



ISHC Starts Reach Out and Read Program

Indian Stream Health Center staff and its Board of Directors are proud to announce the start of the Reach Out and Read program. This program promotes early literacy and school readiness by giving new books to children from 6 months to 5 years of age when they come in for their well child visit. It also encourages families to read to their children.

Gretchen Hunsberger from the Reach Out and Read Program visited ISHC on November 12th to provide training on the program for all interested ISHC staff members. There was a strong turnout for the program and an even stronger response from interested staff members.

"With the staff being so passionate about the program we are certain that it will be a success," said Shirley Powell, CEO of ISHC. The providers at ISHC will be giving children a book with their well child visit that

complements their developmental level. For instance 6 month to 18 month olds will receive board books. These are books that are designed with infants in mind as they are made of sturdier material in the event something gets spilled on them, they get tossed around the room, or they get put in the child's mouth. In the books there are pictures of babies' faces which fascinate the infants. The books are designed for all the various developmental levels between 6 months and five years. The reading level of the book expands as the child ages.

In response to the program, ISHC has expanded its waiting room library to include more updated children's books. The waiting room is now more reader friendly with plenty of books for parents to choose from while waiting for their child's appointment. Also, the surplus of books in the waiting room will be used as an extra supply for older siblings

of children that come in for their well child visit. That way all children that come in to visit, even those that are past the age limit to qualify for the program, can still leave the health center with a book.

Reading is a fundamental skill in the learning and education process. Developing a love for reading from an early age helps children to succeed in school. Also the process of families reading to their children encourages a stronger family dynamic. ISHC provider Mary Judd said, "Reading is a great way to strengthen families and help children to grow. I am very happy to participate in a program like this one and look forward to the effect it has on the children that we serve in the community."

If you would like to learn more about the Reach Out and Read program please call Danielle Hibbard at 603-388-2485.

Providers

John Fothergill
Internal Medicine

Peter Moran
Family Practice

Faye Memolo
Physician Assistant

Mary Judd
Physician Assistant

Penny Charrance
Nurse Practitioner

Monday - Friday 8:00am - 7:00pm
Saturday 9:00am - 12:00pm
24/7 Provider On-Call Service



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Colebrook, NH 03576

Phone 603-237-8336
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www.indianstream.org

Mission:

"Our mission is to provide excellent preventive, acute, and wellness - focused health care to residents within the organization's service area regardless of a patient's ability to pay.

We will focus our resources to maximize the quality of life of area residents in a cost-effective and efficient manner."



"The Platter"

Delivering a Heaping Portion of Health Related Information

ISHC in the Community

Indian Stream Health Center (ISHC) is located in Colebrook, NH where we directly serve our patients but ISHC also travels into the community putting on events and activities that support health and wellness.

- ISHC held multiple seasonal flu clinics this year administering over 1300 flu shots to the community. The H1N1 vaccine arrived in late October and is now being administered to the appropriate population. ISHC also visited area schools: Stratford, Pittsburg, Colebrook, and Canaan. During each school's open house, ISHC had a display board with information for parents on the seasonal flu and H1N1 as well as free hand soap for the kids.
- Ginny Petro, ISHC's Outreach Coordinator visited the Country Day School and Yesteryear Day Care to deliver oral health information and child passenger safety training to the parents of the toddlers.
- Ginny met with seniors at the North Country Community Recreation Center to deliver a message on preventive health care information to the Seniors for Life program attendees.
- ISHC participated in Northern Human Services Wellness Fair at the Colebrook Library on October 14th. There was information on ISHC's services as well as information about the seasonal flu and H1N1.



- ISHC has also been involved in the Healthy Older Adult Program (HOAP) in coalition with the Colebrook Recreation Department and UCVH. The group has taken a shopping trip to Tilton followed by a pie judging contest at the Colebrook Country Club on November 12th. There will be a Christmas party on December 18th at the Colebrook Country Club.
- November 7th ISHC participated in the Energy and Wellness Expo held at the Colebrook Elementary School. The booth had information pertaining to ISHC's sliding fee scale as well as its outreach services. There was also an outreach slide presentation and free blood pressure checks.
- ISHC held a food drive in November donating the non-perishable goods to the local food pantry. ISHC has also selected the Colebrook Food Pantry as our Holiday Season charity. The pantry will be receiving a monetary donation from the staff at ISHC.

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Patient Services

Referral Coordination

Care Management

Medication Assistance

Sliding Scale Fees

Oral Health Program

Women's Health Program

Family Planning

Legal Assistance

Behavioral Health

Low Cost Prescription

Program

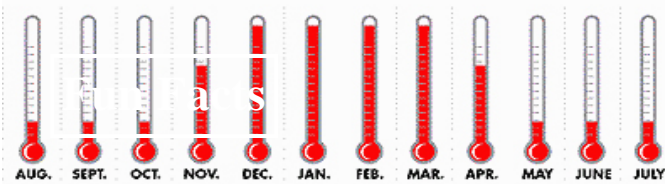
True friendship is like sound health; the value of it is seldom known until it is lost.
- Charlie Colton

Flu Season

One of the best ways to prevent both the seasonal flu and H1N1 is through prevention. Follow these three steps to stay flu free.

Step one: Wash your hands. Washing your hands helps to keep the flu from spreading. The flu is contagious so consistently washing your hands properly keeps germs from going from person to person.

