

white community mountain health center

with support from the Memorial Hospital

SPRING 2009

From the desk of Patricia McMurry, Executive Director



While we are all pining for spring many people in our area have more important matters on their minds. Not a day goes by at the health center without us hearing that some of our patients have had their work hours reduced or lost their job entirely due to this economic downturn.

One ripple effect is that the health center finds fewer people able to pay their medical fees and more who can pay nothing. It boils down to no income, no health care for many folks. *Last year, WMCHC averaged about \$27,000 a month in free and reduced rate services; this year we are averaging \$34,000 a month.*

Without your support, times would be tougher for those in need of health care. Contributions come from the Memorial Hospital, the State of New Hampshire, grant makers, area towns, Main Street businesses and year round and summer residents of the Mount Washington Valley. This issue gives you a picture of businesses, clubs and individuals who make our medical safety net a strong one. We are grateful for a strong caring community we call Mount Washington Valley.

Making healthcare affordable is a primary goal at WMCHC. People without health insurance, or with very high deductibles, tend to avoid seeking medical care because they are afraid they can't pay for it. Here at WMCHC, we offer a sliding fee scale, where fees are based on income and family size and where discounts range from twenty to one hundred percent.

As a society, we tend to think of those without insurance as being "destitute" individuals, but the truth is that, in New Hampshire, 75% of households without health insurance have at least one full time worker. The sliding fee scale is designed to make sure that members of our community without health insurance can afford to get the care they need.

"I thought there was no place for me to get healthcare. I had lost my insurance. I have a chronic health condition. I was really scared. I came to WMCHC because a friend told me they would help me. They have. Because of them I have the healthcare I need at rates I can actually afford."

The Miranda Leavitt Diabetes Fund was established in 2008 by Brenda



and Richard Leavitt in honor of their daughter Miranda, who passed away as a result of diabetes at the age of 22.

The fund, administered by the White Mountain Community Health Center, is designed to help diabetic patients in needed care, supplies, support and education they need to live long and strong lives in the face of diabetes.


Committee members L to R Front Row: Bernie Friberg, Janice Crawford, Melissa Leonard, Theresa Bernhart Back Row: Dara Guptil, Wendy Olson, Donna Woodward, Patricia McMurry (WMCHC), Karla Flicker, Colleen Cormack, Brenda & Richard Leavitt.

Thank you to these generous people who donated to our Annual Appeal 2008

- Richard & Mary Badger
- Nan & Curt Bartlett
- Mack Beal
- Bob & Janet Bridgham
- Joanne & E. Allen Brooks
- Peter J. Cutrone
- Mr. & Mrs. Stephen J. Desrosiers
- Jim & Jean Drummond
- Dr. & Mrs. William Dudley
- S. Jean Fernandez
- Arlene Fleming
- William & Claire Flynn
- George & Carol Fontaine
- Henry & Judith Fowler
- Steven & Debra Gendall
- Mr. & Mrs. Michael Hathaway
- Dan & Trina Jones
- Mr. & Mrs. Richard W. Jones
- Theresa L. Kennett
- Kenneth & Sarah Kimball
- Catalina Kirsch
- Dr. & Mrs. James Mallon
- Chris & Ann Marchioni
- Mary Martin & Mary Warner
- Christ Church Episcopal Churchwomen
- Kendal C. and Anna Ham Charitable Foundation
- Mountain Center Physical Therapy & Sports Rehabilitation
- St. Margaret of Scotland Anglican Church
- Henry & Penny Michalski
- Mr. & Mrs. James Mirabella
- Cathy D. Nealon
- Andrew Orsini
- James A. Osgood
- John B. Pepper
- Linda Fox Phillips
- Suzanne Rancourt
- R.A. Skarda
- Darlene Damour Spence
- Cindy Spencer
- James S. Umberger
- Linda & Frank Wise
- Don & Janis Woods
- James & Diane Yamartino
- AccuTemp Services
- Bay Street Discount
- Beggar's Pouch Leather
- Dearborn Precision
- Debit One Bookkeeping
- JFL Marketing
- North Country Fair Jewelers
- Rotary Club of Fryeburg Area
- Windy Ridge Corporation

and all the patients and "anonymous" donors who gave so generously during our Annual Appeal

Thank You!

The Medication Bridge Program, available at  WMCHC, assists patients in obtaining needed medications through the various pharmaceutical programs available. MedBridge is just one of the programs WMCHC takes part in that helps our patients live healthier lives.

WMCHC is a 501c3 nonprofit organization. Donations are tax-deductible. Call (603) 447-8900 for more information.



Patricia McMurry (WMCHC) with Anne Ficke & Lee Coffield of Mountain Garden Club.

At White Mountain Community Health Center, we recognize the importance of an adequate diet as a key to our patient's general health. Unfortunately, some of our patients do not have the means to provide an adequate supply of food to either themselves or their families. That's where our food pantry comes into the picture. Serving only health center patients, our tiny pantry provided 3, 483 meals in just one year. That number is growing with each passing day as the economic downturn and jobless rates touch our community. It's a sad reality, but it's not one we face alone. We've got help.

The New Hampshire Electric Coop and **The Mountain Garden Club of North Conway**, are our most recent examples of the teamwork it takes to beat hunger. New Hampshire Electric Coop donated over 40 cases of food. The Mountain Garden Club of North Conway, through their dedicated use of the Shaw's Receipt Reward Program, donated \$400 in cash which goes a long way toward keeping the shelves stocked! **The Freshman Class at Kennett High** conducted a food drive for us just prior to the holidays. **Settler's Green** conducted a food drive this past winter. **The Saco River Ranger Station** donates on a regular basis as well. **The Old Village Bakery** in North Conway keeps our freezer stocked with breads and baked items. **Sunbridge Care and Rehabilitation Center** and **Dr. Trish Murray of T. Murray Wellness Center** are examples of healthcare helping healthcare through their donations to the food pantry. We even see the little ones pitching in like **The Fryeburg Daisies Girl Scout Troop 832**. There are also many individuals who donate on a regular basis but never leave their names! We'd like to take this opportunity to thank all of the food pantry supporters.

WMCHC News Briefs

- North Country Jewelers and Delaney's Hole in The Wall Restaurant recently joined the businesses in our community who offer WMCHC's Employer PrePay Program to their workforces. The EPP is a prepaid account from which employees can draw to obtain health services at the health center at a discounted rate. Call Patricia McMurry for more information.
- Attending the Legislative Breakfast in February, Patricia McMurry, Executive Director of the health center, continues to build support for and understanding of the challenges faced by community health centers in New Hampshire.
- Through the Medication Bridge Program, the health center helped patients save over \$430,000 on prescription drugs during 2008.
- The Healthy Smiles Dental Program for children began using electronic dental records in the fall of 2008. This development helps our dentist and hygienist have each child's records and notes available at the touch of a button!



How can you help support WMCHC?

- 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.

Your donation helps cover the costs of providing free care to the uninsured and underinsured.

Local businesses support WMCHC through fundraisers:



Gifts of Life, North Conway Village



Soyfire Candle North Conway



Services at WMCHC

- Healthcare for men, women & children.
- Physicals, tests & screenings
- Family planning
- Prenatal care
- Pediatric care
- Social work
- Mental health counseling
- Nutrition counseling
- HIV/STD testing
- Teen walk-in clinic
- Food pantry
- Healthy Smiles dental program for children
- Breast & cervical cancer screening for uninsured or underinsured women
- Smoking cessation help
- Prescription assistance
- Healthy Heart Screens
- Patient assistance funds

