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**JULY 2009**

Connecting you to everything healthy from Westside Family Healthcare

## Welcome to Westside Family Healthcare's First E-Newsletter

Dear Friends of Westside Family Healthcare,

It is with great pleasure to be addressing you for the first time in **Vital Signs**, Westside's e-newsletter! In our continuous efforts to "go green", we welcome our first e-newsletter to keep our Friends of Westside informed about important announcements, programs, and events. It is our goal that **Vital Signs** will bring our Friends closer together by providing monthly highlights of Westside's many activities.



This summer, Westside is undergoing an important expansion. In early June, we relocated our administrative offices to a historic and spacious facility on the Wilmington Riverfront in order to accommodate for the expansion of our growing mental health services at our 4th Street health center. We encourage you to come visit and tour the new administrative office and meet our growing staff. Additionally, on August 5, we will

## In This Issue

[Welcome to Westside Family Healthcare's First E-Newsletter](#)  
[Race into Summer and Join Us For Westside's 19th Annual 5K the Westside Way!](#)  
[Westside's Newest Health Center Located in Bear/New Castle to Open its Doors on August 5th](#)  
[Westside Embraces Social Media](#)

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## Contact Info

### ● Administrative

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Wilmington, DE 19801  
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### ● Wilmington

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excitedly open the doors to Westside's fourth health center located in the Bear/New Castle community. We are looking forward to reaching out to this underserved community and serving a broader population of Delawareans by providing access to quality affordable health care.

We are also looking forward to our summer events which include our 19th Annual [5K the Westside Way](#) fundraiser on Wednesday, August 5 as we kick off [National Health Center Week](#) (August 9th-15th), celebrating the theme, "Where ACCESS and QUALITY CARE Begin." We invite you to join our celebration and to come out and support our great event as well! Clearly, our continued growth is bringing exciting times for Westside as we venture into the heat of summer. We hope that you find **Vital Signs** to be a great resource and we encourage your comments and suggestions. Please contact **Vital Signs** editor [sarah.noonan@westsidehealth.org](mailto:sarah.noonan@westsidehealth.org) at any time!

Thank you and have a great summer!

Lolita A. Lopez, FACHE  
President & CEO

[back to top](#) ↑

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## Race into Summer and Join Us For Westside's 19th Annual 5K the Westside Way!

On your mark, get set, GO! It is time to break out your sneakers for Westside Family Healthcare's 19th Annual 5K the Westside Way! (formally the Latin Way), where you can run, walk or



fax (302) 655-5949

### ● Newark

27 Marrows Road  
Newark, DE 19713  
phone (302) 455-0900  
fax (302) 455-0902

### ● Northeast

908-B East 16th Street  
Wilmington, DE 19802  
phone (302) 575-1414  
fax (302) 575-1726

### ● Opening August 2009

#### **Bear/New Castle**

404 Fox Hunt Drive  
Fox Run Shopping  
Center  
Bear, DE 19701  
phone (302) 836-2864

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salsa across the finish line! This year's event will be held on the evening of Wednesday, August 5th at the Wilmington Riverfront with a free after-race party sponsored by Dynamic Physical Therapy on the deck of C.W. Harborside for participants immediately following the race. Although the name of the event has changed slightly, all the excitement remains the same, including the great theme, competition, and prizes! To sign up, go to [www.races2run.com](http://www.races2run.com) or download the race brochure from our [website](#).

Never ran a 5K before, no problem! 5K the Westside Way participants may choose from one of three options: the 5K Run, 5K Walk, or the 1-mile Fitness Walk. Our participants range from beginner to the seasoned runner. If you're thinking to yourself, "the 5K is only 5 weeks away, I don't have enough time to train!" according to Tony Reed, MD, Director of Sports Medicine at Christiana Care Health System, five weeks is the perfect amount of time to train for the 3.1 mile race. According to Tony, "A five week training plan is perfectly doable and realistic, even for beginners. Running a 5K is a great goal for individuals looking to get back into exercise, but it is important to remember that running the 5K is only part of the goal, with the ultimate goal to establish an active lifestyle." He also encourages you to consult your doctor first before beginning a new fitness regime.

To check out Tony's 5 week training plan for sedentary individuals seeking to become active and compete in their first 5K, [CLICK HERE!](#)

### **Event Information:**

5:30pm Registration

6:30pm Race/Walk Begins

[Overlook Pavilion on the Wilmington Riverfront](#)

Free after-race party at C.W. Harborside!

**Registration:** \$16 until and \$20 the day of the event.

All proceeds will go towards providing family medical, dental, and mental health care to the uninsured and underinsured.

For more information or to register for this event, please go to [www.races2run.com](http://www.races2run.com) or contact Sarah Noonan at [sarah.noonan@westsidehealth.org](mailto:sarah.noonan@westsidehealth.org) or (302) 656-8292.

***We look forward to seeing you there to support this great cause!***

[back to top](#) ↑

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## Westside's Newest Health Center Located in Bear/New Castle to Open its Doors on August 5th

Westside Family Healthcare will open its fourth community health center on August 5, 2009 in Bear/New Castle at the Fox Run Shopping Plaza. Please save-the-date for the community open house on September 24th!



[back to top](#) ↑

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## Westside Embraces Social Media

### Facebook

Join our Cause and Event pages on Facebook so you can stay informed on 5K the Westside Way updates, see who else is competing, and even make online donations! Join our [Cause](#) and our



5K the Westside Way [Event Page](#) today!

### **Twitter**

Please follow Westside's 5K the Westside Way on Twitter to join our discussion and see how many participants are registered each day! Follow us at <http://twitter.com/5KWestsideWay!>

### **Blog**

Westside Family Healthcare has joined the blogosphere! Follow our postings at <http://www.westsidehealth.blogspot.com/>.

[back to top](#) ↑

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