



Volume 3, Issue 1

FMC Newsletter

First Quarter 2008

Inside this issue:

Health Conditions From Dry Air	2
Date Of St. Paddy's Fest Announced	2
Spring Health Fair Planned For Chester	3
FCP & Medicare Open Enrollment	3
New Service: Case Management	4

"Every Child Matters" Pilot Program Launched

The Heinz Family Philanthropies, Pharmaceutical Research and Manufactures of America (PhRMA) and the WV Primary Care Association (WVPCA) launched the "Every Child Matters" pilot program to provide access to affordable

The coverage is available to all West Virginians who:

- Are 18 years of age or younger
- Are uninsured
- Don't qualify for Medicaid or WVCHIP coverage
- Have no established medical home
- Have family incomes above 220% of the poverty level

medical home focused on the care and well-being of uninsured children. We hope to gain a greater understanding of why children are uninsured and what options would work to encourage families to obtain insurance coverage. We look

health care for uninsured children in the state. The project is designed to offer parents and children an affordable solution for basic prevention and primary care services, which are essential to keeping West Virginia's children strong and healthy.

The program will involve 16 community health centers around the state, including Family Medical Care, and will offer children's health services for a fee of \$30 to \$60 per visit, depending on family size and income. A fund established by Heinz and PhRMA will be available to help cover the fee for eligible families.

The fund was launched with a \$100,000 grant from Heinz and PhRMA, with the goal of increasing the amount through additional contributions. The fund will be used to ensure the 16 participating centers can financially operate the program, and that budget restricted families can ensure their children will have access to a medical home.

"We are delighted that Mountain State Blue Cross has joined as a financial contributor," said Jeffrey R. Lewis, President of Heinz Family Philanthropies. "The goal is to offer children and their parents an affordable

forward to other contributions from corporations and organizations that care about improving financial access to healthcare for West Virginia children."

"This program will take West Virginia one step closer to the goal of full access to health care for all of its children," said Teresa Heinz, Chairman of the Heinz Family Philanthropies. "It will give parents who currently want to bring their children to a health care provider, but are afraid of the cost, a chance to do the right thing and create a medical home for their

(Continued on page 3)

Upcoming Events:

Blood Pressure/Blood Sugar Screening

January 7, 2008

WMC Lobby

Smoking Cessation Program

January 28, 2008

Eight Week Program

Call WMC (797-6487) to register

PLEASE REMEMBER TO BRING UPDATED INSURANCE INFORMATION TO YOUR NEXT APPOINTMENT

Health Conditions From Dry Air

By Kelli L. Fournier M.D.

With wintertime comes dry air from furnaces and the heat sources we use in our homes. We need to keep warm, but the dry air that's created can cause some annoying conditions. Most problems relate to dryness of skin and air passages. Forced air heating systems without humidifiers attached are the worst culprits because they reduce the moisture in the air. Without moisture the skin and breathing passages dry out. For most people it has mild effects, but some people develop chronic conditions.

Dry skin is the most common thing people will experience during wintertime. The skin becomes itchy and irritated. If left untreated the skin can thicken and crack, like on the heels, and become sore and even infected. Moisturizing the skin with lotions and emollients, lips too, will help to seal in moisture and even create a bit of a protective barrier. Lotions with glycerin or fatty acids in them are most effective. Reapplication is key.

DRY SKIN?

- Moisturizes skin with lotions that contain glycerin or fatty acids.
- Apply moisturizers immediately after bathing, every time.
- Avoid itchy fabrics.
- Don't lick lick your lips. Use lip balm instead.
- Take short tepid showers and baths.

DRY AIR PASSAGES?

- Use a furnace or room air humidifier
- Use nasal saline spray
- Don't pick or constantly touch your nose.
- Drink plenty of water to combat a sore, dry throat

Make sure to avoid itchy fabrics that will only irritate skin more. Resist the temptation to lick your lips, because it contributes to chapping due to the lips lacking oil glands. Instead apply lip balm. Short tepid showers and baths are preferred. Long hot showers will only deplete your skin of

moisture. Immediately after bathing is the best time to apply moisturizers while the pores are open to lock in the lubrication.

Breathing in the dry air often causes sore throats and nose bleeds. Furnace or room air humidifiers will help significantly by keep air moist. The nasal passages get dry and cracked and bleed easily in winter. Nasal saline spray reapplied throughout day usually works. It may go without saying, but don't pick your nose. Tell your children not to either because it will most assuredly bleed with this trauma. Make sure to drink plenty of water to combat a sore, dry throat, plus it'll add moisture to skin as well. If the nose bleeds recur despite these tips you need to call the office for evaluation.

So I hope everyone has a happy healthy New Year, and do stay warm. I hope you all can incorporate some of these dry air fighting tips in your homes to keep away the winter itchies and dryness.

CHANGE, Inc. Announces Date Of Fourth Annual St. Paddy's Fest



CHANGE, Inc.'s Fourth Annual St. Paddy's Fest will be held on

Friday, March 14, 2008 from 6:00pm to 11:00pm at Mountaineer Casino, Racetrack & Resort. The

fundraiser benefits the programs and services of CHANGE, Inc.

