

CHWP offers vaccine incentives

CHWP partnered with Door Dash to provide \$25 Door Dash cards as an incentive to any individual who receives the COVID-19 Vaccine at any of our offices. The donation provides gift cards to the first 50 registrants.

Medicare and MyCare Advantage Plan members will receive a \$100 Visa gift card following their first dose of the vaccine.

We are still scheduling vaccines. Individuals who would like to receive the vaccine should call our office at 937-599-1411

If a local business would like to schedule on-site COVID-19 vaccinations for their employees (ages 18 and up) they may call 937-599-1411 to discuss options.

Did you know....

- Since CHWP opened its doors in March of 2014, Community Health & Wellness Partners has experienced a 250% increase in the number of patient visits seen each year, due in part to the merger with Oakhill Medical Associates. Schedule with us today!

Mobile Unit On The Move...

Community Health & Wellness Partners and Benjamin Logan Local School District hosted the first mobile health unit COVID-19 Vaccine and Sports Physical Clinic at Benjamin Logan High School on Tuesday, July 27th. The clinic accommodated 40 student athletes, who were offered the COVID-19 vaccine and received their Sports Physical. The clinic was fully staffed by Community Health & Wellness Partners.



Community Health & Wellness Partners nurse practitioner Paula Streb, CNP, performs a sports physical for Benjamin Logan student Joslin Wilber in the mobile unit.

The mobile unit, which has been part of Community Health & Wellness' strategic plan since 2014, held its ribbon cutting ceremony on June 3, 2021. After challenges from the COVID-19 Pandemic of 2020, CHWP knew it was more important than

ever to make this plan a reality and eliminate barriers and gaps in community healthcare needs. The mobile unit could offer vaccinations, testing, and needed primary care when travelling to a health center or urgent care is not an option.



Michelle Zedeker, RN, draws the first COVID-19 vaccine given on the MHU during a sports physical.



Front: Willie Stoltzfus, Darcy Ramsey

Middle: Stacy Seymour, Melinda Smith, Michelle Zedeker

Back: Andy Hershberger, Robert Palchhofer, Jodi Kiessling, Paula Streb, Beth Wing, Kathy Smith

President and CEO Tara Bair had this to say,

"Community Health & Wellness Partners has had the mobile unit on the strategic plan for some time. We were just waiting until the time was right. We are very excited to have another venue to serve our patients and meet them where they are." Thanks to funding through the CARES Act and a lot of planning, the mobile unit became a 36' gas-powered Custom Coach designed and outfitted as a mobile health care unit that includes a generator and bathroom on board. The unit has two exam rooms, a behavioral health area and workspace for providers. Two dental chairs have also been ordered so that medical exam tables can be switched out to accommodate future planned dental services.

The mobile unit is planning to host a COVID-19, childhood vaccinations and well child clinic at West Liberty-Salem Local Schools in August, followed by stops in Logan and

Champaign Counties offering integrated services, primary care, behavioral health, pharmacy, nutrition and chronic care management services.



Stacy Seymour, RN, and Jeremiah Gonzales



Trauma Sensitive Yoga

BY ASHLEY BREWER, LSW
CHWP Behavioral Health Manager

Trauma Sensitive Yoga is a mindfulness-based resilience training geared specifically towards patients rebuilding their lives after experiencing trauma. The aim is simple: to provide tools to help patient's feel at home in their bodies.

What sets this program apart from "typical yoga" or "typical group therapy" is that there is an integration of CHWP trained therapists and a yoga teacher who has experience and training specifically in trauma sensitive yoga practices. These classes are consistent and predictable. Patients always know what to expect from their class ahead of time and will start and end the same way each class. This helps patients feel at ease and will decrease anxiety from the unknown. There are no physical hands-on adjustments, unlike in other yoga classes, so patients do not have to worry about being touched. Props are used thoughtfully, and all yoga postures are explained to help eliminate possible feelings of vulnerability it may cause patients. The teachers will always offer options which will give patients the ability to feel empowered to choose the options that best fits them. Also, patients can opt in or out of any portion of the class that may make them feel uncomfortable. Lastly, therapists are always available at each class to offer support to those in the class who may need to process how they are feeling as this class may bring vulnerability to the patient.