FLU SEASON PEAK MONTHS



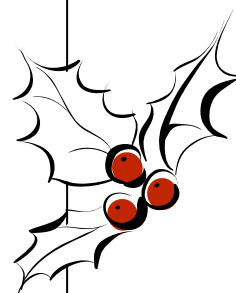
Step two: Cover your mouth with your arm or sleeve when you cough. By doing this you keep germs from going on your hands and then spreading to others.

Step three: Stay home from work or school when sick. This keeps the flu from spreading to others as the more contact you have with other people the

more likely you are to spread the germs. When it comes to the flu keep it to yourself. This is one thing you don't want to share.



Keep Your Holidays Healthy



The holiday season is a great time to see family and friends. It is, or should be, a time of joy and giving yet can also be a time of stress for many. On top of the typical stresses of life, the holiday season adds additional family stress, shopping, and just not having enough time to do everything. So how do you

enjoy the holiday season without completely combusting from pressure? The following tips and ideas can help to decrease some of that stress.

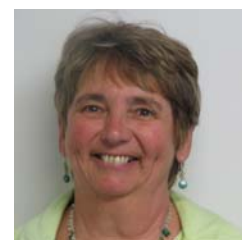
- ◇ **Prioritize** the events you need to attend this year. Go through previous years and figure out what worked and what didn't. Decide which events are worth attending and which ones can be skipped.
- ◇ Once you've prioritized which events are most important, **schedule** them. Block out space in your calendar and factor in the time it will take you to prepare and arrive at the event.
- ◇ **Use shortcuts;** instead of baking cookies from scratch this year buy frozen dough.

Or buy precooked cutouts and frost them. Instead of getting individual Holiday cards for everyone, send out a generic card to all with the same information updating them on your life/ family.

- ◇ **Don't buy everyone you know a present.** Make a list of people that you most want to buy a gift for. Consider close friends and family only. This will reduce your spending as well as cutting down the time spent shopping.
- ◇ **Decorate only as much as you have time for.** Pencil it into the schedule and then do what you can. Remember what goes up must be taken down and put away for next year.
- ◇ **Make time for you.** It's great to be involved in the holiday season but if you are so scheduled that there is no time to enjoy it, what's the point? Don't try to do too much otherwise; you'll miss out on the joy of the season.

Author: R.L. Lake "How to Avoid Stress During the Holiday Season." www.ehow.com/how_5633946_avoid-stress-during-holiday-season.html

A Word from the CEO



In keeping with the joy of the season, the Indian Stream Health Center Board of Directors recently announced the purchase of the facility where residents have received their medical care for 30 years. In many ways this purchase represents a gift to the community. Together with funding that we receive as a Federally Qualified Health Center (FQHC), the purchase of the facility assures that comprehensive primary health care will remain here in Colebrook well into the foreseeable future.

As I'm sure many of you may remember, the development of a team approach to primary care in Colebrook was the result of a husband and wife physician team: Dr. William Gifford and Dr. Marjorie Parsons. It was as a result of their vision, that our facility was built and opened its doors in July 1979. Until his retirement in 1989, Dr. Gifford actively recruited physicians to care for residents in the North Country that he loved so much. The last physician that he personally was involved in recruiting was John Fothergill, M.D., who remains with Indian Stream more than 20 years later serving as our Medical Director.

As quoted in a January 1988 Boston Globe article on country doctors, Dr. Fothergill chose Colebrook right out of residency because he wanted to practice medicine "in a smaller place where there would be time to gain the trust of patients." He also saw Colebrook as a place where he could use the medical education and skills he had spent years in gaining "to practice internal medicine" and where he would be a "specialist, a cardiologist and rheumatologist,

among other things" that internists were trained to be.

Just as his predecessors' vision established Indian Stream Professional Associates, Dr. Fothergill was instrumental, along with his wife Christine and a small group of local residents, in establishing Indian Stream Health Center as a FQHC. This designation provides significant annual funding from both Federal and State departments to provide expanded services far beyond the treatment of disease including: low-cost prescription medication; family planning and comprehensive women's health; behavioral health care; dental services; outreach and health promotion/screening activities; and discounted fees based on family income.

The North Country continues the good fortune of attracting and retaining dedicated health care providers to care for our residents. Our team of highly skilled providers, in addition to Dr. Fothergill, presently include Dr. Peter Moran, a family practitioner; Mary Judd and Faye Memolo, both physician assistants; and Penny Charrance, nurse practitioner. Between them they are available 24 hours a day, seven days a week, to serve your health care needs.

As a number of the articles throughout this newsletter encourage, we wish for you and your loved ones a happy and healthy holiday season!

 Shirley Powell



Recipe for Health

Easy Apple Crisp With Honey

"This apple crisp is very easy to make and tastes so good! Works best with Granny Smith or Golden Delicious apples. Serve warm with ice cream." (allrecipes.com)

PREP TIME	20 Min
COOK TIME	30 Min
READY IN	50 Min

Ingredients:

- 4 1/2 cups peeled, cored and sliced apples
- 2 teaspoons lemon juice
- 2 tablespoons water
- 1/2 cup honey
- 1 teaspoon ground cinnamon
- 3/4 cup brown sugar
- 3/4 cup all-purpose flour
- 3/4 cup rolled oats
- 4 tablespoons butter

Directions:

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish. Evenly spread the apple slices in the prepared dish. In a small bowl, mix the lemon juice and water, and pour over the apples. Drizzle apples with honey and sprinkle with cinnamon. In a bowl, mix the brown sugar, flour, oats, and butter until the mixture resembles coarse crumbs. Sprinkle over the apples. Bake 25 minutes in the preheated oven, until apples are tender and topping is lightly browned.