Entertainment sponsored by Mountaineer and Waldorf Distributing will include Movin' & Groovin' Productions, Macdonald Pipeband, Joe Lyons, and Legend.

Sponsorship packages and tickets go on sale Jan. 2 and are available from any employee.

The \$30 tickets include your meal, entertainment, and beer. Sponsorships start at \$100. Call 797-7733 for more information.

"Every Child Matters" Pilot Program Launched

(Continued from page 1)

kids, and very likely the mother, too. And the state will learn more about the demand for, and the potential cost of, health care for children among those who fall through the cracks of the children's health system."

In explaining its support, Billy Tauzin, president and CEO of PhRMA said, "Nothing is more important to parents than ensuring the health of their children. Recognizing that good health starts with access to

quality healthcare coverage, America's pharmaceutical research companies support 'Every Child Matters' as a creative solution to addressing the medical needs of West Virginia's children."

Dave Sotak, Board President of the WVPCA, explained, "Launching 'Every Child Matters' will begin to help those children whose parents are working, but who may not be able to afford high premium costs for their children if the employer does not help cover them. What Heinz and PhRMA are doing in making this program possible will help to

reduce the number of people using hospital emergency rooms for primary care coverage."

Families will be screened at the health centers to identify those who qualify for Medicaid or WVCHIP. Those verified as not eligible will be able to receive care for an upfront \$30 fee.

Preventive well-child care and pediatric outpatient medical office visits are covered. Lab. x-ray, medications and medical supplies are not covered, but the health center can assist families in obtaining those services.

Call Family Medical Care for more information. (304) 748-2828

Spring Health Fair Planned For Chester



CHANGE, Inc. is currently in the process of planning a Spring Health Fair to be held in Chester, WV. The Fair will include numerous

screenings, and feature area health and service agencies.

The location and date will be announced in the coming year, and booth space and sponsorships

will be available.

Look for more information in the next issue of the FMC Patient Newsletter, which will come out in April 2008.

Family Care Pharmacy & Medicare Open Enrollment

Family Care Pharmacy serves patients of FMC exclusively, offering medications at the least expensive prices and through various eligibility based pharmaceutical company programs, as well as diabetic supplies and numerous over the counter products in a convenient location.

Family Care Pharmacy accepts most prescription insurance plans, and will gladly enroll in your health plan if not currently a provider.

- ◆ Friendly, Experienced Staff
- ◆ Least Expensive Drug Prices
- ◆ Price Match Guarantee
- ◆ One Stop Convenience
- ◆ Home Delivery
- ◆ Automatic Monthly Refills
- ◆ Online Reordering

Pharmacist Monica Pulice is available to answer questions about your medications, and the Medicare Open Enrollment period in progress now.

During open-enrollment new Medicare-eligible beneficiaries can enroll in health and drug plans that meet their needs, and current beneficiaries can switch their plans.

"We recommend that patients review all the plans available before choosing. We also advise to review the plans yearly, because companies can change their options, and may no longer be the best plan for your needs."

New Service Coming to FMC: Case Management

Health Benefits Coordinator Cheryl Olexia will be attending the Accountable Case Manager Train the Trainer Program in January 2008, and once trained will be offering the service to patients of Family Medical Care.

The program is designed to help managers acquire a basic understanding of case management practices, the skills necessary to be successful in their job, how to support clients in realizing their goals, the incremental steps and benchmarks that mark a path to success, and

why the work of the front line worker is so crucial to the health and well-being of the organization.



The Train-The-Trainer Program, which was developed and is taught by The Center for Applied Management Practices, Inc., (CAMP), is built on a business model that recognizes the inherent talent of Community Action professionals to provide quality training to their constituents. The program focuses on delivery of the case

management curriculum and more so than the development of training skills.

As a certified licensed trainer for The Accountable Case Manager course, Cheryl will also be qualified to offer the one day course to other social or community based organizations.

Information regarding how to receive the service will be posted once the training is completed and the program officially begins.

Family Medical Care Community Health Center



3136 West Street
Weirton, WV 26062
Phone: 304-748-2828
Billing: 304-797-1210
Fax: 304-797-0002
Pharmacy: 304-748-4200

"Family Medical Care is committed to providing primary medical healthcare, and receiving all individuals with dignity and respect within a caring environment."

We're on the web!
www.familymc.org

Family Medical Care Community Health Center prides itself on being a comprehensive health care facility with staff committed to providing the best possible care with the utmost respect and compassion for each of its patients.

Although our founding principals focus on meeting the tremendous demand for medical care among the uninsured and low-income of the Tri-State Area, our services are available to the entire community, regardless of age, income level, insurance status or residence.

Family Medical Care Community Health Center is made possible in part through funding from the West Virginia Bureau of Public Health Primary Care Division, Community Service Block Grant, Private Foundations, and is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources, and the Health Resources and Service Administration. This program is financed with Federal dollars, (28% or 558,333 from HRSA and 1% or 20,250 from CSBG) and State dollars, (6% or 128,197). An additional 65% of the total program costs (or 1,405,471.00 is financed by nongovernmental sources.