



Health Care Happenings

A Pueblo Community Health Center Update

2nd Quarter 2019

In This Issue...

CEO's Letter..... 2

Make a Difference..... 2

Meet 3

Physical Activity 3

Donate Today 4



Sports Physical Blitz Campaign

Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions. This can include heart disease, cancer, type 2 diabetes, high blood pressure, osteoporosis and obesity.

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 the exams are available year-round at any PCHC site, emphasis on promotion of such exams is done the end of July and first week of August annually.

The "Sports Physical Blitz" campaign is aimed at educating parents, students, coaches, and administrators on the availability of exams for participation in sports for the upcoming seasons. The physicals are good for one year 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+).

The 2019 promotion will begin Tuesday, July 30 and run through Wednesday, August 7. Participating sites will include Central, Centennial, County, East, Pueblo West, and Rye High Schools. Specific dates and times will be shared in July on social media and on local radio stations.

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

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Letter from the CEO

Dear Friends,

Our youngest daughter graduated high school last month. If you've had a son, daughter, grandchild or other family member who have also graduated, congratulations! It is truly a time to celebrate and reflect on their accomplishments, but also your involvement in their lives. Reaching this important milestone only happens when family, friends, and the community support the student. My hat goes off to all graduates and those who have supported them!

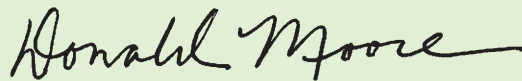
Accessing quality, primary health care at school is a form of community support for students. Not every Colorado community can tout this strength, however, Pueblo can. I'm very proud to be able to say this: in Pueblo, every student enrolled in District 60 and District 70 schools, and associated charter schools, is eligible to access primary care at a Pueblo Community Health Center school-based wellness center.

Sports physicals are an example of a service available at our school-based clinics, but, its only one of many others available. In addition to sports physicals, we offer immunizations, prescriptions, behavioral health care, treatment for chronic conditions (such as asthma), birth control, urgent care, and laboratory. We offer a family practice model that is all-encompassing and comprehensive.

Do you know a student who needs a health care provider she or he can trust? If so, you should encourage the student to see our caring staff at one of our school-based sites. We are grateful for the opportunity to serve our community in this easy-to-access setting.

Best wishes for a fun, safe summer.

Sincerely,



Donald Moore, CEO
Pueblo Community Health Center



Giving to PCHC Changes Lives

For 36 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 perpetuate our mission, we invite you to make a contribution to Pueblo Community Health Center Foundation.

All funds raised 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 Kim Baca

Years with PCHC: 15

What you do at PCHC: Satellite Clinic and Medical Records Manager

Where are you from: Pueblo, Colorado - born and raised

Where did you go to school? Central High and Colorado State University-Pueblo

Hobbies/Interests: Reading, crafts, and outdoor activities

Favorite food/restaurant: Red Lobster

Favorite movie: Sixteen Candles

Favorite music/band: Country Music

Favorite place to vacation: Cabo San Lucas

Most surprising talent: Made from scratch baking

Most rewarding aspect of your job: Making a difference in the community and watching my staff grow beside me.

Anything else you'd like to add? I love PCHC's vision, mission and core values. Amazing place to work.



Locations

(719) 543-8711

Colorado Avenue Clinic
300 Colorado Avenue
Pueblo, Colorado 81004

Pharmacy & Administrative Services
(Patient Registration, Patient Accounts & Human Resources)
110 East Rouff 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, Colorado 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 West Orman Avenue, MT 118
Pueblo, Colorado 81004

Walsenburg OB Clinic
129 Kansas Avenue
Walsenburg, Colorado 81089

Administration & Foundation
112 East Pitkin Avenue
Pueblo, Colorado 81004

Youth Physical Activity Statistics*



21.6%

of 6 to 19-year-old children and adolescents in the United States attained 60 or more minutes of moderate-to-vigorous physical activity on at least 5 days per week.



27.1%

of high school students participate in at least 60 minutes per day of physical activity on all 7 days of the week.



53.4%

of high school students participated in muscle strengthening exercises (e.g., push-ups, sit-ups, weight lifting) on 3 or more days during the week.



51.6%

of high school students attended physical education classes in an average week, and only 29.8% of high school students attended physical education classes daily.

*Source <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>

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

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: _____

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

2nd Quarter 2019