



Walking is easier when you have a "Walking Buddy"

## Take a Walk!

Walking is great exercise. It can improve your physical and mental health. It reduces the risks of osteoporosis, diabetes, cancer and obesity. It can even slow down the aging process.

As the weather begins to warm up, more of us are thinking about starting a walking program. Here are a few tips before you begin.

Check with your doctor to make sure you are fit enough to begin a program.

Once you are ready to walk, make sure you wear comfortable, loose clothing. Dress in layers that you can remove as you warm up and put back on if you feel cool. Good walking shoes should be flexible to allow you to roll through your step. If your shoes are stiff and don't bend, you may need a

new pair. Shoes should also be flat with little difference between the heel and the ball of your foot.

Walk with good posture. Use arm and foot motions that will propel you forward powerfully without wasted effort.

Helpful websites:

- [www.walking.about.com](http://www.walking.about.com)
- [www.thewalkingsite.com](http://www.thewalkingsite.com)
- [www.prevention.com](http://www.prevention.com)

## Meet our Board of Directors

When we mention "our volunteers", it's easy to think about the doctors, nurses and clerical staff that work so hard to make every clinic a reality. But we seldom think of our Board of Directors – They also donate their time too.

Health Partners has a board of 15 members. Each board member sits on committees and works very hard to strengthen our organization

and make sure we are acting in a fiscally responsible way.

This year, our Executive Committee includes: Jessica Minesinger, President; Earl Reives, Vice President; Nate Counts, Treasurer; Nancy Anderson, Secretary and Dr. B. Mark Hess, Medical Director.

Other Board Members are: Keith Achor; Candee Anderson; Dr. Burkhardt; Sondra Christian; Tammy

Christian; Robyn Crow; Mareta Headapohl; Cathy Oda; Diana Sweigart and Jim Taylor.



Jessica Minesinger – President of the Board of Directors

## We've Been Busy!

While we don't want to get bogged down in numbers, we do like to share what we've been up to.

From October 1, 2008 – December 31, 2008 we provided the following services:

- 376 individual patients received treatment
- 993 visits
- 399 diagnostic tests
- 19 appointments with a specialist
- 865 volunteer hours were provided

## Connecting Patients to Resources

Sometimes when people think of a "Free Clinic" they think "Slackers". But that isn't accurate – especially in this current economic climate. When people loose their jobs, they loose their health insurance. COBRA isn't a realistic option for the newly unemployed. The cost of COBRA can range anywhere from 30% - 80% of the average unemployment benefit.

A new phenomenon we are seeing at the clinic is a staggering number of people that have no idea where to go for help. These are folks

who have worked all their lives. They've provided for themselves and their families – until a recent layoff. Suddenly, they are not sure how to keep their utilities on, how to get food for their families or even how they are going to make their next house payment.

That's where the Social Workers at Health Partners come in. Susie Bullard and Beth Helke have both worked at Health Partners for many years. Recently, they find they are busier than ever.

According to Beth Helke, "(patients) are hard working folks. They come from families with little or no resources – they are struggling to make ends meet. Then suddenly on top of everything else, they are confronted with a medical problem."

Our Social Workers can help connect families with local resources such as food pantries, rent assistance, clothing, dental care and transportation. They can also help identify benefits that folks may be entitled to receive.



*"We can't work miracles, and we don't have all the answers for everyone, but we do our best to help as many as possible."*

## February is "Healthy Heart" Month

Heart disease is the number one killer of men and women in the United States today. You don't have to be included in this statistic. You can take charge of your heart health.

**Get Moving:** Exercise improves heart function, helps control your cholesterol, lowers your blood pressure and gives you a better outlook on life. Most doctors recommend you exercise 30 minutes most days – preferably every day of the week. Exercise doesn't have to be grueling or expensive.

A brisk walk can get your heart rate up and give you a solid work out. You do not have to exercise 30 minutes all at once – you can spread it out throughout the day in 10 minute intervals.

**Have a nutritious, well-balanced diet:** Most of us do not get enough fruits or vegetables in our diet. A heart healthy diet is one that is low fat, low cholesterol, low salt – high in fruits, vegetables, grains and fiber. You don't have to give up everything you like to have a balanced diet. Try making small changes such

as adding a salad at the beginning of your lunch and dinner. Use fat free milk instead of 2%. Have grapes or carrot sticks for a snack instead of potato chips. Most important for eating healthy is to plan ahead. It is also helpful when you are starting out to keep a food journal. What you write down will surprise you!