Throughout the month of August, Trauma Sensitive Yoga will continue to allow drop in sessions. In September, our 6 week structured course will begin.



Each year millions of Americans face mental illness. Visit this link for more: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

FREQUENTLY ASKED QUESTIONS.....

Who can attend?

Currently we're encouraging female patients 18 years old or older with a trauma and/or substance use background, however skills are applicable for those experiencing distressing mental health symptoms as well.

If patients are saying, "I'd like to find a better way to manage my anxiety," this is great opportunity to empower new types of coping skills and body regulation.

How do patients get involved?

If someone shows interest, we are offering classes on Wednesday evening at 5:30 pm or Thursday morning at 8:45 am. The patient just needs to call the office or talk to a case manager!

Avoiding Post Covid Burnout....A note from Tara Bair, President & CEO

ACKNOWLEDGE IT! None of us wear a cape that says, "Super" anything! We all have different thresholds, but not super powers. You are in an extremely demanding and depleting vocation. A vocation we either chose or see as a calling. Regardless whether we chose or were called, it comes with challenges that we may have thought we were not prepared to handle. Here is the thing...WE DID HANDLE IT! NOW we need to....

HONOR IT! HONOR YOU! Take time off. If you have not taken some time off, you better! Even if it is a staycation. No one should be cashing out PTO time this year. You have it, USE it! Take more time than you normally would. Take a long weekend, if you do not want to take a week. Just remember to give ample notice, have your work caught up and be respectful to scheduling challenges. We can all take our time, if we coordinate and work together at it.

TRY or DO SOMETHING DIFFERENT! Drive home a different way, stop and take a quick walk on your way home, sit in your car before you leave the lot with the air conditioner blowing, breathe. Ask Dr. S about my Cricut experience at JoAnn's – SENSORY OVERLOAD! Decided I will try a different craft – LOL! Things at home, start time of a ball game, can all wait. They did last year ☐. Your health (mental and physical) cannot. And then, let's....

MOVE FOWARD! How? Research suggests that often burnout/exhaustion comes from feeling overworked and overwhelmed. Everyone at CHWP that says they are exhausted also mentioned "overworked". I, myself, can walk in the backdoor and feel overwhelmed/overworked immediately at the threshold. I then breathe and say to myself, "Tara, move your mindset forward." It is at this point in time, and I ask you to do the same. We have more staff than any other time in history. We have more support for each other than any other time in history. Current projects have been on the timeline since inception in 2014 – even if they feel new – and these projects ARE moving us forward. We have more software and interfaces than any other time in history – the list goes on. So how can I (US) feel less overworked and overwhelmed?

CHWP welcomes new staff

Community Health & Wellness Partners is pleased to welcome six additional staff members during our second quarter.

We had several new staff join in July. Among them are Katie De Laet, Alayna Hanson, Debra Schneider, and Jennifer McGhee,

Katie De Laet, RN, joins us in Bellefontaine and will work with the Triage Team.

Alayna Hanson joined our Indian Lake team as an outreach associate.

Debra Schneider, LPN, PCA will work in Bellefontaine as a Patient Care Coordinator.

Jennifer McGhee, a new case manager, joins our West Liberty location.

Joining us in July were Jodi Kiessling and Angela Mahaffey.

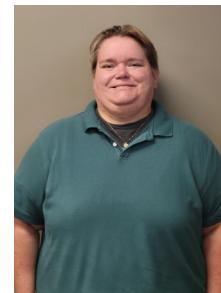
Jodi joined our team of Certified Nurse Practitioners in Bellefontaine..

Angela Mahaffey, also a Certified Nurse Practitioner joined us at our Indian Lake location where she is accepting new patients.

