



# Chiricahua Community Health Centers, Inc.

**"THE CLINIC WITH A HEART"**

Winter 2006-07

*Our Mission is to provide quality efficient health care to all in Cochise County regardless of the ability to pay.*

## Sembrando Salud/Sowing Wellness Program

Sembrando Salud/Sowing Wellness Program offers older adults in the Sulphur Springs Valley area opportunities for participating in an organic community garden, as well as FREE exercise and Spanish classes. On Tuesday mornings from 8am-11:30am, join this active group for the Elfrida Farmer's Market, located next to the clinic.

### FREE Classes

All activities are held in the Elfrida Community Center, unless otherwise noted. Class times and locations are subject to change. Please call 520-642-2222 for more information.



#### Mondays

9am - Beginning Exercise  
10:30am - Chair Exercise

#### Tuesdays

8-11:30am - Elfrida Farmers Market, Community Garden  
10:30am-12pm - Yoga  
1pm - Computer Tutoring, Elfrida Library  
2pm - Spanish/English Mutual Tutoring  
3:30pm - Spanish

#### Wednesdays

9:30am - Art for Self-Discovery  
1:30pm - Fresh Starts

#### Thursdays

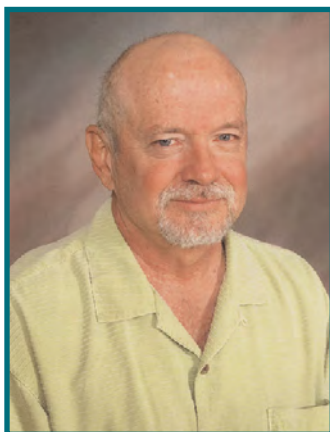
9am - Beginning Exercise  
10:30am - Chair Exercise  
12pm - Diabetic Lunch Bunch  
2pm - Spanish/English Mutual Tutoring  
3:30pm - Spanish

#### Fridays

9-10:30am - Yoga

#### Community Garden Daily Hours

M-F, 8-12am and 2-4pm  
Tuesdays 8-11:30am - Farmers Market and Weeding Party



Dr. Stephen Lindstrom

## New Pediatricians

We are pleased to announce that Dr. Jonathan Lee-Melk, Board Certified Pediatrician and Dr. Stephen Lindstrom, Board Certified Pediatrician and Family Practice Physician have joined our medical staff team. Pediatric services are now available at both our new Jennifer "Ginger" Ryan clinic in Douglas, as well as our Bisbee Clinic. Both clinics offer Saturday appointments from 9am-3pm.



Dr. Jonathan Lee-Melk

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*If you would like a copy of this newsletter in Spanish please call 642-2222.*

## Quality Affordable Healthcare for the Entire Family

### CHIRICAHUA COMMUNITY HEALTH CENTERS, INC. 2006 BOARD OF DIRECTORS

Glenn Law, President

Elizabeth Piper, Vice President

Michael Holland, Secretary/Treasurer

Bob Blocher

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Penny Law

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#### Board Advisory Members

Dr. Lynn Carmichael  
Sr. Medical Director

Dr. John Haun  
Medical Director

Jennifer "Ginger" Ryan, MBA, Ph.D.  
Chief Executive Officer

#### Charitable Tax Donation

Don't forget that CCHCI is a non-profit charitable organization, and any donation made is tax deductible. For more information call 642-2222.

## Letter from the CEO

As Chiricahua Community Health Centers passes its 10 year anniversary (we opened in August of 1996), it is a special time to remember the progress and changes that have taken place. Who would have thought that from our humble beginnings one of Arizona's premiere primary care networks would emerge?

