



# Health Care Happenings

A Pueblo Community Health Center Update

4th Quarter 2022

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## Gratitude

Have we mentioned how grateful we are for you? We appreciate the kind words, show of support, and financial generosity of our community and donors. Our East Side Clinic opened its doors to patients on January 10, and growth has been steady every month since.

As the year draws to a close, we want to make sure our donors know that with the completion of the East Side Clinic, the Enterprise Zone Tax Credits (available to those donations over \$250) will be coming to an end. If you wish to take advantage of this state tax credit while showing your support for our mission, please be sure let us know by sending a donation (information on last page of this newsletter) or contacting us at (719) 543-8718 ext. 152.

Finally, it's important to realize that gratitude may be one of the most overlooked health opportunities we can enjoy and access every day. Research reveals the following:

- **Gratitude opens the door to more relationships.** Not only does saying "thank you" constitute good manners but showing appreciation can help you win new friends.
- **Gratitude improves physical health.** Grateful people experience fewer aches and pains and are more likely to take care of their health.
- **Gratitude improves psychological health.** It reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret.
- **Gratitude enhances empathy and reduces aggression.** Grateful people are more likely to behave kindly, even when others don't, and experience more sensitivity and empathy toward others and decreased desire to seek revenge.
- **Grateful people sleep better.** Writing in a gratitude journal improves sleep, according to a 2011 study published in *Applied Psychology: Health and Well-Being*.

PCHC would like to wish you and yours a happy, healthy, and safe holiday season. We hope you'll take a moment to think about all the people and opportunities in your life for which you are grateful. We are grateful for YOU.

Source: <https://www.forbes.com>

## Executive Leadership Team

**Donald Moore**  
Chief Executive Officer

**Claire Reed, MD**  
Chief Medical Officer

**Levi Murray, DDS**  
Chief Dental Officer

**Jason Pitts**  
Chief Operations Officer

**Phillip Davis**  
Chief Financial Officer

**Laura Kelly**  
Chief Development/  
Foundation Officer, Editor

## Health Center Board of Directors

**Don Ortega**, President

**Linda Rikhoff**, Past President

**Louis Balizet**, President-Elect

**Steve Shirley**, Treasurer

**Yesenia Beascochea**, Secretary

### Board Members:

**Shirley Cordova**

**Michael Gage**

**Sandra Leming**

**Tracy Phillips**

**Arthur Yarbrough, Jr.**

## Foundation Board of Directors

**Vanessa Kochevar**, President

**Rosina Sonntag**, Past President

**Jenna Lovato**, Vice President

### Board Members:

**Christine Pittman**

**Ann Marie Pruden**

**Janella Wilson-Sandoval**

## Letter from the CEO

Dear Friends,

The PCHC leadership team devotes significant energy into engendering a work environment in which staff who thrive on serving patients are supported, and they feel PCHC is the best place to accomplish the work they feel called to do. PCHC's success is inextricably tied to its ability to attract people who are seeking a meaningful role in serving people in need of quality health care.

I looked up definitions of "meaningful work" so that I could ponder what PCHC has to offer service-oriented employees. I found two helpful definitions: "...work that helps people feel a part of something larger than themselves" and "...when we perceive our work as being worthwhile, important, or valuable". I was attracted to these because they seem to be intrinsic to delivering health care, and I identify strongly with the idea of feeling part of something larger than oneself.

In a recent meeting with our case management department, I listened to patient stories for 90 minutes. I learned about how they solved patient struggles with homelessness, mental illness, navigating a complicated health care system and, a general lack of basic resources (e.g., food, transportation, employment). It's hard for me to put into words how much pride the staff expressed in doing things for patients that are worthwhile, important, and valuable. It may be the most uplifting meeting I had in 2022.

As the year closes I feel really good that PCHC is a place that offers meaningful work. I am grateful for meaningful work, personally, and that it's at PCHC, specifically. Meaningful work is truly a gift.

With gratitude,



Donald Moore, CEO  
Pueblo Community Health Center



## Giving to PCHC Changes Lives

For 39 years, PCHC has served the health care needs of the people of Pueblo regardless of a patient's ability to pay. PCHC is proud to offer expanded health care services including primary medical, dental, behavioral health, laboratory, and pharmacy. We appreciate your consideration and hope you will help us perpetuate our mission by making a donation to Pueblo Community Health Center Foundation.

All funds raised by PCHC Foundation through 2023 will be allocated to our East Side Clinic capital campaign--*With You, We Can*. Any donation is appreciated and no gift is too small. We will acknowledge all who contribute on our donor wall in the new clinic. Your support will make a difference in the lives of the people who trust their health needs to our providers and receive services in the heart of Pueblo's east side neighborhood.

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 and investing in Pueblo's east side. Gifts over \$250 are eligible for EZ Tax credits through December 31, 2022.

## Mission

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



## Meet Hailey Adame

As one of the first students to enroll in the Pueblo Community College medical assistant apprenticeship program, Hailey Adame is discovering the many benefits of earning while she learns.

Adame, 19, is a first-generation college student. She enrolled in a four-year school right after high school but discovered that wasn't the right path for her.

"I thought I had to figure out what I wanted to do with my life right then and there and I ended up just overwhelming myself," she said.

After moving back to Pueblo, she learned about the PCC apprenticeship from her grandmother and knew it was an opportunity she couldn't ignore.

"I always wanted to go into the medical field and I thought becoming a medical assistant would be a good first step to my career," said Adame.

Medical assistants are a liaison between physicians and their patients. They perform clinical and administrative work in doctors' offices, hospitals and other health care settings. PCC's apprenticeship program allows students to work in a clinical setting part-time while earning their associate degree.

Adame works at the Pueblo Community Health Center, one of three community partners in the program. The others are Centura and Parkview Health System.

Adame said she enjoys the people and the environment at the health center. Once she completes her degree, she hopes to stay with PCHC to get more experience.

"I talk with many of the medical assistants at PCHC and they think this program is great. They wish it had been offered when they went to school," she said.

"I really like how everything I learn in school I can apply at work right away. I remember things better with a hands-on approach. Being able to practice things repeatedly really helps me remember things better. I get to see and learn something new every day."



## APPRENTICESHIP



## Benefits of Employing MA Apprentices

Employment of medical assistants is projected to grow 18 percent from 2020 to 2030, much faster than the average for all occupations. Apprenticeship programs help employers:

- Recruit and develop a highly skilled workforce that helps grow their business
- Create flexible training options that ensure workers develop the right skills
- Minimize liability costs through appropriate training of workers
- Increase retention of workers, during and following the apprenticeship.

## 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)

**East Side Clinic - Medical, Dental  
& Pharmacy**  
1301 East 7th 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

**Chávez/Huerta K-12  
Preparatory Academy School-Based  
Wellness Center**  
2727 West 18th Street  
Pueblo, Colorado 81003

**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

**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

## 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 \_\_\_\_\_

☐ Please qualify my gift for the Colorado Enterprise  
Zone tax credit\*

Last 4 digits of SSN/Colorado Acct Number \_\_\_\_\_

☐ Check enclosed, payable to: **PCHC Foundation • 110 E. Routt Ave. • Pueblo, CO 81004**

☐ Charge my credit or debit card:

Thank you for your support!

\*All sponsorships \$250+ are eligible for a  
25% Enterprise Zone tax credit.

**To receive this CO tax credit, make your  
check payable to Pueblo Community  
Health Center Foundation and include  
your state tax ID or the last four digits of  
your social security number.**

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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](mailto:lkelly@pueblochc.org).**

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