



# Health Care Happenings

A Pueblo Community Health Center Update

3rd Quarter 2018

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## SBWC Refresh

Remember being a kid and the excitement (or maybe dread) of starting a new school year? For some, the thrill was in wearing new shoes, breaking open the fresh school supplies, and starting the year with a clean slate.

Pueblo Community Health Center's (PCHC) School-Based Wellness Centers are no exception. With grant funding and financial assistance from Pueblo Community Health Center Foundation, four of the Pueblo City School sites (Centennial, Central, and East High Schools and Risley International Academy of Innovation) all received makeovers this past spring and are bright, fresh, and ready for the upcoming school year. New paint, carpet, window coverings, office, and exam room equipment were some of the improvements made. Each clinic has been decorated in its school colors and artwork hung to add interest to each location.

It is important to PCHC that all sites represent the same level of quality, care, and professionalism as the primary clinics do. School-Based Wellness Centers are a place where any student, in any school or district in Pueblo, can enjoy access to primary medical and behavioral health care. In 2017, the four City Schools and one District 70 clinics had a total of 5,387 visits. Over a five-day promotion in August of 2018, providers in our high school clinics gave nearly 300 students sports physicals so they could participate in the athletic endeavor of their choosing.

Keeping kids healthy, and in school, is the primary goal of PCHC and our partner, Parkview Medical Center. PCHC appreciates the generous support of PCHC Foundation and its board of directors for seeing the value of investment in the clinics that serve our youngest patients. If you happen to have the opportunity, stop by Centennial, Central, East, or Risley's clinics. We think you'll agree that it was a much needed, and well received, upgrade to every site.

## Executive Leadership Team

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Co-Chief Medical Officer

**David Krause, MD**  
Co-Chief Medical Officer

**Karen Miller, DDS**  
Chief Dental Officer

**Justin McCarthy**  
Chief Operations Officer

**Cindy Pratt**  
Chief Financial Officer

**Laura Kelly**  
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## Letter from the CEO

Dear Friends,

I hope this message finds you well, and that your summer was filled with good times.

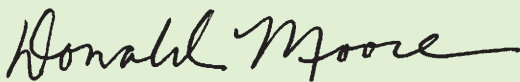
In this edition we are featuring our effort last year to “spruce up” the school-based wellness centers. I’ve toured them all recently and I was proud of the quality work that was done to provide our patients, students and employees with an environment of care that shows that PCHC believes they should be served in an attractive and comfortable setting. This is one example of how we live up to our Core Values of *dignity, respect, and customer service*.

Here are a few facts you may not know about the school-based sites:

1. Students have access to the full range of amenities PCHC provides. The services aren’t limited to “urgent” care or treating Algebra headaches (ha-ha!). Our care teams address a range of needs including preventive care, management of chronic disease, prescriptions, and care coordination.
2. There are five sites—four in District 60 and one in District 70. However, *any* student in either district may enroll and utilize the clinics. As an example, a student in a District 70 school may be seen at clinics in the District 60 buildings. PCHC has served at least one student from each school since we began operating the centers in 2009.
3. PCHC has a representative on the District 60 Strategic Plan Action Team that is addressing the health and welfare of students. Our goal is always to participate with the school’s objectives and this is one way that we demonstrate our support.

Serving the community via our school-based wellness centers and offering first rate health care matches our Vision and Mission. We are providing access to care to those in need, and it’s done with excellence on the part of the staff who are second to none!

Thanks for your support. Hope you and your family enjoy the upcoming fall season.



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](mailto: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 Amy Dietemeyer, PA-C

**Years with PCHC:** I just started my 9<sup>th</sup> year

**What you do at PCHC:** I am a Physician Assistant at the East High School-Based Wellness Center and also do urgent care at the Colorado Avenue site

**Where are you from:** Colorado Springs, CO

**Where did you go to school:** UCCS and CU Health Sciences Center

**Hobbies/Interests:** Mountain biking, landscape projects, golf

**Favorite food/restaurant:** Smash burger and French fries

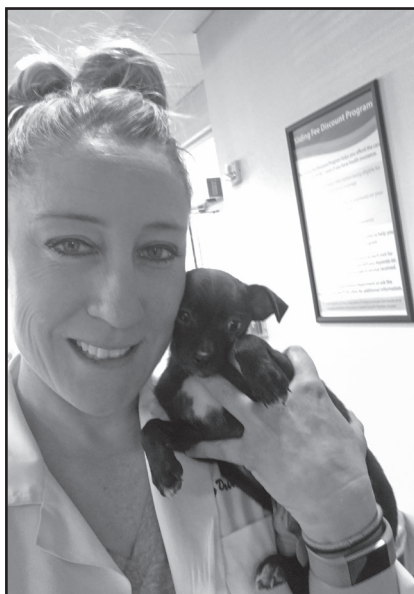
**Favorite movie:** Anything from the 1980s...Breakfast Club, 16 Candles, Ferris Bueller's Day Off

**Favorite music/band:** Anything I can dance to!

**Favorite place to vacation:** Mexico and Vail, CO

**Most surprising talent:** I'm handy with a drill (I own 2!) I like building fences, decks

**Most rewarding aspect of your job:** Helping people and making a positive difference in their health and lives



## Locations

**(719) 543-8711**

**Colorado Avenue Clinic**  
300 Colorado Avenue  
Pueblo, Colorado 81004

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

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

**O'Rourke Dental Clinic**  
2030 Lake Avenue  
Pueblo, Colorado 81004

**Avondale Clinic**  
328 Avondale Boulevard  
Avondale, Colorado 81022

**Grand Avenue Clinic**  
1008 North Grand Avenue  
Pueblo, Colorado 81003

**Centennial High School-Based Wellness Center**  
2525 Mountview Drive  
Pueblo, CO 81008

**Central High School-Based Wellness Center**  
216 East Orman Avenue  
Pueblo, Colorado 81004

**East High School-Based Wellness Center**  
9 MacNeil Road  
Pueblo, Colorado 81001

**Pueblo County High School-Based Wellness Center**  
1050 35th Lane  
Pueblo, Colorado 81006

**Risley International School-Based Wellness Center**  
625 Monument Avenue  
Pueblo, Colorado 81001

**Pueblo Community College The Student Health Clinic**  
900 W. Orman Avenue, MT 118  
Pueblo, CO 81004

**Walsenburg OB Clinic**  
129 Kansas Avenue  
Walsenburg, Colorado 81089

**Administration & Foundation**  
112 East Pitkin Avenue  
Pueblo, Colorado 81004

## Teen Health Services and One-On-One Time with A Healthcare Provider

The teen years are an important time of growth and development. Teens need a healthcare provider (e.g., a doctor or nurse practitioner) who they trust and can talk to, particularly when it comes to topics such as mental and sexual health, substance use, and safety from bullying. Parents can help create that trusting relationship by allowing their teen one-on-one time with their healthcare provider.



**11 yrs**

Age that the American Academy of Pediatrics (AAP) recommend that providers begin having one-on-one time with patients.

**38%**

Percentage of teens 15-17 years old who had one-on-one time with a provider during a clinic visit in the prior year.\*

\*NCHS Data Brief 2016; (266): 1-8.

**68%**

Percentage of visits that involved time alone between the provider and teen out of 144 medical visits attended by a parent.\*

\*J Adolesc Health 2010; 47(1): 110-2.

## 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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☐ \$50

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Phone: \_\_\_\_\_

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

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