



Health Care Happenings

A Pueblo Community Health Center Update

2nd Quarter 2018

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Photo by Joseph Petrick, Centennial High School

Sports Physical Blitz Campaign

Participation in high school athletics is likely more memorable than the academic aspects of an educational experience for many. Among the obvious benefits such as helping to maintain a healthy weight, there are also the less obvious mental benefits of participation. According to healthline.com, they include improved mood, concentration, sleep habits, and self-confidence.

Pueblo Community Health Center, in partnership with Parkview Medical Center, promote participation in athletic endeavors by offering sports physicals in our school-based wellness centers (located at Central, Centennial, County, and East High Schools and Risley Academy of Innovation). While available year-round at any PCHC site, emphasis on promotion of such exams are done prior to the fall athletic clearing dates. The first day of practice for all sports in Pueblo City Schools and District 70 is Monday, August 6th.

The "Sports Physical Blitz" campaign is aimed at educating parents, students, coaches, and administrators on the availability of exams for participation for the upcoming academic year. The physicals are good for one year of athletic participation and are kept on file at each student's school. Cost of exams are \$30 (cash) or most insurance plans are accepted (including Medicaid and CHP+).

Participating sites will include Central, Centennial, County, East, and Pueblo West High Schools. The promotion will begin Wednesday, July 25th and will run through Wednesday, August 1st. Additional details will be shared in July on social media, in the Pueblo Chieftain, and on local radio stations.

For questions, to schedule an appointment, or to learn more about services available at Pueblo Community Health Center, call 719-543-8711 or visit pueblochc.org.

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Co-Chief Medical Officer

David Krause, MD
Co-Chief Medical Officer

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Chief Dental Officer

Justin McCarthy
Chief Operations Officer

Cindy Pratt
Chief Financial Officer

Laura Kelly
Chief Development/
Foundation Officer, Editor

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Donald Moore, CEO

Letter from the CEO

Dear Friends,

My daughter plays high school tennis. The coaches do a superb job, and the team enjoys success year in and year out, including sending girls to regional and state tournaments. The head coach doesn't believe in cutting, but he does believe playing time is a function of a participant's ability to help the team win. If a girl wants to play, he has a spot for her regardless of her athletic prowess on the court, and arranges enough JV matches so each player can compete if they aren't varsity material. Each team member is seeded according to her ability to play, and she must actively participate.

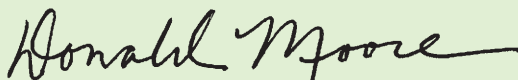
The coach's approach is fantastic. The girls learn competitiveness, contribution to something larger than themselves (the team), conditioning and sportsmanship--all excellent life skills with which to depart high school.

The tennis coach's inclusive approach reminds me how PCHC makes sure everyone can access quality health care. Just as the girls who go out for tennis can practice and play regardless of their competitiveness, all PCHC's patients can seek care regardless of their insurance status. Patients who are uninsured have access to a sliding fee scale and pay according to their ability. If patients take responsibility for their health, PCHC won't "cut them from the team."

In July and August, PCHC, in partnership with Parkview Medical Center, will hold sports physical clinics for all Pueblo City School and District 70 students who aspire to compete athletically. The clinics are convenient and affordable. I am proud sports physicals are part of PCHC's services. Participation in athletics and other competitive endeavors can be such a positive part of an adolescent's physical and emotional development--even if the student isn't vying for a state championship. Access to athletics, like access to health care, contributes to our community's quality of life and PCHC is pitching in on both accounts.

I wish you a summer full of plans to enjoy your family and friends. The longer days give us all more time to do our favorite things. "Tennis anyone?"

In Good Health,



Donald Moore, CEO
Pueblo Community Health Center



Giving to PCHC Changes Lives

For 35 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.

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.

Mission

Since 1983, Pueblo Community Health Center has provided primary care to those in need

Meet Jason Pitts

Years with PCHC: 3 Years

What you do at PCHC: Director of Clinic Operations

Where are you from: I was born in Wisconsin and raised in Colorado Springs

Where did you go to school: I attended high school in Colorado Springs. After high school I earned an Associate's degree in Medical Assisting and then a Bachelors in Healthcare Administration from Denver Technical College. Later I earned a Master's Degree in Management/Business Technology and a Masters of Business Administration from Colorado Technical University.

