

# YOUR CARING CONNECTION



Stay connected to your care with 'Your Caring Connection' - a monthly newsletter for patients of Fairfield Community Health Center

## UPCOMING EVENTS & DATES TO REMEMBER

FCHC Podcast: We are excited to announce the official launch of the Fairfield Community Health Center podcast. Check out our website or social media to find links to the latest podcast episodes. Each one features a timely health topic that impacts you and our community!

Capes & Crowns Children's Dress Up Ball: The Harcum House is hosting an event on February 29th for children to dress up as their favorite character for a great community event. Visit their website for more info!

Pie an Exec Day: A new FCHC fundraiser is coming on May 9th, 2020! Keep an eye out for more info on how you can pitch (or catch) a pie and help us raise money to help our community!



Hello  
February

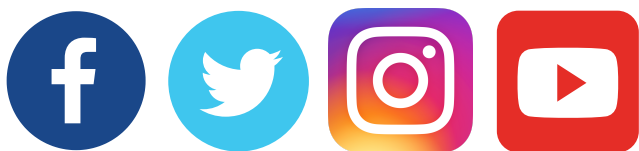
## NEWS FOR YOUR HEALTH WITH DR. HAMPTON, CMO

February is National Cancer Prevention Month in the United States. Each year approximately 1.7 million new cases of cancer are diagnosed. However, with early detection and proper treatment, many types of cancer are treatable!



Some things you can do to reduce your risk of developing cancer include:

- **Say "NO" to your vices** - smoking, drinking, and drug use all contribute to your risk of getting cancer.
- **Maintain a healthy weight and exercise** - being physically active and eating healthy are great ways to reduce your risk of developing cancer.
- **Get vaccinated** - vaccines like the HPV vaccine are critical in reducing your risk of getting cancer.
- **Beware of carcinogens** - things like sunlight, second-hand smoke, and gasoline fumes are all known carcinogens. Be aware of your exposure and do your best to limit it to safe levels.





# HELPFUL HINTS FOR A HEALTHIER YOU!



## February is American Heart Month



Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Heart disease kills an estimated 630,000 Americans each year and it's the leading cause of death for both men & women.

*Here are some facts that can help you improve your heart health:*

### 10 Minutes of Exercise Helps your Heart

Getting just 10 minutes of physical activity per day can greatly reduce your risk for heart disease. 30 minutes is better, so aim for 30, but getting at least 10 is a benefit.



### Heart Disease Starts Early

Obesity as an adolescent or teenager greatly increases your risk of heart-related complications later in life. Develop healthy habits early in your life to improve your heart health.

### Stress & Heart Disease: A Deadly Duo

Stress is one of the biggest contributing factors to heart disease. Finding ways to reduce stress, such as deep breathing, to keep your anger in check and reduce your risk of heart disease.

### More Sleep is Better for your Heart

Those who get more sleep at night have a lower risk of heart disease. Women who get less than 5 hours of sleep per night have a 39% higher chance of developing heart disease than those who average 8 or more hours.

### Laughter is Good for your Heart

Laughter is good for your blood vessels. It helps them relax and expand, which keeps your heart working properly.

### Turn off the Electronics

Studies show that the number one way people sit stationary throughout the day is while using electronics. Turn off the TV and get outside to boost your overall health and wellness!



# 4 ways **YOU** can help Fairfield Community Health Center AND Fairfield County in 2020



## **Sponsor an Event**

*Fairfield Community Health Center has several fun and impactful fundraising events each year and we're always looking for amazing community partners. We have a variety of sponsorship options for any marketing budget. If you're interested in sponsorship opportunities, call today!*



## **Become a Donor**

*As a 501(c)(3) non-profit organization, we rely on the generosity of our community to achieve our goals. A donation of any amount is truly appreciated and helps us provide quality, affordable healthcare to all in our community. All donations made to Fairfield Community Health Center are tax deductible.*



## **Come to an Event**

*Can't sponsor an FCHC fundraising event? We'd still love to have you participate! Whether you come to our Golf Outing, Poker Run, Pie an Exec Day, or any of our other events - your participation makes a difference! Keep an eye out on our social media and website to get the latest FCHC event information!*



## **Spread the word**

*Creating community awareness of fundraising opportunities and events is a great way to make a difference without spending a dime! Spreading the word is as easy as telling your family and friends about us or even sharing our social media posts. Every little bit of awareness truly makes a difference!*

# TURNING CLASSROOMS INTO CARE ROOMS SOUTH SCHOOL RENOVATION UPDATE



2020 has tons of opportunities for you to get involved with Fairfield Community Health Center fundraisers and events!

- Pie an Exec Day - [May 9th](#)
- Health Center Week - [First week of August](#)
- Hogs-4-Health Care Poker Run & Silent Auction - [August 8th](#)
- Tournament of Health Care Champions Golf Outing - [September 19th](#)



We'd love to see you out at our events! These are just some of the great things planned in 2020 and we're so excited keep building on the positive momentum you've helped us build over the years!

## An Update from Lisa Evangelista, CEO



Fairfield Community Health Center is very excited about our timeline for the renovation of the South School. We met with our architect and we should be getting bids on the construction plans in late fall of this year, with the hope to begin renovations sometime January, 2021. We will also continue our fundraising events and we hope that you can participate.

If you have the opportunity, check out the updated floor plans at our Main Street clinic location in the reception area. We will increase our space dramatically with the renovation and will have the ability to hire another team of providers to serve your healthcare needs.

We are also very excited about our two new providers that will be joining our Baltimore location in February. Dr. John Whittington, D.O. and Aaron Murfin, APRN-CNP will be providing care starting in mid-February.

Flu season is here in full force, so if you haven't already received your flu shot please visit one of our FCHC locations.

Happy Valentine's Day!!



### 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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