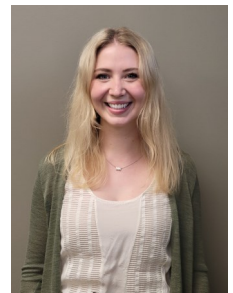
Congratulations to Erin Dye! Erin received her LISW licensure last month! Great job, Ein!

CHWP is pleased to announce that Jordan Thurman, LISW-S, PMH-C, received her certification as a specialty provider in Perinatal Mental Health. Jordan can follow and treat patients through their pregnancy and up to a year post-partum for symptoms of depression, anxiety, OCD, Bipolar Disorder and psychosis. Jordan is currently accepting new patients. If you, or someone you know, would like to get on her schedule please call our Behavioral Health Department.

CHWP has engaged My Business Resources, an outside Human Resources firm to handle our Human Resources matters such as FMLA, recruiting, employee onboarding, employee relations/trainings, and employee compliance and improvement of evaluation processes. This change allowed Heidi Miracle to move back to being full-time as the Executive Assistant to the CEO. As of July 12th, Heidi is fully back in her role and supporting our CEO as well as the COO and CFO as needed.



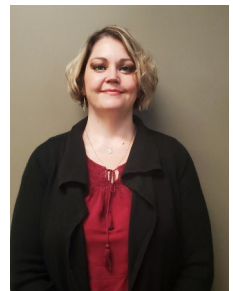
KATIE DE LAET



ALAYNA HANSON



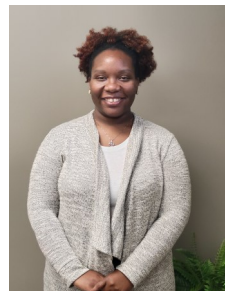
JODI KIESSLING



ANGELA MAHAFFEY



DEB SCHNEIDER



JENNIFER MCGHEE

Quality means doing it right when no one is looking. –Henry Ford

Cont'd from President & CEO.....

SIMPLIFY & SLOW DOWN. Streamline our work/tasks so we are working smarter, not harder; are all the "clicks" necessary to get the outcome; are all of the tasks organized and coordinated effectively; are we efficient in service; does multi-tasking alter my focus; just because we have done it this way, does it continue to need to be done this way, and the questions can go on. These MUST BE areas of focus for CHWP. If focus on this, I believe we will....

BUILD RESILIENCE! Consider how to build resilience in this post-COVID state, and take a positive spin on how to build a healthy work/life balance. What can be, and usually is, stressful to everyone is listening to everyone complain about being overworked and burnout; to avoid burnout, there needs to be a level of competence and dedication throughout all departments and accountability and ownership with respect to each person's job; and finally, I truly believe that protecting myself from burnout is MY responsibility, not the responsibility of anyone else (my board, my colleagues, staff, etc.). It is largely a matter of attitude toward the work that I do. Because I do see my work as a calling, and made the choice. (Source: <https://www.mhanational.org/facing-burnout-healthcare-worker>).

CHWP PROMOTES TOBACCO CESSATION INITIATIVE

BY Jason Martinez, PharmD, BCACP

Interested in quitting smoking or other tobacco products? Community Health & Wellness offers tobacco cessation services to all patients and is participating in a statewide project to improve these services. This project is called the Tobacco Cessation Initiative and was created by the Ohio Association of Community Health Centers. Through this program, our providers have completed training to learn how to best support our patients who are looking to quit tobacco products. Our case managers and pharmacists have also completed the Ohio Quit Line training. Our pharmacists work with patients to find a treatment option that works best for

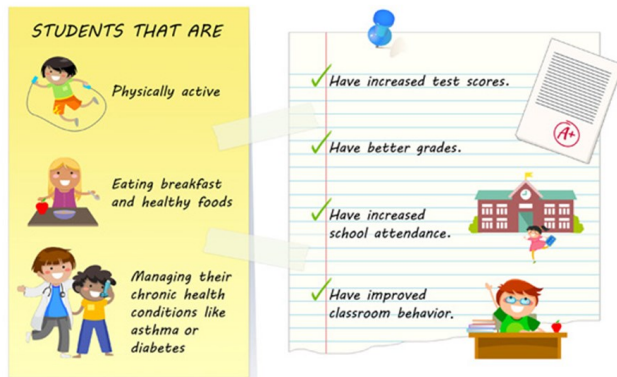
them. We can prescribe nicotine replacement products, such as patches, gum, or lozenges, or other medications for treatment such as Chantix or Wellbutrin. We are happy to have ongoing visits with patients in person or virtually to provide continuous support in their journey.