Hobbies/Interests: Like so many others in Colorado and at PCHC I really love fly fishing. I like it because it is several hobbies all in one like hiking, photography, bird watching, meditation, entomology, tying flies, and of course the fishing itself. Sometimes it even involves swimming if you're not careful!

I like coming to work each week and hearing how all the fly fishing experts here did over the weekend the downside is that they almost always have better reports than myself.

Favorite food/restaurant: I am a huge pizza fan and my favorite is Angelo's and specifically the 'Musso' with Green Chili's.

Favorite movie: Braveheart

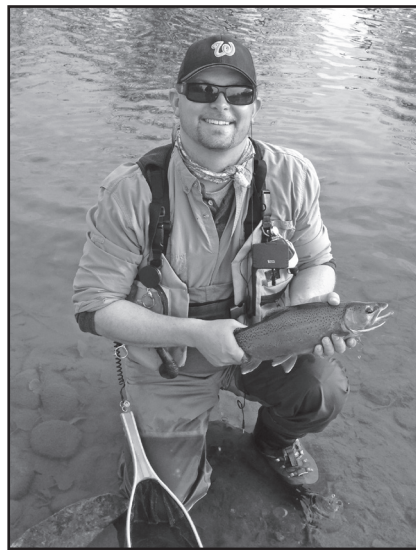
Favorite music/band: I like all genres of music depending on what I'm doing.

Favorite place to vacation: The Arkansas River (Alone).

Most surprising talent: I can ride a unicycle.

Most rewarding aspect of your job: In addition to the variety of work I get to do here it is knowing that we are caring for those in need.

Anything else you'd like to add? Laura, Justin, Donald, Cindy, Dr. Miller, Dr. Krause and Dr. Barris are awesome!



Locations

Colorado Avenue Clinic
300 Colorado Avenue
Pueblo, Colorado 81004
(719) 543-8711

**Pharmacy & Administrative Services
(Patient Registration, Patient
Accounts & Human Resources)**
110 East Routh Avenue
Pueblo, Colorado 81004
(719) 476-0214 (Pharmacy)
(719) 543-8711 (Administration)

Park Hill Clinic & Pharmacy
1302 East 5th Street
Pueblo, Colorado 81001
(719) 543-8711 (Medical)
(719) 476-0220 (Pharmacy)

O'Rourke Dental Clinic
2030 Lake Avenue
Pueblo, Colorado 81004
(719) 543-8711

Avondale Clinic
328 Avondale Boulevard
Avondale, Colorado 81022
(719) 543-8711

Grand Avenue Clinic
1008 North Grand Avenue
Pueblo, Colorado 81003
(719) 543-8711

**Centennial High School-Based
Wellness Center**
2525 Mountview Drive
Pueblo, CO 81008
(719) 543-8711

**Central High School-Based
Wellness Center**
216 East Orman Avenue
Pueblo, Colorado 81004
(719) 543-8711

**East High School-Based
Wellness Center**
9 MacNeil Road
Pueblo, Colorado 81001
(719) 549-7730

**Pueblo County High School-Based
Wellness Center**
1050 35th Lane
Pueblo, Colorado 81006
(719) 543-8711

**Risley International School-Based
Wellness Center**
625 Monument Avenue
Pueblo, Colorado 81001
(719) 543-8711

**Pueblo Community College
The Student Health Clinic**
900 W. Orman Avenue, MT 118
Pueblo, CO 81004
(719) 543-8711

Walsenburg OB Clinic
129 Kansas Avenue
Walsenburg, Colorado 81089
(719) 543-8711

Administration & Foundation
112 East Pitkin Avenue
Pueblo, Colorado 81004
(719) 543-8711

Positive Effects of Student Athletic Participation

Students who participate in sports:

88% of athletes say it improves their child's physical health

81% of parents say it helps their children learn about discipline

73% of athletes say it improves mental health

78% of parents say it teaches their children to get along with others

Source: Ohio University, 2017



Vision

To be the primary health care provider of choice in Pueblo County by providing top quality care through accessibility, leadership and financial independence



Pueblo Community Health Center

110 East Routt Ave.
Pueblo, Colorado 81004

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US POSTAGE
PAID
PUEBLO, CO
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Amount

- \$25
- \$50
- \$100
- \$200
- Other _____

- 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 _____

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Please consider donating to help Pueblo's families in need of high quality, affordable health care.

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