

## CHC Moves Kids to Health with Nationwide Campaign

# Recess Rocks!

With one-third of American children overweight, Community Health Center, Inc. will launch a new national childhood obesity prevention campaign in September. Called *Recess Rocks*, the campaign includes a nationwide video contest.

The contest engages children and young teens in grades 2 through 8 across the United States in addressing childhood obesity. Children are asked to submit videos featuring a speech, song, dance or commercial that answers two questions—"How do you feel about the childhood obesity problem?" and "What can you do about it?"—and shows how they and their family and friends stay healthy. Children may enter individually or as part of a group from a public or private school or youth-focused community organization or club.

Individual prizes include Apple iPads, Nintendo Wii systems, Flip Ultra Camcorders and Apple iPod Shuffles. Groups can win cash prizes up to \$2,500.

"The childhood obesity epidemic is spreading at an alarming rate," said Dr. J. Nwando Olayiwola, CHC's chief medical officer. "*Recess Rocks* is a response to First Lady Michelle Obama's *Let's Move* campaign. Through the national video contest and CHC's innovative bundle of clinical and community-based interventions, *Recess Rocks* targets healthcare providers, schools, community organizations and—most importantly—children and adolescents as they try to address this epidemic and seek new solutions."

The *Recess Rocks* campaign is the flagship of CHC's group of programs to prevent and reverse obesity. One of these programs is *Recess Rocks*, in which CHC pairs local dance artists with schools and classrooms. The dance artists turn the sedentary recess kids endure during the winter into high-activity, dance movement jams. As part of the campaign, CHC has developed a tool kit that schools across the nation can use to bring *Recess Rocks* into their classrooms.

**"Recess Rocks is a promising solution to the childhood obesity problem," said Mildred Thompson of the Robert Wood Johnson Foundation.**

The *Recess Rocks* campaign will kick off with a *Recess Rocks* event at a local school and a day of radio interviews across the United States. Visit [RecessRocks.com](http://RecessRocks.com) for more information on the *Recess Rocks* program and contest. For regular updates, healthy recipes and related news, become a fan of *Recess Rocks* on Facebook and Twitter (@RecessRocksCHC).





## CHC Opens Doors at Newly-Renovated Meriden and New Britain Sites

### Improvements made to respond to growing demand for primary care services

According to a report issued by Families USA in October 2009, approximately 28,100 people in Connecticut lost health insurance coverage last year due to a rise in unemployment. As the need for quality primary care services continues to grow across the state, Community Health Center, Inc. has responded by expanding, renovating and redesigning CHC Meriden and CHC New Britain.

On June 21, New Britain community members were invited to see the enhanced facility on Washington Street during an open house event, featuring a presentation, ribbon-cutting ceremony and tours.

With the support of U.S. Senator Christopher J. Dodd, U.S. Rep. Christopher Murphy, Mayor Timothy T. Stewart, State Senator Donald DeFronzo, State Reps. John Geragosian and Peter Tercyak of New Britain and John Thompson of Manchester and other New Britain delegates and civic and business leaders, CHC received \$1.2 million of federal stimulus dollars and \$2.5 million in state bonding dollars to complete the \$6.3 million project.



From left: State Rep. Buddy Altobello; Cliff Briggie, behavioral health senior clinician; Veena Channamsetty, on-site medical director; Matt Vinikas, Community Health Center of Meriden site director; CHC Board Member Larry Kibner; State Rep. Chris Donovan; CHC President and CEO Mark Masselli; and State Rep. Catherine Abercrombie.

The project at CHC New Britain included a 20,000-square-foot, two-story addition, and 15,000 square feet of existing facility was renovated. Construction began in early 2009 and created 95 temporary jobs. In addition the new space allowed for eight new health care positions, as well as the opportunity to offer obstetrics care.

"The center features new state-of-the-art technology and more space to treat community members," said Yvette Highsmith-Francis, director of CHC's Hartford County sites. "As the number of uninsured and underinsured Connecticut residents continues to grow, Community Health Center, Inc. has positioned itself to be responsive to this critical need."

Three days later, on June 24, CHC Meriden gave community members a first look at the renovated and redesigned facility on State Street, outfitted with the newest technology and spaces for integrated treatment. During a special presentation, State Rep. Christopher Donovan was honored for his support in securing \$2.5 million to complete the \$3 million project, which involved 15,000 square feet of the 35,000-square-foot facility.

"The renovation allowed us to create additional medical capacity as well as a better integration of behavioral health and medical services," said Matt Vinikas, Community Health Center of Meriden site director. "The center's medical capacity has increased by 33 percent. These changes have helped us remain poised to continue offering community members quality primary care."