As part of this project, we have been monitoring data to identify how many patients we have who use tobacco products, how many of these patients we have counseled on cessation, and how many are using medications for treatment. We are comparing our data with other health centers in Ohio and learning how we can improve. Our goal is to prevent initiation of tobacco, increase the number of quit at-

tempts, and increase awareness of the Ohio Tobacco Quit Line (OTQL). This is a free tobacco quit line counseling service for uninsured Ohioans, Medicaid recipients, pregnant women, and members of the Ohio Tobacco Collaborative. When people call the OTQL, they'll receive free support and advice and a personalized quit plan. They can be reached at 1-800-QUIT-NOW (1-800-784-8669). Patients who are interested in quitting tobacco products are encouraged to talk to their CHWP provider and call the quit line for added support.

**ENJOY THE BENEFITS OF BEING
SMOKE FREE. CALL OUR OFFICE
OR 1-800-QUIT-NOW**

Healthy Students Do Better in School



Back to School.....

It is that time of year! Back to school can be both an exciting and scary time for students, so here are a few tips to help your students go back feeling their best. Students who eat a well-balanced diet, drink plenty of water, manage their chronic health conditions and get the proper amount of sleep are shown to have better overall outcomes. Making small changes now, like getting back to a bedtime/wake up routine, incorporating a little physical activity and less screen time, and cleaning up our diets could help your student head back to school ready to do their best!

The mobile unit will make it's way to West Liberty-Salem Local School, later this month, to host a back to school health and wellness clinic. CHWP will offer COVID-19 vaccines, childhood vaccines for kindergarten, 7th and 12th grade, as well as well-child and sports physical appointments. Pre registration will be required. Families are asked to call 937-887-0075 for scheduling. The school based health center will begin seeing patients when school starts on August 31st.

Open Enrollement Announcement

As we head into Fall, please be reminded Open Enrollment is upon us for the 2022 calendar year. This is an opportunity for patients to review their current insurance coverage and learn how they may be able to even save money while gaining better coverage. Medicare Open Enrollment

Open Enrollment cont'd.....

will begin 10/15/21 and runs through 12/07/2021 for both Medicare Part D drug plans, as well as Medicare Advantage plans. Marketplace Open Enrollment begins 11/01/21 and will run through 12/07/21 for individual and family plans available through the Affordable Care Act. Anyone seeking assistance in comparing and enrolling in an available plan should contact CHWP to schedule an appointment with one of our certified staff. This service is open to the public. Please watch for additional details in the mail.



Phone: 937-599-1411
Fax: 937-599-4128
Website: www.chwplc.org

Bellefontaine:

212 E. Columbus Ave., Ste. 1
Bellefontaine, OH 43311



Indian Lake:

8200 St. Rt. 366, Ste. 1
Russells Point, OH 43348



West Liberty:

4879 US Rt. 68 South
West Liberty, OH 43357



CHWP Celebrates National Health Center Week, 8/8-8/14. Stay tuned for the next edition to see how we celebrated!

Sunday 08/08/21 PUBLIC HEALTH IN HOUSING DAY
Monday 08/09/21 HEALTHCARE FOR THE HOMELESS DAY
Tuesday 08/10/21 AGRICULTURAL WORKER HEALTH DAY
Wednesday 08/11/21 PATIENT APPRECIATION DAY
Thursday 08/12/21 STAKEHOLDER APPRECIATION DAY
Friday 08/13/21 HEALTH CENTER STAFF APPRECIATION DAY
Saturday 08/14/21 CHILDREN'S HEALTH DAY