams of sodium the American Heart Association recommends for a person per day?

We sometimes think if we are avoiding the salt shaker, we are okay, but many processed foods contain sodium. Here are a few tips to watch your sodium intake:

- Get more natural sources of potassium in your diet by including additional servings of fruits and vegetables.
- Watch portion sizes, especially when it comes to already prepared foods.
- Limit cured foods, including cold cuts and sausages.
- Rinse canned foods or look for no-salt added varieties.
- Choose lower sodium packaged foods.

Now is a great time to start healthy habits with our eating, so we're ready to go when spring arrives later this month!



Upcoming Community Events



Maple Tapping Festival- Saturday, March 10th from 8AM-12PM at Alley Park. The festival is free of charge with the pancake breakfast being \$5 a person.

St. Patrick's Day- Sunday, March 17th.



Epilepsy Awareness Day, Tuesday, March 26th, Wear Purple for epilepsy awareness.

Bowl for Kids' Sake- Bowl for Kids' Sake is Big Brothers Big Sisters' signature fundraiser. Participants form teams of 4-5 family, friends or co-worker who fund raise on behalf of BBBS in the weeks leading up to the event. Team members are asked to raise \$60 (of course you can always raise more). Each bowler who raises \$60 will receive the new logo t-shirt. Your team selects your bowling session and the fun begins. Fri & Saturday March 29th & 30th.

Chipotle Fundraiser- Tuesday, April 2nd (see page 3 for details).

Your Caring Connection Newsletter is now available on our website!
www.fairfieldchc.org and visit the website for access to the Patient Portal.

"Building a healthy community, one life at a time!"

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National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created by the Academy of Nutrition and Dietetics and celebrated annually in March. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

In an effort to accommodate the diverse areas in which National Nutrition Month® is celebrated and allow greater flexibility in the promotion of healthful messages, this year National Nutrition Month® will be honored as its own theme. This will allow the NNM campaign to focus on its original purpose, which is: "To increase the public's awareness of the importance of good nutrition and position Academy members as the authorities in nutrition."

eat right. Academy of Nutrition and Dietetics

**NATIONAL
NUTRITION MONTH®**
MARCH 2019

www.eatright.org

[#NationalNutritionMonth](https://twitter.com/NationalNutritionMonth)

March is Colon Cancer Awareness Month



1 in 22 men and 1 in 24 women will be diagnosed with Colorectal cancer in their lifetime.

COLON CANCER IS BEATABLE!

Fecal Immunochemical Test (FIT) is a non-invasive, once a year, no cost test to check for colorectal cancer. Negative? You're good for another year. Positive? There are options to help with the cost of a colonoscopy.

Are you 50 or older? Ask your provider about getting a F.I.T. Test!

HAVE YOU HAD YOUR F.I.T. TEST DONE THIS YEAR?

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Mark your calendars, Tuesday, April 2nd!

DO GOOD WITH BURRITOS



Join us at our restaurant for a fundraiser to support Fairfield Community Health Center. Just come in to the Chipotle at **1608 North Memorial Drive** in Lancaster on **Tuesday, April 2nd** from **4:00pm** to **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Fairfield Community Health Center.



Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

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Transforming Classrooms Into "Care" Rooms – *The South School Project*



Fairfield National Bank presented a \$25,000 check to FCHC on Tuesday, February 26th. Thank you for helping us to "Transform Classrooms into 'Care' Rooms"

Pictured with Lisa Evangelista, CEO and Jackie Howard, Director of Organizational Development are Molly Bates, Marketing Director, and Laura Tussing, Senior Vice-President.

A Note from Fairfield Community Health Center, CEO, Lisa Evangelista



Spring is around the corner and now is the time to take those walks and exercise those pets. I think we all have a little bit of cabin fever this time of year and it's really nice when the weather cooperates. There are some capital campaign activities coming up this year and the first is a Chipotle fundraiser. The details are in this newsletter and I hope that you can participate and assist us with getting a little closer to our renovation goals. Other fundraising events this year will be a poker run, our annual rummage sale and a golf outing. We would like to begin the renovation on the South School building in the fall of 2020. We are excited about expanding our services to better serve your healthcare needs.

~Lisa

"Building a healthy community, one life at a time!"

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