From left: State Rep. Jim O'Rourke; State Rep. Matthew Lesser; State Rep. Joseph Serra; State Senator Paul R. Doyle; Larry McHugh, president of the Middlesex Chamber of Commerce; CHC President and CEO Mark Masselli; Governor Rell; Dr. Carl Lecce; CHC Vice President and Clinical Director Margaret Flinter; State Rep. Chris Donovan; and Mayor of Middletown Sebastian Giuliano.

## Capital Campaign for the New Community Health Center of Middletown Moves Forward

### Governor Rell visits future facility site to announce state contribution

It's a parking lot now, but soon, the space at the corner of Main and Grand streets in Middletown will become the new, three-story, 50,000-square-foot Community Health Center of Middletown. On June 25, Governor M. Jodi Rell visited the site to announce \$2.5 million in funding for the new center had been authorized by the General Assembly (HB 7004, Sec. 34(d)). Following her announcement, the State Bond Commission approved the funding on July 13, marking the start of CHC's capital campaign to raise money for the construction of the facility.

"This funding represents a healthy shot in the arm for Middletown," said Governor Rell. "The health center is so important for Main Street and for the North End. This has been a key economic priority for the city, and we are thrilled to help bring health care jobs to the community."

The new primary care center will allow CHC to expand and coordinate integrated health care services, including medical, dental, behavioral health, obstetrics and specialty

medical services, for more underserved and uninsured individuals in the Middletown area.

Since its inception in 1972, CHC has operated in its original home and clinical site. The new center will replace three antiquated and overcrowded buildings with limited parking and handicap-accessible entrances.

"The State Bond Commission's approval is the official start of our capital campaign to make the new center a reality," said Mark Masselli, president and CEO of Community Health Center, Inc. "This facility will forward our vision to create a world-class primary health care system committed to serving special populations and focused on improving patient outcomes and building healthy communities."



Governor Rell with the rendering for the new CHC Middletown.

## U.S. Rep. Joe Courtney Helps CHC Break Ground in New London

### Expansion will create jobs and additional medical capacity

When CHC New London opened in 1995, the medical department consisted of three full-time providers and 12 exam rooms. CHC New London has since doubled its staff to six medical and behavioral health care providers, but there is still a need for more staff and space. Over the last three years alone, 16,793 individual patients have been treated there. Recognizing this need, U.S. Rep. Joe Courtney helped secure \$898,694 in federal funding through the American Recovery and Reinvestment Act to expand CHC New London. On August 11, Courtney and State Sen. Andrea Stillman joined CHC New London to break ground on the 3,720-square-foot addition.

With the expansion, CHC New London will have 24 exam rooms, a centralized laboratory and dispensary, four pods with desks for seven staff members in each, a new staff lounge, four behavioral health offices, one behavioral health group room and a waiting room that will seat at least 45 patients. Exterior improvements will include handicap parking adjacent to the entrance, which will eliminate the need to cross a main, heavily-trafficked driveway.

The addition will allow for the creation of approximately 50 temporary jobs, as well as two permanent provider positions. These providers will be able to see an additional 2,400 new patients each year.

"The Community Health Center of New London is the medical home for one in every five New London residents," said Alejandro Melendez-Cooper, director of CHC's New London and Groton sites. "This expansion meets critical needs,

such as additional provider teams, enough clinical exam rooms per provider to facilitate a smooth flow and the involvement of other team members during the patient visit without impeding the care process. These improvements will help us continue to adhere to CHC's model of care, as well as provide care to new patients."



From left: New London Mayor Robert Pero; State Sen. Andrea Stillman; Rick Gipstein, project architect, of Lindsay Liebig Roche Architects; CHC Vice President and Clinical Director Margaret Flinter; Carla Ocampo, New London nurse manager; Alejandro Melendez-Cooper, director of CHC's New London and Groton sites; and U.S. Rep. Joe Courtney

## CHC Celebrates National Health Center Week

### Sites across the state offer free services and health fairs

In celebration of this year's National Health Center Week, CHC sites across Connecticut hosted family-oriented events and offered free health services to individuals of all ages.

Sponsored by the National Association of Community Health Centers, National Health Center Week (August 8 to 14) is dedicated to recognizing the service and contributions of community, migrant, homeless and public housing health centers in providing access to affordable, high quality, cost-effective health care to medically vulnerable and underserved individuals in the United States. Throughout the week, activities and events at health centers across the country are designed to raise awareness of the community services and programs that local health centers like CHC offer.