*These are the facts at the close of October 2006:*

- ♥ Once located in the back of the Elfrida Community Center, CCHCI now has three freestanding clinic facilities and two mobile units (one medical and the new dental mobile unit).
- ♥ CCHCI now employs 22 medical and dental professionals.
- ♥ Serving as an "economic engine" for Cochise County, CCHCI has brought \$25,122,725.78 in revenue to the area providing not only quality health and dental care, but jobs that provide benefits and a living wage.
- ♥ Last year alone, CCHCI provided over 37,000 face-to-face medical encounters to over 14,000 individuals.
- ♥ CCHCI employs 92 individuals and a dozen contractors.
- ♥ In addition to direct health care services, CCHCI sponsors community outreach projects such as the Sembrando Salud – Sowing Wellness Program that provides a community garden and special interest classes (exercise, language, computer, etc.).
- ♥ During the past year, CCHCI has hired 7 new providers including two pediatricians – the only pediatricians in Cochise County outside of Sierra Vista.

CCHCI owes a real debt of gratitude to the community of Elfrida and to our dedicated Board of Directors. This is a vibrant, growing organization and we invite you to join us. Come see the exciting changes and become a part of our family. We welcome your input, ideas and participation.

On behalf of the Board of Directors and Staff, I wish you all the very best this holiday season.  
Warm Regards,

Jennifer "Ginger" Ryan  
Chief Executive Officer

## The Best Protection is Early Detection

### Call now for your **FREE Well Woman Healthcheck**

#### • Clinical Breast Exam • Mammogram • Pelvic Exam • Pap Test

You are eligible if you are between 40 and 64 years of age, and are not insured or are underinsured, and you meet income eligibility guidelines.



**Appointments available at our Douglas, Elfrida and Mobile Medical Unit Clinics**

## Holiday Stress Tips

### 1 Schedule Time for Self-Care!

Regular exercise and time for stress management are a must. Find what techniques work best for you, and use these tools. This is non-negotiable time devoted for your health and well being.

### 2 Eat Well

Moderation is the key. Do not use alcohol or drugs for stress management. Do not "over" celebrate. Avoid fast foods.

### 3 Avoid Caffeine

Minimize the impact of caffeine on your life.

### 4 Plan the Holiday...Set limits

Do not overspend your financial and emotional resources.

### 5 Control Your Expectations of:

Happiness, Joy, Sadness, and Loneliness

### 6 Be Nice to Others

Give compliments and smile. When around negative, anxious, or rude people, take a breath and remember that you do not need to get pulled into other people's holiday misery or their craziness.

### 7 Reach Out for Support

Talk with "stable" friends or family, or clergy, or mental health counselors.

### 8 Humor Helps... Have Fun

Laugh daily, if possible.

### 9 Stay in the Present!

Mentally and emotionally, do not be consumed by things that happened in the past or fear events in the future. Enjoy the people you are with and make the very best of the situation that you are in.

### 10 Find the True Holiday Spirit

Share this with those people whom you love or care about. Please take good care of yourself.

## Chronic Disease Management Program Diabetes Education

Chiricahua Community Health Centers, Inc. is part of a national collaborative, sponsored by HRSA (Health Resources and Services Administration) for most of the 5,000 community health centers in the United States. Chiricahua patients receive detailed complete diabetic education and follow up on each visit. The goals of this program are to improve quality of care, provide the patient with a structured educational setting, as well as develop an ongoing relationship between patient and doctor, which then supports the long term plan of care. If you are diabetic, talk to your doctor about this program, and make your appointment today to start your new year off right.



*Diabetic Team*

## Grilled Steak Fajitas

(makes 12 servings)

### Marinade:

4 cloves garlic, minced  
2 tablespoons (30 ml) fresh lime juice  
1 tablespoon (15 ml) Worcestershire sauce  
2 tablespoons (30 ml) ground cumin  
1 teaspoon (5 ml) chili powder

2 pounds (960 g) sirloin steak, trimmed of all fat, use olive oil cooking spray  
3 bell peppers, 1 pound (480 g) total -- 1 red, 1 yellow, and 1 green, seeded and cut into thin strips  
1 large red onion, 12 ounces (360 g), thinly sliced  
3 cloves garlic, minced  
12 7-inch (17.5 cm) fat-free flour tortillas, warmed according to package directions

