

July 2019

Your Caring Connection

A newsletter for the patients of Fairfield Community Health Center!

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



Did you know that July is the hottest month of the year for Ohio?

Temperatures can sometimes be over 100 degrees at the peak time of day. Heat is one of the leading causes of weather-related deaths each year in the US. It is important to be prepared for these types of temperatures as being out in the sun can become dangerous.

Knowing the signs of heat exhaustion and heat stroke can be a life changing situation. Excessive heat can also cause heat cramps and sunburn. If you see someone or you yourself are experiencing heat cramps in the legs or abdomen, get to a cooler place, rest, stretch and get fluids every fifteen minutes. Signs of heat stroke include hot red skin (it can be dry or moist) changes in consciousness) vomiting and high body temperature. If you see these signs, call 911 immediately.

Not only are humans at risk for heat related ailments, but it is important to not forget man (or woman)'s best friend! Each year, hundreds of pets pass away from heat exhaustion due to being left in parked cars. Did you know that the temperature in your car can rise almost 20 degrees in just 10 minutes??? If you have stops to make, it's important to just leave your pet at home where they are safe.



Upcoming Community Events



4th of July: Thursday, July 4; **ALL FCHC LOCATIONS CLOSED**

Lancaster 4th of July Parade-
Thursday, July 4 9am-Noon,
Downtown Lancaster

Lancaster Festival July 17th-July 27th, various locations downtown

Looking ahead...
Hogs 4 Healthcare-Saturday,
August 17th more details to follow

Rummage & Bake Sale-Saturday,
September 7th at South more
details to follow

****Don't forget to follow up on Facebook****

**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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Tornadoes: What you should know

Tornado season in Ohio peaks between April and July. Tornadoes have been known to happen all over Ohio however are most common to occur in areas that have flat grasslands, often times referred to as the "Great Plains." Tornado signals, signs and warnings come in different ways and it is good to have a plan and be able to take action if one strikes near you.

A tornado watch means that the weather conditions are typical of a tornado. It also means that severe thunderstorms are most likely on the way (if not already happening) as well. However, a tornado warning means that one has been spotted and will occur soon. In that situation, you should take cover. Make a plan in advance for tornadoes as they

can strike at any time.

Here are a couple tips on how you can stay safe and prepare for a tornado:

- Have fresh batteries and a battery operated device ie; radio, tv so that you can listen to emergency information
- Keep an emergency kit with water, non-perishable food, and medication
- Know where to take shelter in your home and stay away from windows.

If you happen to be driving during a tornado, **NOAA and Red Cross** suggest that you should buckle your seat belt, cover your face and head with a blanket if you have one, and shield yourself from the windshield. It is not recommended that you take shelter under an overpass or a ditch as you are leaving yourself vulnerable to debris.



This year we want ALL children to be FCHC VIPs and want to celebrate them with a free pool party on Saturday, August 10th. Healthy lifestyles and eating choices start at a young age and helping our VIPs develop healthy habits that they can take into adulthood. We are planning on having healthy eating/cooking demos, personal trainers who can demonstrate easy and fun ways to exercise, yoga instructors, as well as providing a fun learning environment that will nurture families having fun together.

Plus – PRIZES & RAFFLE

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

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

There are so many exciting events happening this summer and into the early fall! We recently held two of fundraisers with our local partners – Double Edge Brewery Wednesday evening Pints with a Purpose brought FCHC \$945.00! A big thank you to all who attended and a special thank you to Dr. Schilb, Dr. Olewiler, Dr. Hampton, Mark Irving and his daughter Renata for sharing their musical talents to make the evenings even more eventful. Our Monday night at Ale House Fundraiser brought in \$532.

Our FCHC Campaign Committee has been working hard with our Horns and Halo Friends planning the Ride scheduled for August 17. We continue to work diligently to ensure fabulous giveaways for the raffle baskets. We have already received some great ones so you won't want to miss this event because you don't have to ride to enjoy the festivities later that evening.

Once September comes along, we have our Rummage & Bake Sale, and then our highly anticipated First Annual Tournament of Healthcare Champions Golf Outing. Our Rummage Sale will be on Saturday, September 7th from 9am-1pm and as always will feature the FCHC culinary talents at the Bake Sale. We are now taking registrations for our Tournament of Healthcare Champions; please visit www.fairfieldchc.org/golf for more information.

Again, thank you to all who are able to support FCHC at our fundraising events.

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Firework Safety

Remember, fireworks can be dangerous, causing serious burn and eye injuries. You can help us prevent fireworks-related injuries and deaths. How? By working with a national, state or local organization where you live to promote fireworks safety in your community.

Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.

A 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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