

Neighborhood Health Center

Our Community, Our Neighbors, Our Patients

NEWSLETTER



Let us help you make your **HEALTH A PRIORITY** in the new year

- Make healthy food choices
- Get plenty of rest
- Exercise and get fresh air



Medicare Wellness Exam

Make your health a priority in the New Year

Medicare recipients can qualify for a free

Medicare Wellness Exam

A MEDICARE WELLNESS EXAM IS A FREE EXAM THAT HELPS YOUR HEALTH CARE PROVIDER UNDERSTAND WHAT IS WORKING FOR YOU AND HOW TO HELP YOU STAY HEALTHY AND WELL. MEETING WITH YOU WHEN YOU FEEL HEALTHY CAN HELP GUIDE YOUR TREATMENT PLAN FOR A HAPPY HEALTHY LIFESTYLE THROUGHOUT THE NEW YEAR.



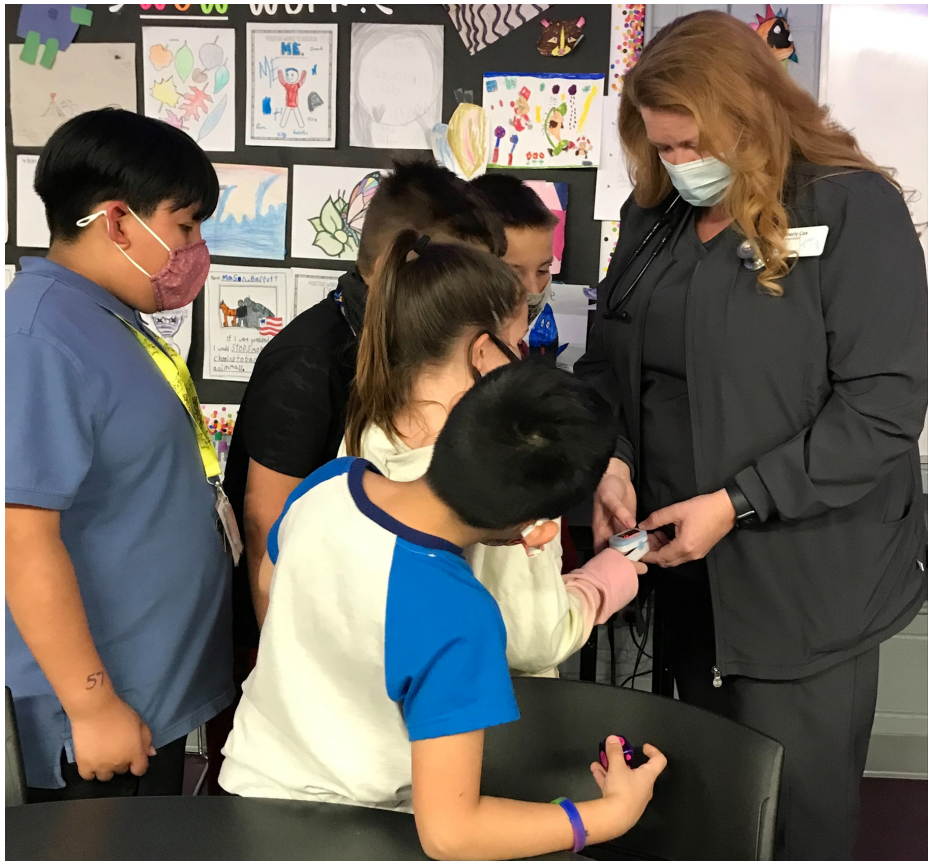
Call to schedule your free appointment today

Union County Medical Center
950 N Market Street
Liberty, IN 47353
(765) 458-5191



10th Street Clinic
101 South 10th Street
Richmond, IN 47374
(765) 965-4299

Recent Events



Career Day at Boys & Girls Club of Wayne County

In the month of December, we were fortunate to partner with Boys & Girls Club of Wayne County for career day presentations.

There are five clubs in Wayne County; three in Richmond, one in Pershing and one in Hagerstown. We were able to visit all five clinics.

Staff and providers of Neighborhood Health Center taught club members about Medical Assisting. Club members were able to get hands on experience with tools used by Medical Assistants.

Most people are familiar with a stethoscope but have never heard their own heart beat. At Career Day, club members were able to hear not only their heart beats but that of their friends as well. Club members listened and learned and were excited to practice with the medical assistant's tools.

Union County Lighted Christmas Parade

We were delighted to participate in the Lighted Christmas Parade as part of the annual Christmas in Our Home Town festival in Liberty. Our mobile unit was decked out with lights and tensile. If you look closely you can see the Grinch riding "shot gun!" He tossed candy to kid along the route. Even a cold drizzling rain could not dampen spirits of people along the parade route through town. I great time was had by all.



Current Events



10th Street Clinic

The lobby at our 10th Street Clinic is full of cold weather gear free for anyone in need! Patients are free to help themselves to whatever they need. This project is a **result of attentive staff** that noticed some of our patients did not have warm clothing. They worked together to collect coats for all sizes and ages. They wanted the coats to be accessible to everyone so they placed them in the lobby for convenience. Staff has been able to restock the rack multiple times this season as a result of generous donations from staff, family members and patients that have extras to give.

Union County Medical Center

The Blessings Box at Union County is stocked and ready for patients. **Staff in the Liberty location recognized** their patients were in need of items such as hygiene products, paper good and canned food items. As a result, they created the Blessing Box. Each Thursday staff can pay \$1 to wear blue jeans or different colored scrubs. The money collected is then used to stock the Blessing Box. This has truly been a "blessing" for countless Union County Medical Center patients.

Upcoming Events

Neighborhood Health Center will partner with **Bridges for Life** for a health fair at their evening meal on Friday, January 28 at 100 North 10th Street in Richmond (First Presbyterian Church building.) Kim Cox, a nurse practitioner at NHC, will be at the health fair to talk with participants about health concerns. She will offer foot exam and medical assisting staff will offer blood pressure check and glucose screening. This health fair is *absolutely free* to all who wish to attend.

