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Community Health Center Of Middletown Celebrates National Health Center Week 2012

August 13, 2012 | Eliza Cole, Community Health Center, Inc., Middletown

Community Health Center of Middletown is marking National Health Center Week 2012 (NHCW) with a free family-friendly health fair on Friday, Aug. 10, from 11 a.m. to 2 p.m., at the Health Center, 675 Main St., as part of a campaign to raise awareness about the mission and accomplishments of America's Health Centers as local solutions. The theme of this year's NHCW is "Celebrating America's Health Centers: Powering Healthier Communities," to underscore how community health centers provide access to affordable, high quality, cost effective health care to medically underserved people throughout the U.S.



People turned out by the hundreds during 2011's National Health Center... (Megan McGory)

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The free, family-friendly event is open to the public and is packed with offerings that will get folks thinking and moving in healthy ways. Guests can groove to live music, or participate in a series of movement activities including exhilarating Zumba, high-energy Recess Rocks, and zenful yoga. Refuel after burning calories with healthy smoothies and fresh produce from the on-site farmers market. In addition, the event will offer immunization and blood pressure screenings, dental screenings for children, information on Husky and WIC programs, information on early detection screenings and a CT Housing and Health Department information booth.

One of the bright spots in America's health care system, health centers, like the Community Health Center of Middletown, provide a health care home to over 20 million people at 8,000 sites nationwide.

With more health care homes in communities, we can reduce health care costs and unnecessary visits to hospital emergency rooms. According to the National Association of Community Health Centers (NACHC), there are 60 million people in the country with limited or no access to primary care providers - a trend that shows no sign of improving with the economic recession.

"Studies show when illnesses like diabetes, hypertension, asthma, and depression are not appropriately managed or prevented, they account for a significant portion of the skyrocketing costs for families and the entire health care system," said Dr. Margaret Flinter, APRN, Ph.D., senior vice president and clinical director of CHC. "America's community health centers, like our own state-wide network of 13 centers, have been leaders in showing the value of this approach as an effective way to address more needs, improve health, and contain costs. Our patients not only get the care they need under one roof, but they are treated as individuals, with dignity and respect. This is what health care should be, and what we celebrate during National Health Center Week."

Established in 1972, CHC of Middletown serves residents of the city of Middletown and surrounding towns of Middlesex County, providing primary medical, dental and behavioral health care to adults and children. It is the hub for an extensive

network of CHC services, including four comprehensive school based health services, homeless shelter clinics, domestic violence shelter, community based case management services, and family wellness and support services.

To find out more about National Health Center Week, visit <http://www.healthcenterweek.org>.

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