



Center For
Family Health, Inc.

CENTERPIECE

Spring 2003

Opening the Doors to Health Care for All

Inside....

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By the numbers.... 2002 statistics show huge growth

Our demographics for 2002 reveal both impressive growth and some startling statistics. We provided medical and dental services to more than **17,500** people, an increase of 18% in just one year and an increase of 50% since 2000.

Last year, we provided medical care for 3,775 children with ear infections, delivered 241 babies, and cared for 469 expectant mothers.

We helped 231 people manage their heart disease and more than 438 people manage their diabetes. Additionally, we provided treatment and education to more than 740 people with asthma.

More than 14,000 of our patients live below 200% of the federal poverty guideline; that's about \$40,000 for a family of four.

We provided preventive screenings and diagnostic tests to

more than 2,600 people—including pap smears, immunizations and referrals for mammograms. We helped 559 people who were alcohol or drug dependent.

County statistics indicate that approximately 20,000 people in Jackson have no health insurance of any kind. We saw 4,421 uninsured people. We are making every effort to reach these people and ensure they are aware of the services we provide.

We are prepared to serve even more people in 2003.

Statistical information from the first few months of this year show additional growth.

Give Kids A Smile Day Success!

More than 60 children came to the Center for Family Health's Give Kids A Smile Day on February 21st! All received a complete dental screening including x-rays.

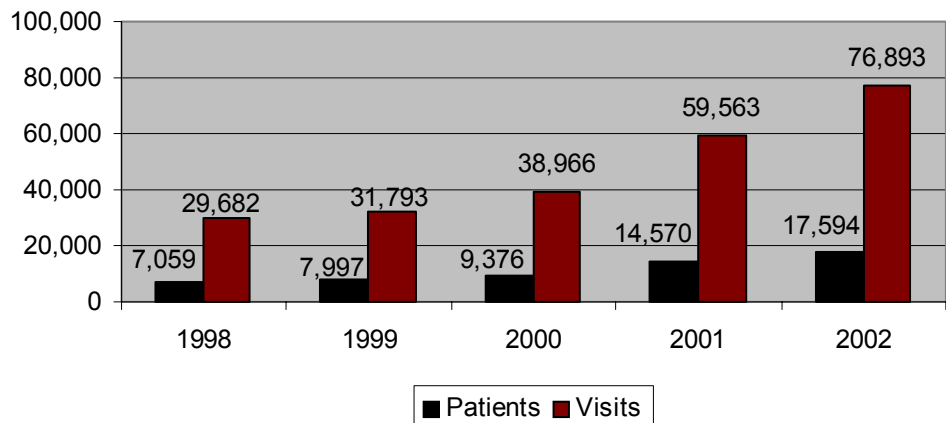
Many of the children had severe cases of decay. More than one child had abscessed teeth which required extraction. And although CFH staff see extreme cases like this everyday, some of our volunteers were surprised.

We were honored to be visited by Representative Clark and Katy Bisbee, State Senator Mark Schauer and former Representative Mickey Mortimer.

Among the many volunteers were Dr. Steve Davenport, Dr. Ed Mathein, Dr. Steve Locca and Dr. Scott Minnear.

We are so thankful to the many volunteers who made the day possible.

Patients and Visits



Services

Everyone is welcome.

The Center for Family Health is a non-profit community health center dedicated to meeting the health care needs of the entire family. The Center for Family Health provides services to all people, regardless of their ability to pay.

CLINICAL SERVICES

Dentistry

Obstetrics & Gynecology

Pediatrics

Family Practice

Internal Medicine

SUPPORT SERVICES

Transportation

Translation

Infant and Maternal Support

Financial Services

Medical Offices

784-9356

2200 Springport Road

Dental Offices

784-9385

817 W. High Street

Administration and Billing Offices

784-2895

817 W. High Street

School Based Health Center Receives More National Recognition, Still Seeking Renovation Funding

The Center for Family Health's proposed school-based health center is once again being nationally recognized. The Federal Department of Health and Human Services (HRSA) has awarded this program \$250,000 through the Healthy Tomorrows Partnership for Children Program. HRSA selected only eight projects nationally to receive this award.

Throughout the last year and one half, the school-based health center has received resounding support from parents, administration and the community. This project was nationally recognized early on and received a planning grant to form an advisory group and proceed with planning activities. Many are anxious for the School-Based Health Center to open and begin serving the 674 students at Northeast Elementary.