1. Combine the ingredients for the marinade in a shallow dish. Place the steak in the marinade, cover, and refrigerate overnight or for at least 6 hours, turning steak twice.
2. Start the grill or preheat the broiler.
3. Remove the steak from the marinade and grill or broil for 2 to 4 minutes per side for medium-rare. Transfer steaks to a carving board and let stand for 10 minutes.
4. While steak is standing, lightly coat a nonstick skillet with cooking spray and place over medium-high heat. Add the peppers, onion, and garlic, stirring until vegetables are softened, about 5 minutes.
5. Slice the steak very thin across the grain. Arrange the steak slices and pepper-onion mixture on a large heated serving platter, with rolled up warm tortillas alongside.

**Per serving:** 228 calories (13% calories from fat), 20 g protein, 3 g total fat (1.4 g saturated fat), 29 g carbohydrate, 2 g dietary fiber, 46 mg cholesterol, 383 mg sodium

**Diabetic exchanges:** 2 very lean meat, 1 1/2 carbohydrate (1 1/2 bread/starch), 1 vegetable

### ♥ ♥ ♥ Warm Clothing Needed ♥ ♥ ♥

Our Outreach Team is accepting clothing donations for farmworkers and families in need. This time of year we are looking for shoes, boots, socks, jackets, sweatshirts, and warm clothing in general. If you have extra blankets, they are appreciated too. Please bring your donations to the Elfrida Clinic at 10566 Highway 191.

# The Clinics: Locations and Services

## Jennifer 'Ginger' Ryan Clinic

1100 'F' Avenue, Douglas  
520-364-3285  
Monday-Friday - 8am-5pm  
Saturday - 9am-3pm

## Cliff Whetten Clinic

10566 Highway 191, Elfrida  
520-642-2222  
Monday - 7am-6pm  
Tuesday-Friday - 8am-5pm  
Dental Office Closed Friday

## Bisbee Clinic

108 Arizona Street, Bisbee  
520-432-3309  
Monday-Friday - 8am-5pm  
Saturday - 9am-3pm

## Mobile Medical Unit Office

1100 'F' Avenue, Douglas  
520-364-4984  
Call for locations and dates

## Business Office

310 Arizona Street, Bisbee  
520-432-1145  
Monday-Friday - 8am-5pm

## Primary Care Services including:

- General Physicals
- Chronic Disease Management (Diabetes Care & Education)
- Women's Health
- Pre-natal Care
- Pediatric Care
- Dental Care
- Patient Assistance Prescription Medication Program
- CDL Physicals
- Family Planning Services
- On-site laboratory services
- Mental health
- Twenty-four hour call
- Transportation services

## Special Services

### Jennifer "Ginger" Ryan Clinic

- Pre-natal
- Pediatrics
- Well Woman Healthcheck Program

### Cliff Whetten Clinic

- Family Dentistry
- Well Woman Healthcheck Program
- Chronic Disease Management Program

### Bisbee Clinic

- HIV/AIDS Care
- Mental Health
- Chronic Disease Management Program

### Mobile Medical Unit

Servicing the following communities:

- Willcox
- Tombstone
- Sunsites
- Benson
- Sierra Vista

## HIV/AIDS Case Management Services

Housing Authority of Cochise County  
100 Clawson Avenue, Bisbee  
520-432-8883



CCHCI  
10566 Highway 191  
P. O. Box 263  
Elfrida, AZ 85610

## Private Health Insurance

Chiricahua Community Health Centers, Inc. accepts the majority of health insurance policies. The following is a sample:

- AP/IPA
- Mercy Care
- Rural Arizona Network
- Arizona Foundation for Medical Care
- Administrative Enterprises
- Blue Cross/Blue Shield
- Tri-Care
- Aetna
- Cigna
- Medicare and many others.

We accept most insurance plans, and if we don't accept yours, tell us and we will work towards establishing a relationship with your carrier. We are pleased to provide assistance with and process AHCCCS applications.

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