

white mountain community health center

with support from the Memorial Hospital

Fall 2009



From the Desk of Patricia McMurry, Executive Director:

Dear Friends,

Can you imagine having a health problem and having no way to pay for health care? That's a reality for many of our friends and neighbors.

Our local economy is based on tourism. Most of those jobs pay modest wages and many employers don't offer health benefits for a variety of reasons, including high costs. This very real problem that could leave hard-working individuals and families without the medical services they need.

White Mountain Community Health Center is the solution for the valley. We have a sliding fee scale which allows us to offer low to no-cost health services to the uninsured and underinsured in our community. We're the only organization in our immediate area that provides this safety net. We need your help to make sure the safety net is a secure one. Every dollar you give allows us to prevent another person, another family, from falling through the holes in our healthcare system.

You can support our mission by donating to our **Annual Appeal** online or by mailing a check. You will make a difference in our community by giving what you can to help us make sure everyone has access to affordable healthcare. We can't do it without you.

Thank you!

Making WMCHC a "Medical Home"

The phrase "medical home" means, very simply, that a patient has one facility where they can find the care, compassion, resources and skill sets they need to lead healthier lives. For WMCHC that means reaching beyond providing primary care into what we call "wrap around" services. At WMCHC we participate in programs with organizations like Partners in Health, The American Cancer Society, The National Heart, Lung and Blood Institute, Memorial Hospital, MWV Psychological Services and many other local and national resources to provide our patients with access to the resources they need. WMCHC offers these wrap around services to our registered patients:

Health education • Medication Bridge Program
Mental Health Counseling • Nutrition Counseling
Social Work • Smoking Cessation • Food Pantry
Child Care Resource and Referral

For more information about these and other services provided by White Mountain Community Health Center visit us online at www.whitemountainhealth.org



Donating to our Annual Appeal is easier than ever! Visit

www.whitemountainhealth.org/giving.html#help

Click the button:



You can choose how your money is spent by designating one of our many patient assistance funds (more info available online) or make a general donation to help offset the cost of free care.

You can also mail a check to:

WMCHC • P.O. Box 2800 • Conway, NH 03818
Make checks payable to WMCHC.

WMCHC is a 501c3 nonprofit organization. Donations are tax-deductible.



Dear Health Center I had
a lemonade stand and
want you to have this
money. God Bless You!

Local entrepreneur donates 100% of profits to charity!

For the second year, young Alexis Noel donated all the profits of her annual lemonade stand to charity, with half of the proceeds going to support White Mountain Community Health Center and half to Conway Area Humane Society. Alexis, the daughter of Gene and Denise Noel of Madison, saw the word "donations" when she was at the health center and asked her mother to explain it. Once she understood the concept, this caring young girl decided to have a lemonade stand and give away all the money she earned from it. "Gene and I are very proud of her. She does this from the heart." mom Denise said. We here at WMCHC are also proud of Alexis, and pleased to be a recipient of her generous spirit.

Real Voices

Hear what our patients are saying.

- *I was scared because my mother had cancer and I needed to get tested. I didn't have enough money. WMCHC allowed me to get the care I needed to give me peace of mind. The staff are a very caring group, and you couldn't ask for more. K.T.*
- *One of our food pantry recipients threw her arms around me and said, crying, "You don't know how much this will help my family! WMCHC Nutritionist*
- *I find the staff very caring and the doctors and nurses listen to you. I find I am getting excellent medical care. When I call with a question I get a prompt answer. C.B.*
- *I lost my health insurance. I don't know what I would have done without the health center. B.D.*
- *The friendly and helpful staff make going to the doctor an awesome experience! We would be lost without them. S.H.*

Take a Turkey Trot!

Overindulgence seems to be as much a part of the holidays as turkeys. You can burn those holiday calories by taking a "turkey trot" with family and friends after holiday meals. Everyone can join in. Fido will probably be getting a few extra calories too so don't forget the dog! You don't have to hike a mountain or walk 'til you drop. Just a short jaunt around the neighborhood will burn more calories than sitting on the couch. Don't let those calories pile up! Include lots of fruits and veggies in your meals and take a turkey trot or two this holiday season!



Stepping Out of the Box

WMCHC believes in stepping outside the box to find **creative ways to help our patients live healthier lives**. Two of the ways we're doing that are the Employer PrePaid Program and Healthy Heart Screens.

- **The Employer PrePaid Program** is a unique benefit program that allows local employers to maintain a discounted debit account for their employees. The funds in the accounts are utilized to pay healthcare costs incurred at the health center at a discount.
- **Healthy Heart Screens** provide blood pressure, cholesterol, blood sugar and body mass index measurements for a minimal cost. The test results can then be used to guide further care at WMCHC or another facility.



Deborah Cross, APRN joins WMCHC

Deborah Cross earned her Bachelor of Arts degree from Rutgers University and then went on to receive an Associate of Science degree in Nursing from Louisiana State University. After working as a Registered Nurse for twelve years, Deborah received her Master of Science in Nursing from the University of California, San Francisco. Her program specialty was Family Practice. Deborah (Debbie) has recently relocated to the area and says, "I am happy to be in this beautiful area, and look forward to serving the patients of White Mountain Community Health Center".

WMCHC Welcomes New Board of Directors Members

The WMCHC Board of Directors has historically consisted of local business and community leaders. That tradition continues with the installation of four new members:

Ibby Cooper: Owner of the Inn at Thorne Hill in Jackson.

Carol Hastings: Retired Educator & resident of Fryeburg.

Brenda Leavitt: Managing Partner at Badger Realty in North Conway & resident of Fryeburg. Brenda and her husband, Richard, are the founders of The Miranda Leavitt Diabetes Fund.

Scott McKinnon, the President/CEO of Memorial Hospital.

(For more information on the Miranda Leavitt fund, please visit our website at www.whitemountainhealth.org.)



How can you help?

A gift of cash
A gift of stock
A gift of life insurance
A gift of real estate
Bequests

Please consult your financial advisor for further information if you are considering gifts of stock, life insurance, real estate, or bequests.

How is your donation used?

To help cover the costs of providing free care to the uninsured and underinsured.

www.whitemountainhealth.org

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