The school-based health center is scheduled to open in the fall of 2003 – but only if funds to renovate the 1,700 square feet from classroom to exam rooms and dental operatories can be raised.

The Center for Family Health has submitted numerous applications to local, state and national foundations and corporations seeking support for renovations. Although some are still pending, many have responded that although they are impressed with the project, there is simply no money available.

Carolyn Bloodworth, treasurer of the Consumer's Energy Foundation describes the current status of foundations statewide. "We are frequently a partner in funding community projects. We are unable to come to the table right now, and many other funding partners are unable to come to the table as well."

Molly Kaser, Executive Director of the Center for Family Health is not discouraged, "Our next step is to turn to individuals in our community to raise the \$175,000 necessary to renovate and open the school-based health center." She hopes that contractors might donate their time, building materi-

als will be donated and individuals will step forward to donate the necessary funds to complete the project in time to open for

"...contractors might donate their time, building materials will be donated and individuals will step forward to donate the necessary funds to complete the project in time to open for the next school year."

*Molly Kaser
Executive Director*

the next school year.

"Our goal is to ensure that all people have access to health care," Kaser explains.

"Northeast students, because of their economic situation and the

lack of Medicaid providers in their neighborhoods, don't have adequate access to health care. The school-based health center will allow these children to receive treatment for common ailments and childhood illnesses that are going untreated."

A school-based health center offers our community the opportunity to provide early intervention and prevention in the area of children's health. When children are healthy, they can learn. The school-based health center puts the health care where kids are: in the school.

Dr. Malinda Brings Experience and Compassion to Work at Dental Clinic



Dr. Sarah Malinda has a passion for her work.

"I have learned as I have gotten older that what

counts is what you do for others," explains Dr. Malinda. "If you really want to live a satisfying life, work (at the Center for Family Health)."

Dr. Sarah Malinda came to the United States from Nairobi, Kenya at the age of 22 to begin her undergraduate degree at Rutgers University. From there, she received her DDS at Northwestern University. In 1982 she returned to Nairobi to begin her own private dental practice.

When it was time for her own children to start college, she and her husband returned to the United States.

"I feel I am of more use here than in private practice," she explains. "You need to extend yourself to serve the underprivileged."

Dr. Malinda has been surprised that the American people do not take more advantage of the services offered to them. In Nairobi, there is little access to care. There are few supplies and there is not the infrastructure that there is here. There are very few places to go if you do not have health insurance.

"I see more dental decay and have to do more extractions here than I did in my private practice in Nairobi." Dr. Malinda attributes this to affluence. "I think that is because people couldn't afford the sugars, the pop, the candy in Nairobi. People ate beans, rice and maize—things that don't decay your teeth like chocolate and Mountain Dew."

For Many People, Illness Is Cause of Homelessness

Kitrina Sims, CFH Board member and Interfaith Shelter Client Advocate, can't stress enough the importance of consumer education.

Sims has been a Client Advocate at the Interfaith Shelter for the past three years, and was a Shelter Attendant for four years. As a Client Advocate, Sims works with people to determine the causes of their homelessness, the barriers that are keeping them homeless and then helps them find solutions and services.

Many times, a client has no idea about the many services provided by community organizations. Too often, if the client had accessed some of the resources available, homelessness could have been avoided.

She cites the Center for Family Health as a prime example.

"Many people are homeless due to an illness," Sims explains. Many minimum wage jobs do not provide insurance. People get sick, can't afford to go to the doctor and get sicker. Then they get so sick they can't work, they lose their job due to the illness

and end up homeless.

Sims estimates that as many as 10% of the people she helps lost a job due to an illness. And most people she works with have never heard of the Center

"If they had known about the Center for Family Health and accessed those services, homelessness could have been avoided."

Kitrina Sims

for Family Health.

"If they had known about the Center for Family Health and accessed CFH services, it could have prevented the homelessness," says Sims.

Some risk factors make it difficult for people to prevent homelessness. Jackson area rent is high—prohibiting many working families from being able to access affordable housing

In addition, many people are only a paycheck or two away from being unable to pay their bills.

Sims wants to break the stereotype that homelessness and unemployment go hand in hand. About 80-90% of Interfaith Shelter residents work, if they are able.

