

HANDS, HEARTS and HEALTH

Community Volunteers In Medicine • 300 B Lawrence Drive • West Chester, Pennsylvania 19380-4263

CVIM'S Give Kids a Smile Day Is A Huge Success

February is Children's Dental Health Month and Community Volunteers in Medicine (CVIM) teamed up with two local dental organizations to give uninsured children in Chester County a real gift. On Friday February 4, 2005, members of the Chester/Delaware Dental Society collaborated with CVIM to host a "Give Kids a Smile Day". The program is promoted nationwide by the American Dental Association and the local Pennsylvania Dental Association to raise the level of awareness of the tremendous unmet dental needs of children in our communities.

During this day, more than 20 dentists saw 63 children and did 83 x-rays, 25 extractions, 54 fluoride treatments, and filled 78 cavities, applied 86 sealants, and did four



Among the fun stations to fill the waiting time for children participating in Give Kids a Smile Day was a popular coloring table put to good use by these happy youngsters.



Playing dress-up helps fill the time.



Trying to win hide and seek!

stainless steel crowns. These children are able to be free of pain and thrive in school when their dental work is completed. Most of all they are free of pain that they often believe is normal.

While the children were waiting to take their turn in the dentist's chair, twelve Henderson High School students volunteered their time to make sure that the children's visit to the dentist was fun. A number of activity stations were arranged for the children and staffed by the senior high school students from the West Chester School District. The project was coordinated by Julie Matthews. The following students contributed to the program: Jillian Marshall; Sarah Grum; Andrew
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CVIM Patients Benefit From Holiday Assistance

In lieu of the “Adopt a Family Program”, CVIM decided to offer community groups and individuals that wished to help, the opportunity to purchase gift certificates for food, and other essential items to support needy families and/or individuals. It has become difficult to select families for the traditional “Adopt a Family Program” because every single individual seen at CVIM has many needs. Furthermore, the needs of these people exist every day of the year and not just at the holiday time. Each and every week of the year, our professional volunteers and small staff are pleased that such resources exist for distribution.

CVIM would like to acknowledge the generous gifts of the following organizations and individuals for the wonderful gift certificates that keep on giving throughout the year: Mr. and Mrs. Howard Lewis; Mr. and Mrs. Vernon Walker; Paoli Hospital Clinical Managers, Nursing Supervisors and Clinical Educators; the Paoli Hospital Auxiliary-Anthony Wayne Branch, the Great Valley Branch, the Conestoga Hershey’s Mill Branch and the Valley Forge Branch; Ms. Mary Martino; the Paoli Presbyterian Church, and the West Chester Junior New Century Club.

Santa’s Workshop

The Citadel Federal Credit Union set up and staffed a Santa’s Workshop with toys and gifts and wrapped presents for patients. West Chester University donated many Teddy Bears through their annual Bear Fair. Many of the children were thrilled with their new fuzzy friend.

The week of Thanksgiving, Alan Brody of Bryce’s Catering Company, donated 40 turkeys and all of the trimmings for distribution to many of our needy families. A consistent theme from our patient population is a request for the basics. Food is at the top of the list each and every day.

If you are interested in donating gift certificates, we can use cards all year long from the following stores: Acme; Giant; Shop Rite, Target, K Mart, Walmart, and Wawa which is good for gasoline. The professional staff, seeing the patients on a daily basis, can assess the immediate needs of people and restore some hope. We appreciate your help in reaching out to our numerous neighbors that struggle to purchase essentials of daily living. ♥

In Memory

We mourn the loss of Thomas F. Tommey, Jr., M.D. who so faithfully and generously volunteered at CVIM every other Wednesday morning to support our women’s health program. His expertise and gifts as a gynecologist were valued contributions to our program. Dr. Tommey leaves a void at CVIM that will be hard to fill. We extend our deepest sympathy to his family. Our lives were touched by his unselfish work. ♥

Message from the President

CVIM Completes Seventh Year Helping Working Poor

CVIM will soon be completing its seventh year of primary care medical and dental services for the uninsured working poor that live and work in Chester County. As a team of volunteers come together, with our small staff to do this work, we are reminded more than ever about the importance of our mission.

Uncompensated primary care in hospital emergency rooms was a problem in Chester County. Our founders, the late Gordon B. Hattersley, Jr. and Vincent G. Bell, Jr. former hospital trustees, were well aware of this problem and decided that a Volunteers in Medicine facility might be the answer to this growing problem in Chester County. Seven years later, through the research of Thomas King, a West Chester University graduate student in Public Health, CVIM was able to complete research to determine the primary care utilization patterns of emergency departments of the hospitals in the County over the past four years. There has been a 38% decrease in primary care visits over this period of time. CVIM has consistently seen more patients over this same period and is obviously managing their health so that primary care visits to the emergency department are no longer increasing. Acute episodes of illness are often avoided. By providing medical and dental visits with medication and laboratory support, the uninsured patients are able to stay at work and children can stay in school. CVIM has become the initial point of entry for their care.

Education has been an integral part of our treatment plan so that behavioral changes can be accomplished. Patients are learning about the importance of taking their medications and why they are essential for their continued management and stability.

The millions of dollars saved through the primary care intervention at a facility like CVIM translate into huge savings to the health care system in general and the escalating cost of health care premiums for all of us.

