

# Taking Care of YOU!

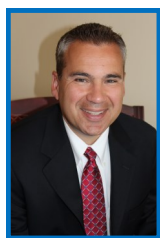
## 45-YEARS OF CONVENIENT, AFFORDABLE AND ACCESSIBLE HEALTHCARE FOR EVERYONE!

Hometown Health Centers length of service in the Capital Region is an anniversary worthy of special recognition and celebration. Forty-five years of caring for children and families, especially those most vulnerable, makes us all very proud.



Today, Hometown is a top-rated medical, dental and behavioral health care practice that is nationally recognized for its quality care and service provided to more than 19,000 people. Ours is a story of progress and determination. From the humble beginnings of a single physician who understood the importance of access to care in a poor community Hometown Health Centers has grown into a multi-practice system offering healthcare and other vital services to patients at locations in Schenectady, Amsterdam and school-based health at Mont Pleasant Middle School and Schenectady High. As our reach expands health outcomes continue to improve.

This year we will honor Hometown Health Centers and the many individuals who have worked and invested time, effort and talent in its success. This is a theme that we will promote in the communities we serve, and with our many partners, supporters and friends who will enjoy this moment with us. Please know that all of you are part of Hometown's history and what's even better...you can be with us to write the next meaningful chapter.



Joe Gambino  
CEO  
Hometown Health Centers

### Widespread Flu in New York State

The New York State Department of Health Commissioner, Dr. Howard Zucker, declared influenza widespread in the state as of December 28, 2016. According to the NYS Dept. of Health website, "The flu is not just a really bad cold. The flu is a contagious illness that affects the nose, throat, lungs and other parts of the body. It can spread quickly from one person to another. It can cause mild to severe illness, and at times can lead to death."

<https://www.health.ny.gov/>

The best way to prevent the flu is by getting a flu shot. If you have not had a flu shot, talk to your provider.

**Get the shot not the flu!**



#### Schenectady Health Center

- Primary Medical Care
- Dental Care
- Behavioral Health
- Vision Care
- On-site Lab & Pharmacy

#### Amsterdam Health Center

- Primary Medical Care

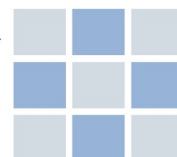
#### School Based Health Centers

#### INSIDE THIS ISSUE

- ⇒ Celebrating 45 Years!
- ⇒ Flu in NY State
- ⇒ Dental for Students
- ⇒ Winter Tips
- ⇒ Health Centers at School
- ⇒ Translation services

#### SPECIAL POINTS OF INTEREST

- Getting help with insurance
- Dedication to Compliance
- Looking for Volunteers



## NEED HEALTH INSURANCE?

Open Enrollment through the NY State of Health ends **January 31!** Schedule an appointment with our Enrollment Specialists today!

Necesita seguro médico? El periodo de inscripción abierto a través del Mercado de Seguros de Salud termina **el 31 de enero**. Haga su cita con nuestros Especialistas de Inscripción hoy!

Call/Llame al 370-1441 x4708

## ETHICS AND COMPLIANCE

Hometown Health Centers belongs to you, our patients! If you know of: **Fraud**, deception for unfair gain by an employee; **Waste**, an employee who misuses resources; or **Abuse**, misuse of any resources or authority for personal gain, please report it.

if you have not received excellent care we want to know. You can call Hometown's Compliance Hotline at **518-688-3460**. Dial \*67 first to block caller ID, if you wish to remain anonymous.

## LOOKING FOR VOLUNTEERS

Are you interested in learning about how to join the Hometown Health volunteer Board of Directors?

Email us:

Nominations@hhhc.org

## HOMETOWN HEALTH CENTERS

SCENECTADY  
1044 State Street

AMSTERDAM  
67 Division Street

Phone: 518 370-1441

[hometownhealthcenters.org](http://hometownhealthcenters.org)



Hometown  
Health  
Centers



## DENTAL HEALTH FOR STUDENTS

**Did you know that Hometown Health also offers a Dental Hygiene program in Schenectady City Schools?!** This is a great opportunity to have your child seen by a Hometown Health Registered Dental Hygienist for routine teeth screening, cleaning, fluoride treatment or teeth sealants during the school day. Look for a dental permission form, to be sent home with your child, throughout the school year or ask your Hometown Health Provider or Dentist for more information. By returning your child's permission form their name will go into a drawing to win some great prizes. The hygienists also give healthy snack parties in the classrooms if each child returns their dental form.



## WINTER WEATHER HEALTH & SAFETY TIPS

- Stay indoors during storms
- Wear a hat, hood or scarf
- Wear layers of clothing
- Keep fingertips, ears, and nose covered outside
- Keep clothing dry
- Use a hair dryer or small heater to thaw frozen pipes, never an open flame
- Stretch before you go outside to remove snow

More winter tips here: [ww1.nyc.gov/site/em/ready/winter-weather-health-safety.page](http://ww1.nyc.gov/site/em/ready/winter-weather-health-safety.page)

## GETTING HELP IN SCHENECTADY

- HEAP—Home Energy Assistance Program
- <http://www.ny.gov/services/apply-heap>
- City Mission of Schenectady
- (518) 346-2275
- SCAP—Schenectady Community Action Program
- (518) 374-9181
- Concerned For The Hungry
- <http://www.concernedforthehungry.org>
- The Salvation Army of Schenectady
- <http://empire.salvationarmy.org//empireny/schenectady>

## Does your child attend Schenectady High, Mont Pleasant Middle School, or Hamilton Elementary?

If yes, they can be enrolled in our School Based Health Center Program!

Students who are enrolled in the **SBHC** program can be seen for medical care and treatment at school, during school hours, without the need for a parent or guardian to be with them, and then return to class after their visit.

Medical services include: routine and preventive care, administration of medication, routine physicals, immunizations, screening tests, counseling and health education.

Ask for an enrollment form from any Hometown Health Centers Provider or Associate, at any of the participating schools, or online at [hometownhealthcenters.org](http://hometownhealthcenters.org)



**Hometown Health will bill all insurances.**

**There is no copay for a student to be seen at the School Based Health Center.**

## HEALTH AWARENESS

**January** — Cervical Health

**February** — Heart Health

**March** — Colorectal Cancer



Need translation?

We can help!