**Quit Smoking:** Once you ditch the cigarettes you'll dramatically lower your heart attack risk. Smokers have more than twice the risk of having a heart attack.

**Minimize Your Stress:** Stress may make your blood pressure go up and could lead to unhealthy lifestyle habits such as smoking or binge eating unhealthy foods. Take a few minutes of every day to do something you enjoy such as reading or listening to music. You might also try Yoga or Meditation as a way to control your stress.

**Know Your Numbers:** You should see your doctor once a year for routine screenings. Have your blood pressure and your cholesterol checked.

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Troy, Oh 45373

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**Fax**  
(937) 339-7084

**E-mail**  
[deb@healthpartnersclinic.org](mailto:deb@healthpartnersclinic.org)

*Providing Health & Hope in  
Miami County, Ohio.*

## What Services Do We Provide?

Health Partners began with a mission to "increase access to health care for Miami County's uninsured and under-insured residents". We continue that mission today.

With the help of volunteer physicians, nurses and many others we offer medical visits,

prescription assistance and diagnostic testing for our patients.

(Unfortunately, we are **not** able to provide prescription assistance and diagnostic testing for the general public.)

We are fortunate to have two

wonderful Social Workers – Susie Bullard and Beth Helke. They provide hundreds of Social Service Consultations every year.

## Hours of Operations

The Paul Duke Health Center is open to the public

Monday through Wednesday 9:00am – 5:00pm

Thursday- 9:00am – 8:00pm.

Closed Friday, Saturday, Sunday

**The Walk-in clinic** opens at 6:00pm on Thursday evening. We begin taking names at 5:45.

Limited appointment times are available by schedule only.

Call (937) 332-0894 for information.

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**HEALTH PARTNERS FREE CLINIC**  
1300 NORTH COUNTY ROAD 25-A  
TROY, OH 45373

**We're on the Web!**  
See us at:  
[www.healthpartnersclinic.org](http://www.healthpartnersclinic.org)

# Health Link

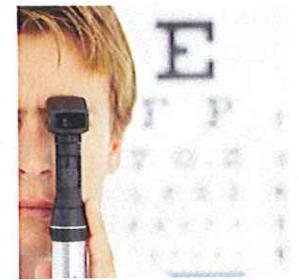


Health Partners Free Clinic (937) 332-0894

Winter 2009

### Of Special Interest

Check out our NEW WEBSITE! Go to [www.healthpartnersclinic.org](http://www.healthpartnersclinic.org)



## New Grant for Vision

Health Partners has been awarded the opportunity to work with the Ohio Optometric Association and the Ohio Association of Free Clinics to pilot a new program. This program will provide vision screening for uninsured preschoolers. Our hope is that vision problems can be detected and treated before permanent damage has occurred.

In order to make this a community project, we have chosen seven community

partners to help us identify qualified children and provide vision testing.

These partners include:

--Kathy Taylor - Tipp Monroe Community Center; Bev Mikolajewski - Hahn Hufford Center; Vicky Moody - Tipp City Schools; Mareta Headapohl - Partners In Hope; Nicki Vogel - Upper Valley JVS; and Letha Young and Teresa Haynes - Head Start.

In addition to community members, Health Partners staff and volunteers that are participating include:

--Fran Holthaus; Helen Collins; Debbie Danielson; Aggie Wilson; Cheryl Jackson; Grace Jackson; Brenda Smith; Dawn Robinson; Sherry Conard; and Deborah Miller

All vision screeners receive special training and certification. If you know of a child needing screening, please call at (937)-332-0894.

## Volunteer Pharmacist A Godsend!

Two years ago Justin Coby was finishing his doctorate at Ohio Northern University and completing his internship when he contacted Health Partners to volunteer. He found working with the clinic to be so rewarding that he has continued as a volunteer since then. "I love working with the other volunteers and helping those who truly need the clinic.

Justin worked in the pharmacy at Kroger's for

seven years and since completing his education, continues there as a pharmacist.

He is at the Duke Health Center every week, working twice a month during the Thursday night walk-in clinic and twice a month at other times.

Physicians are especially appreciative of having a pharmacist available. They work closely together as they identify the most

beneficial medication for each patient.



Very few free clinics have the luxury of an in-house pharmacist – we all feel very fortunate to have Justin helping us out!

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