

## Taking Steps Toward Better Health



■ Preventative health care, population health, patient-centered care; these are all key principles that guide our work at CHCB. This spring, with funding from the Vermont Governor’s Council on Physical Fitness and Sports, our Community Health Team lead a walking group that perfectly integrated all of these ideas in one program that will have a lasting impact on the community members served.

joined each week to foster interaction between group members. While walking, conversations ranged from what cholesterol is, to the benefits of quitting smoking, as well as learning about local events such as The Vermont City Marathon. Cross-cultural ties were also discussed – such as the rhododendron which is the Nepali national flower but also grows all over Vermont.

**“...health and wellness are not purely prescriptive; health and wellness must also be cultivated and nurtured from within.”**

Beth Reilly, CHCB RN

Ten patients at high-risk for chronic diseases such as hypertension and diabetes were identified and referred by their CHCB provider. For six Saturday mornings in a row beginning in early May, the group met at CHCB and embarked on a 1.5 to 2.5 mile walk through Burlington. Almost half the group was from Nepal, and a Nepali interpreter

Each participant was given a new pair of sneakers and water bottle, and healthy snacks were provided every week. A grocery card to City Market was awarded to those who completed the program. Participants were also encouraged to schedule a nutrition consult with Emily Heaslip, CHCB’s Registered Dietician, who helped to facilitate the program.

### Quotes from Participants of the Walking Program

(some translated from Nepali):

- “I enjoyed walking. Wish it would have been longer! Would like to do it again.”
- “Please invite us again if you are organizing this next year or near future.”
- “Exercising a lot will be better. Thank you for the opportunity.”
- “I think you should have one in the fall. I enjoy it very much. Thank you.”
- “If it is continuous, it is better. We met new friends, got to know CHCB better, thank you.”

Beth Reilly, the CHCB nurse who spearheaded the program, reflected on its success: “In order for any one person to grow – in order for an organization or a community to grow – we must stay connected to ourselves, to each other, and to our community at large. We can all attest to the fact that health and wellness are not purely prescriptive; health and wellness must also be cultivated and nurtured from within. This cultivation grows from opportunities that enable individuals to connect. CHCB’s Healthy Walking Program Pilot did just that.” If you would like to sponsor our next walking pilot, contact Kristen Wirkkala at [kwirkkala@chcb.org](mailto:kwirkkala@chcb.org) or 802-264-8199.

# A Note from Alison

“Providing a solid foundation of care for our youngest patients is vital to ensuring a lifetime of good health.”

Alison Calderara, CHCB CEO



■ The onset of fall swings CHCB back into the rhythm of the school year. Kids of all ages are coming in for their well-child visits, immunizations and sports physicals. Some will leave with a new book in hand from our Reach Out and Read Program, which supports the simple, proven idea that reading and good health go hand-in-hand.

Our School-Based Dental Center will connect over 700 kids to a lifetime Dental Home. Staff is busy translating new enrollment forms for New American students, and finishing touches are being made on our brand new dental chair and panorex x-ray unit, kindly funded

through donors. This year will mark the first time these children can get all their required x-rays on-site at the school. Following this model, details are being finalized to place our CHCB pediatrician within Winooski Schools, in partnership with University Pediatrics. Our partners at our newest site, Winooski Family Health, serve all ages and cast a wide, welcoming net to families and adults in their thriving city.

Our Pearl Street Youth Health Center will welcome a new crop of young adults in need of primary care; whether uninsured and living on the street or coming to us from the comforts of a college dorm, we serve

all youth in need of a welcoming atmosphere, empowering them to get and stay healthy.

For kids who face challenges and struggle in their day-to-day lives, CHCB is by their side in family shelters, at the food shelf, and in partnership with the Lund Center. Just like the seasons, CHCB is a constant presence in the lives of 30,000 Vermonters; providing a solid foundation of care for our youngest patients is vital to ensuring a lifetime of good health.

With thanks for your support,

A handwritten signature in black ink that reads "Alison".

## Welcome, Winooski!

■ CHCB is proud to announce the addition of Winooski Family Health as our eighth health center location. Winooski Family Health has been lovingly nurtured as an independent family practice over fourteen years, first by Ann Goering, MD and then joined by Anne Knott, MD, in the heart of Winooski. CHCB took on the practice in May, formally merging our already-aligned missions of care.

The City of Winooski is located within our Medically Underserved Service Area with twice as many individuals living below the poverty level (25.5%) than the statewide average. In the past five years, the city's refugee population has grown by 60%.

We're excited to offer their more than 4,000 patients access to the many benefits offered by Federally Qualified Health Centers including interpreter services, financial assistance, prescription assistance, nutrition services, and connection to psychiatry, counseling, and dental care.



# A Safe Place to Heal



■ This summer marked the opening of CHCB’s third housing program collaboration, the Bel Aire Apartments. This former motel on Shelburne Road has been converted into eight apartments which will provide

permanent and temporary housing for 12 homeless residents; CHCB will provide onsite case management and connection to our homeless health care program services. Select apartments will be reserved

for medical respite for community members for whom continued hospital stay is not necessary, but who lack a home or safe place to recover.

Medical respite is a necessary part of the health care spectrum for homeless patients. In order to make a full recovery after a hospital stay, we all need a safe home environment in order to heal or stabilize a chronic condition that has escalated. Medical respite allows people to access the ongoing care they need without the stress of surviving in a homeless situation competing for priority.

Over the years, we have had patients endure brain surgery, cancer treatment, bone fractures, pneumonia, and more without an appropriate setting to promote optimal healing. A place to heal can mean the hospital care received is not only successful, but decreases the risk of a return to the Emergency Department.

