



Get ready to walk!!!



MAY NEWSLETTER 2014

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VOLUNTEER CORNER

Executive Director's Message:

It's crunch time! On May 31st, community members will unite to walk or run for the Free Clinic. So many of you donate your time and talents to the Clinic and we truly appreciate your efforts! Patients are given a better quality of life because of your help. Please tell friends and family how the Clinic has helped area residents and encourage them to donate to the Clinic.

Register today at

www.walkforahealthycommunity.org

Thank you for your support!—Rosalie Danchanko



Event Details

Who: To Benefit the Patients of the Johnstown Free Medical Clinic

What: 1-Mile Fun Walk and 5K Walk/Run

When: Saturday, May 31st; Walk registration begins at 7:45 a.m.; 5K begins at 9 a.m.; One-Mile Fun Walk begins at 9:15 a.m.

Where: Begins in Central Park; route is throughout Downtown Johnstown

How: Pre-register online at www.walkforahealthycommunity.org and click on Johnstown then select Johnstown Free Medical Clinic; OR write a check payable to "Johnstown Free Medical Clinic" and mail it to the address above or drop it off to the Clinic during business hours.

Notes:

- There is no registration fee. However, walkers are encouraged to raise funds for the Free Medical Clinic.
- Highmark Blue Cross Blue Shield underwrites the event. The group provides refreshments, raffle drawings, games and live entertainment for participants.
- Those participants who make a donation of at least \$25 will receive an event T-shirt.

OFFICE STATISTICS & IMPORTANT DATES

May Board Meeting

Thursday, May 8th 4:30pm Garden Court - Lee Campus

Clinic Hours Expanded

CLINICS: Tuesdays 9 am-4 pm; Wednesdays 1 pm-8pm; April 17 from 9 am-4pm; and April 24 from 1:30pm-3:30pm

INTAKES: Mondays 11 a.m. - 2 p.m. each day

2014 STATISTICS: March 28th through April 29th

Total Patient Visits.....	199
Total Unduplicated Patient Visits.....	172
Patients Recertified.....	1
Patients Enrolled.....	44
Total Prescriptions Written.....	618
Prescriptions Filled.....	766
Value of Filled Rx	\$145,474.65
Volunteer Hours	Clerical- 169.25; RN/LPN- 240; PA- 0;
Physician-	90.75; Pharmaceutical- 60.25
Clinic Shifts.....	10
Donation Box.....	\$32.00

Nurse's Meeting Minutes

Held on April 22, 2014, the following minutes were submitted by Sue Konvolinka, RN:

- Clinic Hours have doubled. More nurses needed.
- Chart Review: all forms have been altered and changed to improve information shared from patient to healthcare provider and data entry.
- Vaccine Clinic is provided by the PA State Health Dept. at the Clinic monthly. Patients should phone the Department of Health to make appointments, 814-248-3120.
- Clinic Room Info: Suture trays have #11 blade on handle taped to the outside to serve as an I&D tray.
- SAFETY REVIEW: MSDS forms are now relabeled SDS - Safety Data Sheetes; Three Emergency Exits: Main entry, Med Room and Conference Room; Fire Extinguisher is in the Med Room; Phone 4-911 for emergencies; phones have instructions to include JFMC address and JFMC's 'call back' number.
- Goodwill Good Guides: Saturday, July 12 from 10 a.m. - 2p.m. area youth and their mentors will visit JFMC to learn about health clinic functions. Please contact Sue Konvolinka if interested in helping.



VOLUNTEER PICNIC

May 20 at 5:30 p.m.

At Dr. Opila's home

Please bring a covered dish.

Note: Goucher Street will be CLOSED

Please stop by the Clinic to get a map and directions to travel to her house "the back way."

Is it taking more and more money...

...to go to the grocery store?

It's a SNAP to get help:

SNAP Supplemental Nutrition Assistance Program
Formerly called Food Stamps

1-814-889-5831



Please call for a confidential screening and other food assistance information.

POSITION AVAILABLE

16 hours per week

Physician Assistant

15 months; grant funded position

Available beginning in June

Send resume to

rosalie@johnstownfreemedicalclinic.com

HEART PACING GROUP

MAY 22 6:00 p.m. Cath Lab Tour/ 6:30 p.m. Meeting

Meet in Conemaugh Café; Speaker: Dr. Stenberg

"Catheter Procedures for Heart Disease"

For individuals with heart issues & their family members.

For May's meeting information, contact Nancy Grove

at 288-3822 or ngrove@atlanticbb.net.

Conemaugh Health System's

Healthy Lifestyle Community Services Showcase

Sat., May 3 / 8a.m. - Noon

ACRP 119 Walnut St., Johnstown

Additional Dates & Locations include: Sept. 13 at St. Francis Church, Cresson; and Oct. 18 at Somerset Church of the Brethren, Somerset.

Free screenings and prevention for Osteoporosis, Cardiac Prevention, Diabetes, Peripheral Artery Disease, Tobacco Cessation

The Johnstown Free Medical Clinic will participate.