Sims spends most of her time helping people access community services, and at the same time, providing what she calls "consumer education". She teaches her clients how to help themselves by accessing all the services the community has to offer.

Sims says access to the CFH Interfaith Clinic is essential for people getting back on their feet.

CFH operates a clinic at the Interfaith Shelter for the residents and people at risk of homelessness. In 2002, more than 647 people were served through this clinic.

Healthy Living

Did you know?

Avoiding 2 soda drinks per day of 150 calories each will cause you to lose 36 pounds in one year.

The Centers for Disease Control and Prevention recommends walking for 30 minutes every day which is felt to reduce the incidence of diabetes by 60%.

Visit your doctor and dentist for regular check ups!

CFH's Molly Kaser: Honorary Chair of March of Dimes Walk

When Molly Kaser was asked to be the Honorary Chair of the Jackson March of Dimes Walk, she couldn't refuse. "The March of Dimes is an excellent organization. MOD and the CFH share the same commitment to ensuring the health of our community's children."

The March of Dimes chose Kaser as their Honorary Chair because of CFH's history of being a safety net provider for pregnant women and infants. In addition, Kaser is considered a community champion for low income women. CFH started as Healthy Beginnings and provided obstetrical care for low income women.

We Need Your Help

- We turn no one away based on their ability to pay. Everyone is welcome.
- We depend on the generosity of people like you to continue to serve our patients.
- Our goal is to fill the gaps in our community's health care system.
- Your donation can help.
- Please consider making a gift today.
- Please cut out this form and mail it with your gift to Center for Family Health, Inc., 817 W. High Street, Jackson MI 49203

My gift....

\$100 \$50 \$25 Other

Name: _____

Address: _____

City _____

State/Zip: _____

Please send me more information about:

Staff

Molly Kaser, Executive Director
Sara Benedetto Operations Director
Mary Siders, Finance Director
Mark Lay, MD, MS Medical Director
Jane Grover, DDS, MPH Dental Director
Mohammad Ghali, MD, MPH
Elliott Hardy, DDS
Rose Johnson, MD
Sarah Malinda, DDS
Miraflor Reyes, MD
Shahzad Shaikh, MD
Paula Schuman, MD
Naveed Siddiqi, MD
Haitham Talo, MD
Colleen Chadderton, CPNP
Kathleen Dyer, WHNP
Suzanne Kirk, FNP
Erin Mazur, FNP

And over 100 dedicated professionals, including:

- Nurse & medical assistants
- Hygienists/dental assistants
- Case managers, dieticians, social workers and outreach
- Medical records clerks
- Registration & scheduling clerks
- Patient account representatives
- Financial services advocates
- Quality management coordinator
- Information technologists & data analyst

Derry Sims, Principal of Northeast - Community Profile

Derry Sims, Principal of Northeast Elementary School, has a vision. He sees his school as a Community Center. With fundraising under way to re-open the swimming pool and a developing partnership with the Jackson Recreation Department, there is only one missing piece: a school-based health center.

Sims, who has been principal at Northeast since 1997, had seen school-based health centers in other school districts and knew it was vital for his students.

“At Northeast we have over 674 children with over 90% living in poverty. These students and their families do not have access to health care,” explains Sims. “Many of my children have respiratory illnesses, such as asthma, or are obese. Their teeth are rotting for lack of dental care and they miss many days of school.”

It is



in

everyone's best interest to keep our young people healthy. They are our future.

“It is difficult to concentrate on education when they are ill and in pain. With a school-based health center... children can be treated at school. Parents who do not have transportation or get their pay docked for taking time off from work will not have those obstacles in the way of

their children's health.”

“For this Center to become a reality, we need the help of the community.” (see related story on page 2) It is in everyone's best interest to keep our young people healthy. They are our future.

If Sims could encourage people to do one thing that would greatly improve the lives of children in Jackson, he would encourage all families to eat a healthy diet and exercise regularly with their children.

Sims accepted the Principal's position because he is committed to working with children who are in need, and he enjoys helping children succeed when others say they can't. Receiving the proper health care is vital to a child's success.

Our Mission
To improve and enhance the health status of all members of our community by providing access to quality health care services and education.

Administration
817 W. High Street
Jackson, MI 49201
Dental
817 W. High St.
Medical
2200 Springport Rd.

Center For Family Health, Inc.



Non profit
POSTAGE PAID
Permit No. 332
Jackson, MI