

April 2019

Your Caring Connection

A newsletter for the patients of Fairfield Community Health Center!

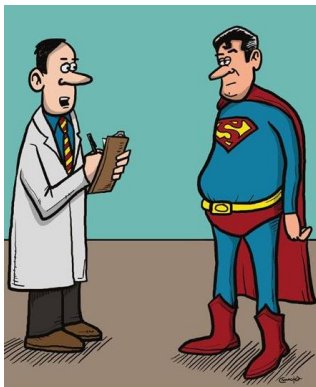
News for your health from, Dr. Troy Hampton, CMO

You've heard it before, laughter is the best medicine. Ever wondered the basis for that saying?

Researchers have known for a long time that a good sense of humor has many health benefits. Studies have shown that humor may give people a natural high by activating the same reward centers in the brain that have previously been linked with happiness and drug-induced euphoria.

Magnetic resonance imaging commonly known as MRI was used to study how the brains of a group of adults responded to funny vs. non-funny cartoons. The images detected areas of the brain that were activated when the subject found the cartoon funny. In addition to

activating areas of the brain involved in language processing, humor also stimulated regions of the brain known as reward centers. The amygdala is one reward center that releases dopamine. Dopamine is a powerful chemical that plays a vital role in the brain's pleasure and reward system.



"You need to stop flying and start jogging."

**So laugh it up
it's National Humor Month!**



Upcoming Community Events



Do Good with Burritos- Tuesday, April 2nd from 4pm-8pm at Chipotle; 33% of all proceeds will be donated to FCHC.

World Autism Day- Tuesday, April 2nd

Family Fun Fair- Saturday, April 6th from 10:30am-1:00pm at Forest Rose School. ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT. FREE EVENT

Easter- Sunday, April 21st

Circus Night- Thursday, April 25th 5pm-6:30pm at JFS Parking lot. FREE EVENT

Pints with A Purpose- Head to Double Edge Brewery EVERY Wednesday in May, \$1 from every pint sold will be donated to FCHC.

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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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services, under award number 5U49CE000748. The content of this publication does not necessarily reflect the views of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred from HRSA, HHS or the U.S. Government.

World Autism Day: April 2nd

World Autism Awareness Day is an internationally recognized day on 2 April every year, encouraging Member States of the United Nations to take measures to raise awareness about people with Autism Spectrum Disorder throughout the world. It was designated by the United Nations General Assembly resolution

This year your FCHC family will be wearing light blue and donating \$5 to wear jeans that day and all money collect that day will be donated to Organization for Autism Research



April is National Donate Life Month; How much do you know about Organ Donation?

- The national waiting list for organ transplants is rising at an alarming rate, with nearly 115,000 individuals currently on the list.
- In Ohio, there are more than **2,900** people - **580** in Central Ohio - waiting for an organ transplant at any time, and hundreds more await tissue and corneal transplants.
- Approximately **20** times each day a man, woman or child dies for lack of an available organ. Once every **48** hours, an Ohioan dies waiting.
- In Ohio in 2017, **412 Ohioans** shared the Gift of Life through organ donation at the time of their death. Through their unselfish generosity, **1,274** organs were transplanted.
- In Central and Southeastern Ohio in 2017, **124 individuals** shared the Gift of Life through organ donation - a **33 percent increase** over the last year!
- In 2017, **409 organs** were transplanted from donors in Central and Southeastern Ohio in 2017. This is a **2 percent increase** over the last year!
- In Central and Southeastern Ohio in 2017, **475 individuals** shared the Gift of Healing through tissue donation.
- In Central and Southeastern Ohio in 2017, **171 individuals** shared the Gift of Sight through cornea donation.
- **34,768 organ transplants** were performed in the United States in 2017. **6,181** of those transplants were living donations. **1.75 million tissue transplants** were performed nationally in 2017.
- A single donor can potentially save the lives of eight people and heal more than **50** by donating vital organs (heart, two lungs, two kidneys, liver, pancreas and small bowel) and tissue (corneas, bone, fascia, skin, veins and heart valves).

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

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FCHC Events: Mark your calendars!



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

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Transforming Classrooms Into “Care” Rooms – *The South School Project*

Upcoming Events:

- **“Do Good with Burritos”** from 4pm-8pm on Tuesday, April 2nd at Chipotle on Memorial Drive. Mention Fairfield Community Health Center and 33% of the proceeds will go to help FCHC “Build a Healthier Community”
- **“Pints with a Purpose”** Head to Double Edge Brewery every Wednesday in May! \$1 from every pint sold will go to help FCHC “Build a Healthier Community” Be on the look-out for some exciting news regarding entertainment during those days.
- **“Ale House Night”**- On Monday, June 17th we will be having our Annual Night at Ale House 1890. From 4pm-close all tips from the bar will be donated to FCHC & Ale House will match the tips up to \$1000.
- **“Hogs -4- Healthcare”** We will be having another Poker Run this year on August 17th at the Eagles Lancaster with the Horns and Halos Riding Club. Following the ride, we will be having a pig roast with 50/50 raffles and silent auction items.

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



Spring is here! I hope you are enjoying the warmer weather and taking the time to enjoy the great outdoors. A walk around the block or a walk in the park is a great way to get in some exercise and breathe in the fresh spring air. Please remember to support our fundraising activity this month by stopping in at Chipotle on Tuesday, April 2 and taking dinner home to the family. Share this information with your family and friends and inform them that 33% of the proceeds will go

towards transforming classroom into careroms.

As a reminder, please complete a customer satisfaction survey each time you visit one of our clinics. We serve you and want to know how we are doing in providing your healthcare needs.

~Lisa

“Building a healthy community, one life at a time!”

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