CHC's National Health Center Week events included health fairs in Middletown, New Britain and New London, where members of the community received free

immunization screenings, oral cancer screenings, dental screenings for children, information on community resources and nutritionist consultations. Families also enjoyed face painting, music, snacks and raffle prizes. Additional events in Middletown throughout the week included a visit from a diabetic educator and registered nurse and story readings and coloring activities for kids.

CHC Stamford helped safeguard children before the school year began with free ToothPrints® IDs. Like fingerprints, dental imprints are unique to every person and serve as an accurate method of identification.

**"We were thrilled to see a large number of community members at these events. Health education and preventative care are key components to realizing our vision of building safe, healthy communities," said Glenda Rivera, who organized the Middletown health fair.**



For the latest CHC news and happenings, please visit Community Health Center, Inc. online at [www.chc1.com](http://www.chc1.com)





**Community  
Health Center, Inc.**

635 Main Street, Middletown, CT 06457

NON PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
MIDDLETOWN, CT  
PERMIT No. 64

**FALL 2010**

## *Healthy Change*

### Inside this issue:

- **Recess Rocks! CHC Moves Kids to Health with Nationwide Campaign**
- **CHC Opens Doors at Newly-Renovated Meriden and New Britain Sites**
- **Capital Campaign for the New Community Health Center of Middletown Moves Forward**
- **U.S. Rep. Joe Courtney Helps CHC Break Ground in New London**
- **CHC Celebrates National Health Center Week**
- **Inaugural Class of CHC AmeriCorps Volunteers Graduates**

## Inaugural Class of CHC AmeriCorps Volunteers Graduates

Extending dental care services to more Connecticut residents, facilitating family wellness programs, creating program training materials, providing case management for more than 2,600 patients, developing a new work-study partnership with the University of Connecticut for CHC New Britain, overseeing the opening of the New Britain Family Wellness Center in May, directing health education sessions for women, youth and families... these are only a few of the ways in which CHC's inaugural class of nine Community HealthCorps AmeriCorps volunteers helped make a difference in the lives of Connecticut residents this year.

Community HealthCorps is a national AmeriCorps program that promotes health care for America's underserved while developing tomorrow's health care workforce. HealthCorps members help increase access to health care for those with no regular primary care provider, provide health education and recruit and develop volunteers for health centers. CHC is the only organization in Connecticut that successfully applied for and received an AmeriCorps/Community HealthCorps award. On July 22, CHC honored its first class at the New Britain Community Room.

"Community Health Center's first class of Community HealthCorps AmeriCorps members set a very high standard for future classes," said Mark Masselli, president and CEO of CHC. "Their tireless work directly and indirectly affected thousands of individuals across the state and will ultimately contribute to better access to health care for special populations, as well as healthier communities."

CHC plans to continue their partnership with AmeriCorps in 2011. Fourteen volunteers will join CHC next year.



*AmeriCorps members: (front row, left to right) Carrie Steinfeld, Faith Lin, Rachel Piontak; (back row, left to right) CHC President and CEO Mark Masselli, Anna Rogers, Desiree White, Tara Beckford, Spencer Liebman, Katherine Jones, and CHC Vice President and Clinical Director Margaret Flint.*

### What Are They Up To Now?

**Ian Avenia-Tapper, Coventry, CT**

Ian is currently attending Boston University for an advanced degree in physical therapy.

**Tara Beckford, Weeki Wachee, FL**

Tara has returned to Florida to work at the Children's Home Society of Florida, which delivers a spectrum of social services designed to protect children at risk of abuse, neglect or abandonment and strengthen and stabilize families.

**Katherine Jones, New Haven, CT**

Katherine will train the incoming class of CHC AmeriCorps.

**Spencer Liebman, Lebanon, CT**

Spencer is working at a clinic in India and then attending medical school at the University of Virginia in 2011.

**Faith Lin, Riverside, CA**

Faith plans to continue working in the nonprofit sector.

**Rachel Piontak, Catoosa, OK**

Rachel is in the midst of a transnational road trip. She'll be berry farming in Hawaii, moving to North Carolina and attending graduate school in 2011.

**Anna Rogers, Hamden, CT**

Anna will join CHC for another year as an AmeriCorps member.

**Carrie Steinfeld, Greenwich, CT**

Carrie is attending medical school at Dartmouth College.

**Desiree White, Meriden, CT**

Desiree is working in the healthcare field while studying for the MCATs and plans to apply to medical school in 2012.