

Your Caring Connection

A newsletter for the patients of Fairfield Community Health Center!



Upcoming Community Events



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



It's hard to believe that September is already here and the kids are back in school ready to tackle the 2019-2020 school year! One of the most important factors of academic success for children is maintaining a healthy lifestyle and balanced diet. September is National Childhood Obesity Awareness Month so it's the perfect time to reevaluate your child's health habits as they embark on a new school year. For tips on how you can work toward developing a healthier lifestyle for your child, check out the article on page 2.

Fairfield Community Health Center's August pool party was a huge success and we had a great time interacting with and educating members of the community about nutrition and the importance of exercise. We had such a wonderful time that FCHC has decided to make this a yearly event and we can't wait to make another "splash" next summer!

Community outreach is near and dear to me so I have begun a new weekly radio program on 90.9 FM to help spread the message about FCHC and give some helpful health hints to all of Fairfield County. "Communal Health" will air every Tuesday afternoon at 3:30pm and we're looking forward to educating the community about their health and connecting with our patients in an all new way!



Labor Day – All FCHC locations will be closed on Monday, Sept. 2nd in observance of Labor Day. We will resume regular business hours the following day.

Rummage & Bake Sale - Saturday, September 7th, 9am-1pm @ The South School.

Tournament of Healthcare Champions Gold Outing- Saturday September 21st at Lancaster Country Club. Register today!

Looking Ahead...

Communal Health – Tune into 90.9 FM at 3:30 every Tuesday for a weekly radio show featuring Dr. Hampton. He'll discuss a wide variety of health topics each week!

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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Keeping Kids Active and Healthy

Simple steps can make a big difference in Childhood Obesity



September is **National Childhood Obesity Awareness Month**. Did you know that 1 in 5 children in the United States have obesity? Childhood obesity puts kids at risk for health problems that were once only seen in adults like high blood pressure, heart disease, and diabetes.

The good news? Childhood obesity can be prevented! If we all work together we can help ensure a healthier, happier future for an entire generation of kids.

Here are some ideas of how we can help children and families work to end childhood obesity:

- Keeping fresh fruit and vegetables in the house can encourage healthy eating habits.
- Involve children in meal preparation and grocery shopping. If they feel more involved they're more likely to eat healthy food.
- Make exercise a priority. Encourage children to play outside and participate in games that get them active like TAG or basketball.
- Try to stick to an eating schedule. Eating at regular times throughout the day can help reduce junk food cravings.

Getting Older Doesn't Mean Slowing Down

September is **National Healthy Aging Month**. It's never too late to re-invent yourself and re-prioritize a commitment to a healthy lifestyle. Healthy aging doesn't have to be a daunting task. Here are a few tips to help you enter your golden years gracefully!

- **Get Moving** - Exercise regularly to maintain a healthy body and mind.
- **Stay Social** - Take a class, volunteer, see old friends or make new ones!
- **Bulk Up** - Eat foods high in fiber for digestive and heart health.
- **Stay Balanced** - Try yoga or tai chi to work on balance and help prevent falls.
- **Sleep Well** - Getting a good night's sleep is especially important as you age.
- **Don't Forget** - Find a system that helps you track your medications and avoid missing doses.
- **Be Seen** - Regular health screenings can help with managing current conditions and is critical in identifying new conditions as they arise.



TOURNAMENT OF HEALTHCARE CHAMPIONS – REGISTER TODAY!**REGISTER NOW!**

Saturday, September 21st, Lancaster Country Club

\$300 per Foursome
\$75 per Individual

Hole Prizes
Longest Drive
Closest to the Pin

Hole-in-One Prizes
Including chances to win a Dodge Ram or
Pebble Beach Golf Vacation

Silent Auction and Heavy Hors d'oeuvres to follow.

www.fairfieldchc.org/golf | (740) 277-6043 x1002

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**WE'LL KEEP YOU UP TO DATE
WITH ALL THINGS #FCHC AND
BRING YOU SOME HELPFUL
HEALTH HINTS AND
REMINDERS STRAIGHT TO
YOUR DEVICE 24/7, 365!**

WHAT: 2019 Tournament of Healthcare Champions golf outing and silent auction benefiting FCHC

WHEN: Saturday, September 21st with a shotgun start at 1:00pm

WHERE: Lancaster Country Club – 3100 Country Club Road SW, Lancaster, OH 43130

WHY: Proceeds from the outing will benefit our goal of renovating South School as well as help us provide top-notch medical care to all individuals in and around Fairfield County.

HOW: Register today at www.fairfieldchc.org/golf

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

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

Last month we had our 2nd Annual Hogs -4- Healthcare with our friends at Horns & Halos and together we raised \$4,005! Let's keep this momentum going with our next upcoming fundraisers:

Rummage & Bake Sale:

- Our LAST Rummage & Bake Sale will be on Saturday, September 7th from 9am-1pm at 220 E. Walnut, the former South School.

Tournament of Healthcare Champions:

- Our first annual Tournament of Healthcare Champions is on Saturday, September 21st and we are now accepting registrations. Anyone interested in golfing that day can register online at www.fairfieldchc.org/golf

Note from Fairfield Community Health Center, CEO, Lisa Evangelista



Summer is here! We will be closed on Wednesday, July 4 so all of our employees can enjoy the holiday with family and friends. Also this month, we will be hosting the Mt. Pleasant Photography Club on Friday, July 19th from 6-9pm in our administrative office at 207 S Broad Street, sponsored by Destination Downtown Lancaster surrounded by the Lancaster Festival music, food and street entertainment. It's always a great time, and what's even better, it's free! The Lancaster Festival is from July 17-July 27 with events at various locations in our community.

Relax and enjoy the summer months!

~Lisa



WALK-INS WELCOME!

EVERY MONDAY-THURSDAY from 5pm-7:30pm, & EVERY SATURDAY from 9am-12:30pm
East Main Clinic 1155 E. Main

Patients are seen on a first-come first-served basis.



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