



Newsletter

February 2024



JOIN US FOR AN

OPEN HOUSE

Wednesday, February 21st 5:00 p.m. - 7:00 p.m.
115 N. Center St.
Beaver Dam, WI

Our Mission:

Church Health Services, Inc. is a faith-based healthcare organization offering medical, dental and mental health care clinics for low income children and adults. We partner with local congregations through our Parish Nurse Program to help them become centers for health and healing.

Phone: 920-887-1766 • Email: info@churchclinic.org • Website: www.churchclinic.org

CHS in the Community

February is American Heart Month & Flu Season



February is American Heart Month. Do something nice for your heart this month and continue it for the rest of the year. Start with something easy, maybe healthy snacks? You can find plenty of options with an internet search. Go for a short walk a couple times a day, especially with the few more minutes of daylight at end of day. If you are struggling with loneliness or a feeling of isolation after the winter months, there are counselors available to speak with. Call your health provider for recommendations.

High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. Monitoring your own blood pressure at home can help you keep your blood pressure under control. The link that follows is to the CDC website www.cdc.gov, you might find their information quite helpful too! Another good source is www.heart.org, the American Heart Association.

Bob also shares this very useful this useful graph that helps to tell the difference between flu, RSV, Covid-19 and the common cold. Symptoms of influenza (flu), respiratory syncytial (sin-SISH-uhl) virus (RSV), and COVID-19 are similar and may include fever, cough, and shortness of breath. Because the symptoms are similar, it can be difficult to distinguish between illnesses caused by respiratory viruses. To diagnose a potential case, healthcare professionals may use a diagnostic test.

Talk with your health care provider, who knows your health history, to get the best advice on whether or not you should receive any vaccines or immunizations.

Graphic provided by the National Foundation for Infectious Diseases, (NFID) <http://www.nfid.org/>

HOW TO TELL THE DIFFERENCE BETWEEN FLU, RSV, COVID-19, AND THE COMMON COLD				
Common symptoms may include cough, headaches, sneezing, runny nose, and congestion. Different symptoms may include:				
	COLD	FLU	COVID-19	RSV
ACHES	XX	XXX	XX	X
DIFFICULTY BREATHING	X	X	XXX	XX
FATIGUE	XX	XXX	XXX	X
FEVER	X	XXX	XX	XX
LOSS OF TASTE OR SMELL	X	X	XX	X
SORE THROAT	XXX	XX	XXX	X
WHEEZING	X	X	X	XXX

Dennis, our volunteer pharmacist, asks all to share the following information with others. We have many types of insulins, both oral medications and pens along with diabetic supplies available to those who are having a tough time affording them. Anyone needing this help needs to talk with their health care provider who can then supply us with the needed prescription. Dennis and our staff will get the needed items ready for pick up at our 115 N. Center St. Beaver Dam location.



To receive a copy of our newsletter, email: info@churchclinic.org. or call: (920) 887-1766, option 5.

Community Support

Call-A-Thon 2024 Update



Thank you to our team of Call-A-Thon volunteers! Follow up calls are still being made and YES donations can still be made to this year's event! Funds raised go to support the costs of our dental and mental health clinics and services to children and adults in our area that otherwise would not have access to these needed services.

- 100% of donations directly support Medical, Dental and Mental Health Clinic
- 5,600+ Children and Adults are being treated in our Dental Clinic
- We are currently in 29 school buildings in Dodge and Fond du Lac counties
- We are providing mental health services for the Dodge County Sheriff Department and the Waupun Police Department
- We provide prescription and over the counter medications for free to all low-income community members

In 2023 our dental clinic had 2,185 appointments seeing about 10 patients per day. Our mental health counselors are seeing 115 children in their schools weekly. We anticipate being able to serve more adults as we finish and furnish our second floor renovation. We will have more than doubled our counseling room availability.



If you did not get a call and would like to donate to our Call-A-Thon, the QR code shown will take you to our website donation page. Please note Call-A-Thon in the memo area.



Thank you!

THANK YOU to all donors to our LFP! This pantry has frequent visitors to it. From school age children who might not have food at home, to retirees who have to decide whether to fill their prescription or buy food. These are issues no one should have to be faced with, thank you again to all who help donate supplies to our LFP! Nonperishable food items and personal care items can be placed in the pantry at any time or if you have a lot to donate, please drop your items off inside any Monday thru Thursday.



THANK YOU!

Lions Club
Diabetes
Awareness
Team for their



recent donation of diabetic supplies and copies of two books written for children who have diabetes. We are grateful for your help !

If you or your child is in need of diabetic supplies, give us a call, (920) 887-1766 or email info@churchclinic.org

Staff

Dental Mission Trip Dominican Republic 2024

Dr. Jeff and Josilyn journeyed again to the Dominican Republic in January. While they had planned to revisit last year's location, a hurricane ended those hopes. Their group persevered and found another location to help out! While there they were able to see and treat so many people! Dr. Jeff shared that this year they were able to save many teeth because the team had the supplies and equipment to clean and fill cavities this time! The health advantages to keeping your teeth are many. For example, your natural teeth are stronger, easier to care for, and function better than even the best dental implants or artificial teeth. Your teeth won't shift if you can save the tooth, where with an extraction your teeth may shift to fill in a gap. Dental fillings are one way to save a tooth and keep your smile!



JOIN US!

Face-to-face Group Sessions

Group Facilitator: Kerry Zehren, SAC

For: Fond du Lac School District Students

Length: 8 week minimum

Cost: Free

Time: During your child's lunch period. No disruption of academic instruction will occur.

Purpose: This group is designed to help meet the needs of students. It serves as a safe environment to connect, share, support, and develop resiliency skills.

For more information please contact FONDY CARES Supervisor @ 920-906-6733



Kerry is planning small group sessions for student in the Fond du Lac School District. The focus of these groups is to promote a safe place to allow students to connect face to face, share, and develop skills to become better able to move through and grow after difficult times.

Children's Dental Health Month