We remain grateful for your support of CVIM and especially the ability for us to use our dollars in a more cost effective and efficient manner. There are escalating needs in our community and finite resources. CVIM is committed to being a good steward of your gifts. Our numerous volunteers and small staff join me in thanking you for this incredible journey. ♥

Gratefully,

CVIM's Greens Workshop Teaches The Healing Properties Of Food

By Ana M. Negrón, M.D

Volunteer Physician, Member of the CVIM Board

Mention health care and most people think of doctors, medicines, and insurance companies. But, isn't that really sick care?

Come to a Greens Workshop and learn how food can make you healthier, even reduce your need for medications. Over the past year, almost 50 patients and CVIM staff have joined me to learn about the healing properties of food. Most people come to the workshops referred by their doctor or nurse practitioner. Many are on medications for high cholesterol, diabetes, asthma, constipation, hypertension, arthritis, heart disease-chronic conditions that are closely linked to lifestyle.

Armed each with a knife and a cutting board, we gather to chop a healing bounty of plants replete with vitamins, antioxidants, nutrients that combat free radicals and phytochemicals that slow down inflammation. The food we chop for the program and my assistant Denise Rohr-Williams, are faithful monthly contributions of Board Members, Eric and Susan Eichler, who believe that even as we try to manage disease with medications, we must earnestly support health.

The workshops emphasize the untapped great variety of green leaves (cilantro, Napa cabbage, Swiss Chard, bok choy, lettuces, beet greens, kale, collard, kohlrabi greens) since they are a reliable source of vitamins, minerals, and other phytochemicals that help reduce lipids, blood sugar, weight, constipation, etc. with hardly a calorie or side effect.

Cooked whole grains unify the

dish. Although they are a powerful source of nutrients, vitamin E, and fiber, we mostly eat refined grains with fat and sugar added in processed commodities

like white bread, tortillas, muffins, bagels, pizza, cakes, or cookies. Whole grains (wheat berries, whole oats, brown rice, wild rice, quinoa, amaranth, hulled barley) are the

mainstay of nutrition throughout most of the world. They are also at the base of the USDA Food Guide pyramid. Do you find them in the aisles of your supermarket?

The beautiful colors of the rainbow make their way into our big meal. A bowl of green leaves, whole grains, vegetables, fruits, legumes, nuts, seeds, and finally seasonings complete our unique and flavorful creation. The aroma invades the room. Gentle conversation leads us into our feast. By the time we answer the Post Test questions and enjoy the food we have prepared, a new attitude is germinating. ♥

CCYO Supports CVIM

On April 9, 2005, the Chester County Youth Orchestra performed a benefit concert for CVIM. These talented youth are to be commended for their outstanding performance and for giving back to their community. The funds raised from the concert will support the dental health services provided for uninsured children that live in Chester County. Last year over 340 children had their teeth fully restored. Hundreds more are waiting to have work completed. ♥



Health Education Specialist Joins CVIM

CVIM is pleased to welcome Rachel Bare as a Health Education Specialist who is bilingual. She has completed a medical interpreter training program and works closely with professional volunteers that need interpretation support as patients are treated. She is managing a number of educational initiatives that will support behavioral change for CVIM patients. Rachel has a BS in Education/Spanish from Eastern University.

Thanks to the generosity of a special grant from the Phoenixville Community Health Program, Rachel will be traveling to Guantajuato, Mexico with West Chester University from June 1 through June 6, 2005 to learn more about the Mexican health care system and clinics available to many of the immigrants that settle in Chester County. ♥

Main Line Quilters Support CVIM

The Main Line Quilters have announced that CVIM is one of two recipients of funds raised through a hand crafted quilt raffle during 2005. Members of the Main Line Quilters Guild will be traveling over Chester and Lancaster County displaying this hand crafted masterpiece. They will promote raffle sales for this special hand appliquéd "Celebration Quilt". Raffle sales information may be obtained from Laura Morgan 610-408-9320 or Velma Reilly 610-449-6243. Tickets are \$1 per ticket or six for \$5.00. The quilt will be raffled in December 2005. ♥

Would you like to help?

To volunteer or lend financial support, call:

610-836-5990

Area Leaders Participate In Give Kids A Smile Day



Left to right: Senator Robert Thompson, Paul Britt, DDS, Jackie Nagorny, RN, JoAnn Fleming, RDH

Left to right: Sharon Bayley, Harcum College dental hygiene student, Lori Tibbitts, Harcum College dental hygiene student, Thomas Bayley, DMD, Commissioner Andrew Dinnimin.

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Haughton; Tracy Chin; John Elicker; Eric Elicker; Kristin Hall; Melissa Grabko; Michele Fitzgerald; Morgan Hess; Melissa Bruce, and Christina Thurston. CVIM is most grateful for the incredible teamwork that made these two days a huge success.

On Saturday, February 5, 2005, the members of the Chester/Delaware Dental Hygiene Society hosted a "Sealant Saturday" to participate in activities to celebrate Children's Dental Health Month. With these two full days of services, a total of \$31,489 in dentistry was donated to needy children. Hygienists did 52 examinations

and 52 fluoride treatments. A total of 226 sealants were completed to prevent decay of molars. ♥



Was it worth it? His smile says it all!



A volunteer gets in the spirit of the day.



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