

Your Caring Connection

A newsletter for the patients of Fairfield Community Health Center!



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



Last month Fairfield Community Health Center was excited to welcome members of the Ohio Association of Community Health Centers to talk to our team about the importance of being a Health Center advocate. **Anyone can be an advocate, including you, and we need you now more than ever!**

On September 30th Federal Grant Funding of Community Health Centers was slated to come to an end. Long-term funding is crucial to the mission of Community Health Centers coast to coast and without it, our ability to provide the high-quality care our community deserves becomes much more difficult. We pride ourselves on never turning anyone away from our doors due to an inability to pay and Federal Grant Funding makes this mission possible.

We encourage everyone to email or call your Congressman and let them know you value the impact Community Health Centers have on our community and that you'd like Federal Funding to continue well into the future. Your stories and perspective are critical in pushing this forward.

If you'd like more information about how you can become a Community Health Center Advocate, reach out to Chris Skaggs at CSkaggs@FairfieldCHC.org and he can get you tons of materials for social media postings as well as links to easy one-click ways you can email your Congressmen!

Thank you all for the support. We are so grateful to have such a dedicated patient base who is willing to help however possible.

Upcoming Community Events



Flash Rummage Sale – Saturday, Oct. 12th we'll have a Flash Rummage Sale at 220 E. Walnut Street (former South School) from 9am – 12pm. All items will be \$1 or less – everything **MUST** go!

Halloween – Halloween is Thursday, Oct. 31st. Lancaster Trick-or-Treat is the same night.

Holiday Parade – FCHC is excited to once again be a part of the Lancaster Holiday Parade on Sat. November 23rd!

#GivingTuesday – Tuesday, December 3rd is an important day for non-profits all across the country as we celebrate this day of charitable giving! Check us out online for great #GivingTuesday initiatives from FCHC.

Looking Ahead...

Communal Health Radio Show – Email your health questions to AskTheDoc@FairfieldCHC.org and you may hear your question on the air every Tuesday at 3:30pm on 90.9FM for the Communal Health Radio Show.

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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In October, We Wear Pink!

15 minutes could save you more than just car insurance... it could save your life!

October is **National Breast Cancer Awareness Month**. According to NationalBreastCancer.org 1 in 8 women will be diagnosed with breast cancer in their lifetime and this year alone over 232,000 women will receive a breast cancer diagnosis.

BUT – THERE IS SO MUCH HOPE! With early detection and advances in treatments the mortality rate has declined steadily since 1989. Currently there are over 2.8 million women living in the United States who are breast cancer survivors.

Here's what you need to know about breast cancer that can save your life:

- Know your family cancer history and share that history with your health care provider.

- Remember to get annual mammograms and clinical screenings beginning at age 40.
- Limit alcohol consumption. Studies show that women who drink alcohol on a regular basis are 1.5 times more likely to develop breast cancer than non-drinkers.
- Being physically active on a weekly basis has been shown to reduce breast cancer risk by as much as 18%.
- While men can develop breast cancer, women are 200 times more likely than men.



October is National Domestic Violence Awareness Month

BLOW THE WHISTLE AGAINST DOMESTIC VIOLENCE

10,000,000

CHILDREN ARE EXPOSED TO DOMESTIC VIOLENCE EACH YEAR

OVER \$5.8 BILLION

IS SPENT EACH YEAR ON HEALTH-RELATED COSTS OF DOMESTIC VIOLENCE.

FINANCIAL ABUSE OCCURS IN

98%

OF ABUSIVE RELATIONSHIPS, WHETHER IN THE FORM OF RESTRICTING ACCESS TO A SPOUSE'S CREDIT, OR DRAINING ASSETS ONCE A VICTIM ATTEMPTS TO LEAVE.

NEARLY 8 MILLION

DAYS OF PAID WORK EACH YEAR IS LOST DUE TO DOMESTIC VIOLENCE ISSUES—THE EQUIVALENT OF MORE THAN 32,000 FULL-TIME JOBS

EFFECTS OF DOMESTIC VIOLENCE

Domestic violence affects one's thoughts, feelings and behaviors and can significantly impact one's mental stability. Increased anxiety, post-traumatic stress disorder and depression symptoms are commonly observed among survivors of domestic violence.

