

HealthcareConnections

JUNE 2018

Health Care News



Advancing health in Monroe County

Community Health Improvement Week is an event dedicated to recognizing health care professionals, their services, and the positive impact they have on the community. From June 3-9, hospitals everywhere will raise awareness about health and how it's improved by bridging care and community.

How does Monroe County Hospital & Clinics (MCHC) improve community health?

MCHC offers easy access to world-class health care for residents through programs specifically tailored to meet the needs of the community. In fact, MCHC provides over \$700,000 in community benefits to Monroe County, according to a 2016 assessment. The health organization's many services include:

- Health screenings
- Support groups
- Counseling
- Immunizations
- Nutritional services
- Transportation programs

MCHC is focused on the health and wellness of everyone in the community, including the vulnerable and underinsured. By offering free and reduced care services, MCHC can help more people in Monroe County through health coaching, wellness screenings, and flu vaccinations. MCHC is also home to state-of-the-art 3D mammography and offers free mammograms to those not covered by insurance.

By continually striving to improve care, MCHC continues to provide the services people in the community need. During this coming Community Health Improvement Week, take a few moments to thank all of those who have made a positive impact in our community.

Celebrate a day dedicated to family fitness

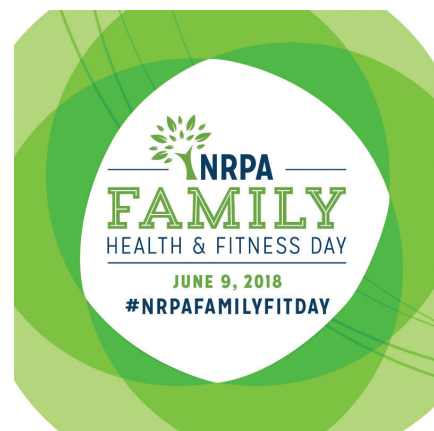
Family Health & Fitness Day on June 9 promotes the important role of parks and recreation on community health. These beautiful spaces encourage physical activity—a staple of healthy living.

How can you participate in this national event?

Participation is easy; just spend the day enjoying a park, pool, and other outdoor spaces. Get the family together and go for a stroll through your favorite park, or take

a break from the heat and head off to one of our many nearby lakes. You can fly a kite or go on a family bike ride. You can even sponsor a fun run or neighborhood outing.

While all of these activities are great ideas to help improve health and fitness, they are also great ways to build memories. Enjoy the summer day by creating experiences that will last a lifetime when you celebrate Family Health & Fitness Day.



June 2018

Susan Allison Outpatient Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Marcus Onsrud	2
3	4 Homedan	5	6 Sanders Curtis	7 Sokol Coleman Hart-Schaffer	8 Marcus	9
10	11 Homedan Freeman	12 Sokol	13 Sanders Rossi Moore	14 Sokol Moratz Hart-Schaffer	15 Onsrud	16
17	18 Homedan	19 Sokol	20 Sanders Curtis	21 Sokol Coleman Hart-Schaffer	22 Marcus Moratz	23
24	25 Homedan Freeman	26 Sokol	27 Sanders Dickins Dawley	28 Sokol	29 Moratz	30

Outpatient Clinic Specialists

Ravinder Agarwal, M.D. – *Allergy & Immunology*
 Greg Moore, AUD – *Audiology*
 Richard Marcus, M.D. – *Cardiology*
 Rachel Onsrud, ARNP – *Cardiology*
 Heidi Curtis, ARNP – *Dermatology*
 Neal Sokol, D.O. – *General Surgery*
 Kelley Dawley, ARNP – *Neurology/Sleep Clinic*
 Q. Stokes Dickins, M.D. – *Neurology*

Joseph Coleman, M.D. – *OB/GYN*
 Brian Freeman, M.D. – *Oncology/Hematology*
 Shehada Homedan, M.D. – *Orthopedic Surgeon*
 Louann Hart-Schaffer, ARNP – *Pain Management*
 Robert Rossi, M.D. – *Pain Management*
 Robert Moratz, DPM – *Podiatry*
 Tamarisa Narayan, M.D. – *Pulmonology*
 Shayla Sanders, ARNP – *Rheumatology*

For additional information or to schedule an appointment, please call 641-932-1678.

Help save a life with a blood donation.

Giving blood saves lives. The short time it takes to donate blood results in an invaluable gift that can change someone's life forever. That's why MCHC thanks blood donors everywhere as part of World Blood Donor Day on June 14.

Both occasional blood donors and regular volunteers ensure that hospitals have access to a sufficient quantity of safe blood to use for patients in dire need. By securing an adequate supply of blood, doctors and surgeons can help more people when tragedy strikes. So why not give back to your community by giving blood?

MCHC routinely hosts blood drives, giving you the opportunity to help others. During this World Blood Donor Day, make a pledge to donate. It could help save a life.

For more information on the next blood drive, call 641-932-2134.

World Blood Donor Day
 Give blood. Give now. Give often. 14 JUNE 2018