In the sharing and caring of the holiday season, there are countless ways to give. Some buy gifts, volunteer time, donate money to charity, and many do all of those things. Whatever your preferred manner of giving, it is important to know that by showing acts of generosity, you may build stronger social connections, and even jumpstart a cascade of generosity through your community, according to research cited by the University of California, Berkeley. So as year-end pleas begin to trickle in (or perhaps, flood!) keep in mind the following:

1. **Giving makes you feel happy.** Rooted in biology, the act of donating to charity activates regions of the brain associated with pleasure, social connection and trust.

2. **Giving is good for your health.** Wide ranges of research link forms of generosity to better health, even those who are elderly or suffer from chronic illness. One reason suggested was that it helps to decrease stress and may lower blood pressure.

3. **Giving promotes cooperation and social connection.** When you give, you are more likely to get back, and these exchanges of good will translate into trust and cooperation which strengthen our ties to others.

4. **Giving evokes gratitude.** Whether giving or receiving, giving instills gratitude which is integral to happiness, health, and social bonds.

5. **Giving is contagious.** While helping the immediate recipient is most obvious, a gift can also spur a ripple effect of generosity. Researchers found that altruism could spread from person to person—which results in a positive influence on dozens, or even hundreds, of people.

PCHC is grateful for the opportunity to provide primary health care to those in need in our community. We appreciate the generosity of all of our donors and patients and wish you a happy and healthy New Year! Thank you for your continued support.

http://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you/
Letter from the CEO

Dear Friends of PCHC,

Earlier this year, the Center’s Board of Directors finalized a strategic plan. The plan has five priorities that align our resources with our mission and vision. We are moving into the future focused on:

- Accessibility and Quality – patients can see their provider when they need to and the services they receive help them
- Workforce – recruiting and retaining people who love to take care and serve patients
- Care Model – integrated care that meets patients’ needs
- Service Culture – making sure we treat patients and each other with dignity and respect
- Sustainability – running the Center’s business so we can serve the community in the long-term

It sounds pretty straightforward, doesn’t it?

To paraphrase our strategic plan: “Get people in to be seen when they need to be seen by well-trained professionals who take pride in serving patients at the top of their profession in an organization that is well run.”

Delivering compassionate, quality care boils down to one person serving another person. This is what we know is necessary every day we open the clinic doors. The Board’s direction to me and the staff reflects this wisdom, and I am very proud to serve PCHC and work to achieve it.

Have a great holiday and a happy and healthy New Year,

Donald Moore, CEO
Pueblo Community Health Center

Giving to PCHC Changes Lives

For 33 years, PCHC has served the health care needs of the people of Pueblo and Huerfano counties, regardless of a patient’s ability to pay. If you choose to contribute, it enables us to continue to offer expanded services that include primary medical, dental, behavioral health, and pharmacy services. If you want to help us continue to serve the health needs of this community, we invite you to make a contribution to Pueblo Community Health Center Foundation.

All funds raised through this plea will be allocated to our Foundation for future health center needs. Any donation is appreciated and no gift is too small. Your support will make a difference in the lives of the people who trust their health needs to our providers.

If you would like to learn more about naming opportunities or planning for larger gifts, please contact Laura Kelly, Chief Development and Foundation Officer at (719) 543-8718 x 152 or email lkelly@pueblochc.org. Thank you for caring about those in need.
Meet Dr. Henry Roman

Length of time affiliated with PCHC Foundation: I am about to complete my 8th year.

What you do at PCHC: I serve as a community member on the PCHC Foundation Board. In 2008 I served as the Chairman of the Building Healthy Lives Committee. Our specific purpose was to help PCHC with the expansion of the existing facility. Currently I serve as the Foundation Board President.

Where are you from: I was born and raised in Bessemer. I have remained a resident of Pueblo all my life.

Where did you go to school: Bessemer ES, Keating Jr. High, Central High, Southern Colorado State College, Louisiana State University and the University of Northern Colorado.

Hobbies/Interests: I am very much a family man who enjoys walking, golfing and work. I especially find satisfaction in helping children realize their dreams through education.

Favorite food/restaurant: Mexican food, having eaten it all my life. But in truth a good rib eye steak with a baked potato is hard to beat. I love Red Robin restaurants when we are on the go.

Favorite movie: The original “Time Machine” with Rod Taylor. It just captured my imagination at an early age. I would be remiss if I did not say any James Bond movie. Just ask my wife.

Favorite music/band: My tastes for music range from the Beatles to Frank Sinatra and Barbara Streisand to Roger Whittaker (Last Farewell).

Favorite place to vacation: Cancun (or other beach resort in Mexico). The location is marvelous, the food and culture are so satisfying.

Most surprising talent: I pride myself as a handyman. Yes, I live and work in a suit and tie but I am always ready to take on the handyman role when necessary.

Most rewarding aspect of your role at PCHC Foundation: Helping my fellow Puebloans have access to quality health care in a timely manner. Our community is fortunate to have PCHC and its many health services. In particular, I am proud to have served during the facility expansion resulting in no waiting list.

Anything else you’d like to add? Any organization is great because its people are great. Such it is with the PCHC and I have been fortunate to meet and work with many of those individuals during my tenure here with the PCHC Foundation. This community has benefited greatly from the professionalism and dedication of the staff.

Killer Keyz…A Dueling Pianos Show
October 21, 2016
PCHC Foundation Annual Event

1 LabCorp
Presenting Sponsor
(Laboratory Corporation of America)

25 Corporate Tables

311 Donors, community partners and board members in attendance

$53,439 Revenue

Funds are used exclusively to benefit programs and projects of PCHC.

Vision
To be the primary health care provider of choice in Pueblo County by providing top quality care through accessibility, leadership and financial independence
Check enclosed, payable to: PCHC Foundation
110 E. Routt Ave. • Pueblo, CO 81004

Charge my credit or debit card:

________________________________________________________________________________________________________
Card Number   Expires (mo/year)
________________________________________________________________________________________________________
Card Billing Address
________________________________________________________________________________________________________
Signature

Amount

☐ $25   ☐ $50   ☐ $100
☐ $200   ☐ Other __________

If you wish to have your gift of $250+ qualify for Colorado Enterprise Zone tax credits, please make check payable to “PCHC Foundation”, include EZ contribution in your memo, and mail to PCHC Foundation.

Have you remembered us in your will or trust? Please contact us to learn more (719) 543-8718 x152 or lkelly@pueblochc.org.

4th Quarter 2016