STOP DOMESTIC VIOLENCE

FORMS OF DOMESTIC VIOLENCE:

A WOMAN IS BEATEN EVERY 9 SECONDS IN THE UNITED STATES

do-mes-tic vi-o-lence



No matter the gender of either party in a relationship, many dynamics of abuse are the same. An abusive relationship is fueled by the desire of the abuser to have power and control over their partner. The abuser uses different types of abuse, including:

physical, sexual, psychological, emotional, and economical.

1,300 DEATHS ARE CAUSED EACH YEAR AS A RESULT OF DOMESTIC VIOLENCE

FEMALES AGES 18 TO 24 GENERALLY EXPERIENCE THE HIGHEST RATES OF INTIMATE PARTNER VIOLENCE.

EFFECTS ON FINANCIAL ABUSE

After a victim leaves a financially abusive relationship, s/he may find themselves with severely limited resources. If the abuser ran up debt on a joint account, their credit score will be shot, and s/he won't have access to any meaningful lines of credit. S/he may even have trouble renting an apartment, getting a cell phone or landing a job. If an abuser knows their victim's personal information—such as their social security number or mother's maiden name—s/he can track any inquiries into her credit score, and find the victim after they have left.

1 IN 4

WOMEN WILL BECOME A VICTIM OF DOMESTIC VIOLENCE



1 IN 7

MEN WILL BECOME A VICTIM OF DOMESTIC VIOLENCE



RESOURCES:

THE CENTERS FOR DISEASE CONTROL AND PREVENTION

NATIONAL CENTER FOR INJURY PREVENTION AND CONTROL; COSTS; APRIL 2003

WWW.CLICKTOEMPOWER.ORG
WWW.MONEY.USNEWS.COM
WWW.BREAKTHESILENCEOV.ORG

http://www.joyfulheartfoundation.org

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

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A vibrant, comic-book style poster for a Flash Rummage Sale. The background is purple with a pattern of small white dots. At the top, two yellow stars flank the text "FAIRFIELD COMMUNITY HEALTH CENTER" in white. Below this, "FLASH RUMMAGE" is written in large, bold, yellow letters with a black outline. The word "SALE" is in even larger, bold, white letters with a black outline. In the center, the date and time "SATURDAY OCTOBER 12TH 9AM UNTIL NOON" are written in yellow and white. Below that, the location "220 E. WALNUT STREET IN LANCASTER" is written in yellow. At the bottom, a large, stylized white cloud with a black outline contains the text "EVERYTHING JUST \$1 OR LESS!" in bold red letters. The cloud is surrounded by red and yellow jagged lines, suggesting an explosion or a burst of energy. A small green star is positioned above the cloud. In the bottom left corner, there is a small watermark that reads "Made with PosterMyWall.com".

★ **FAIRFIELD COMMUNITY HEALTH CENTER** ★

FLASH RUMMAGE

SALE

SATURDAY OCTOBER 12TH
9AM UNTIL NOON
220 E. WALNUT STREET IN LANCASTER

**EVERYTHING
JUST \$1
OR LESS!**

Made with PosterMyWall.com

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

Fairfield Community Health Center community outreach fundraising update:

Rummage & Bake Sale:

Our Rummage and Bake Sale on Sept. 7th was a huge success, raising over \$2,000 for FCHC. But we have so many great items left that we're doing a flash rummage sale on 10/12 from 9am until 12pm at 220 E. Walnut Street in Lancaster! Everything will be \$1 or less!

Tournament of Healthcare Champions:

Our first annual Tournament of Healthcare Champions was a big success, raising nearly \$19,000 for FCHC. We're already looking forward to our 2020 outing on September 19th. Keep an eye out for sponsorship and registration opportunities in the coming months.



A Note from our CEO, Lisa Evangelista

Fall is here and that reminds us all to receive our flu shot. We will be having flu clinics scheduled in the upcoming months so please take advantage of those and of course our walk in clinic every evening from 5-7:30pm as indicated below. We would like all of you to stay healthy during the fall and winter months. Thanks to all of you for our successful rummage and bake sale event last month! We had so much inventory left over that we are having a flash rummage sale this month. Please be sure to visit the school on Walnut Street and check out the merchandise for \$1 or less. We continue to make progress on our South School Project and in the upcoming months you will see a revised design of the building. We appreciate your support and will continue to keep you updated on the progress. ~ 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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