# Battling an Epidemic

■ Our CEO, Alison Calderara, sat down with Deputy Commissioner, Barabara Cimaglio, before her retirement from the Department of Health, Division of Alcohol and Drug Abuse Programs. Barbara’s job was to look at the alcohol/drug program system and assess policy measure goals in prevention, intervention and recovery. She worked with many service organizations throughout the state and kindly declared that CHCB was the “best partnership” during her tenure. We’ll take it!

Barbara commended CHCB on our holistic approach saying, “CHCB cares for patients with the full health care lens.” She also noted that CHCB was an early pioneer in opiate treatment. “In the early 2000’s, there were so few options for treatment because people weren’t thinking of these



disorders as medical conditions,” she said.

Since 2014, the State of Vermont has confirmed more people struggling with an opiate disorder than with alcohol, and in fact, opioid overdoses have surpassed car fatalities due to drinking. “Although the wait list for treatment is coming down due to places like CHCB, there also needs to be a focus on recovery in the future and linking it with a peer support model.”

# Did You Know?

CHCB is the largest Office-Based Opioid Treatment Program or “Spoke” in Vermont’s nationally recognized “Hub and Spoke” opioid treatment model. Spokes are primary care offices with physicians who can prescribe buprenorphine and who are supported by a Registered Nurse and a Licensed Alcohol and Drug Counselor. This team develops a shared care plan to help the patient both with medication and with services to address other psychosocial stressors.



# Wish List

Your donations go straight to work with these specifically-needed items. Any amount helps!

## Safe Harbor Furniture \$2,500

Now that our Safe Harbor Health Center has been renovated, we are in need of some basic furniture for our staff workspaces. We plan to put wish list funds allocated to Safe Harbor, our site for the Homeless Healthcare Program, towards items that include an office desk for the outreach program, two new computer set-ups, a table and chair for the new breakroom, and new office chairs to support our staff's ergonomic health.



## Riverside Spruce Up \$5,000

Of our eight locations, the Riverside Health Center is our main hub. With a total 272,674 medical, dental and counseling patient visits since the new building was constructed in 2012, our waiting rooms are high-traffic areas in need of some TLC. New carpeting and fresh paint will go a long way in ensuring these spaces remain comfortable and welcoming for our patients.



## Team Space Redesign \$8,000

The imagined redesign of our Team Workspace will create a space for our Nurse Case Managers to sit directly in our medical areas, instead of in a separate office. This will allow them to work alongside the providers and their medical assistants, enabling triage nurses to be more immediately integrated in the patient care team experience and ensuring more continuity and streamlined patient care.



## Dental Items \$7,000

Our Dental Center is always in need of these high-use, preventative items!

- Cavitron Tips (20) - \$170 each
- Restorative Instruments - \$2,000
- High Speed Drill - \$1,000
- Hygiene Kits (33) - \$18 each



To make a donation or learn more, please contact Kim at [kanderson@chcb.org](mailto:kanderson@chcb.org) or (802) 264-8193.

# All Aboard the Winter Warming Shelter MealTrain!

■ Last winter, the 35 beds at CHCB's Warming Shelter provided a warm, safe place to sleep for a total of 179 homeless individuals over the course of the winter season. Thanks to the hospitality of the local community, guests were also able to enjoy a warm meal each night; we had 55 different meal donors provide 125 nutritious dinners overall! Meal contributions mean so much to our guests and play a critical role in providing a sense of security and togetherness to those in our care.



Would you like to donate a meal? The sign-up schedule for this winter is now live at <https://mealtrain.com/womd11>. Want to contribute but can't cook? No problem! We can now accept monetary donations for food purchases through MealTrain as well.



## Homeless Healthcare Program Wish List

■ While the Winter Warming Shelter operates seasonally, CHCB's Homeless Healthcare Program runs year-round. We have an ongoing need for vital supplies for both patients who are homeless and those who are transitioning into housing. You can easily purchase these items via our Amazon Wish List at: <http://a.co/f40ckl1>.

You do not need to buy these items new if you have gently used equivalents that you would like to donate instead! Please contact Janine Fleri at [jfleri@chcb.org](mailto:jfleri@chcb.org) or 264-8191 to arrange drop-offs of used items at either our Riverside or Safe Harbor Health Centers.



The living room area of our Winter Warming Shelter is made so much cozier thanks to the generosity of donors like you!



617 Riverside Avenue  
Burlington, VT 05401

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## The Community Health Centers of Burlington Newsletter

- **ALISON CALDERARA, M.ED.**  
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*Director of Development & Communications*

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# Fiscal Year 2017 Highlights



**104,495**  
patient visits



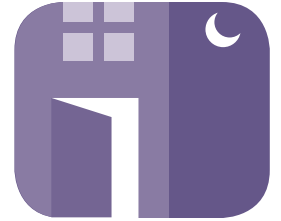
**357**  
patients received  
treatment for  
opioid addiction



**638**  
children received  
dental care  
at CHCB's  
School-Based  
Dental Center



**13,386**  
visits assisted  
by interpreters  
to ensure  
culturally  
competent care



**179**  
individuals  
stayed at least  
one night at  
CHCB's Winter  
Warming Shelter

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All CHCB programs and services are accessible to people with disabilities. This newsletter is available in alternative formats upon request.

Notice of Privacy: The Community Health Centers of Burlington protect the health information of our patients and gift information of our donors in all of our activities including our fundraising work. If you no longer wish to receive newsletters, fundraising appeals, or event invitations from us, please contact the CHCB CR&D Department at 617 Riverside Avenue, Burlington, VT 05401, kanderson@chcb.org, or call (802) 264-8193.

