



Health Care Happenings

A Pueblo Community Health Center Update

1st Quarter 2016

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Are you Centering?

Thanks to March of Dimes and Newborn Hope, **CenteringPregnancy**[®], a new and innovative approach for women to receive prenatal care, is now available for patients of Pueblo Community Health Center. The mom-to-be begins care with a traditional one-on-one visit with their physician or midwife, but that's where similarity to usual care ends.

Women are grouped together by due date (typically ten each group) and begin meeting for their prenatal care together. Each group meets for two hours for ten sessions throughout their pregnancy and early postpartum. This unique model empowers women to choose healthy behaviors and seek the support of their peers experiencing similar issues and concerns at similar times throughout their pregnancies.

While the benefits of group support are obvious, what is even more important is that this format actually gives the patient 10x more face time with their provider than traditional care. At the beginning of each appointment, moms take their own weight and blood pressure and record their own health data. They then have private time with their provider at each appointment before the group "circles up" and the facilitated discussion begins. Topics discussed over the ten sessions include nutrition, common discomforts, stress management, labor and delivery, breastfeeding, and infant care with supportive materials provided.

At PCHC, traditional, one-on-one care is still available for any woman who wants it. **CenteringPregnancy**[®] is a supportive and innovative alternative for those wishing to experience a different approach to prenatal care.

To learn more about becoming a patient at PCHC or learning about **CenteringPregnancy**[®], email info@pueblochc.org.

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Co-Chief Medical Officer

David Krause, MD
Co-Chief Medical Officer

Karen Miller, DDS
Chief Dental Officer

Justin McCarthy
Chief Operations Officer

Cindy Pratt
Chief Financial Officer

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Chief Development/
Foundation Officer

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Donald Moore, CEO

Letter from the CEO

Dear Friends,

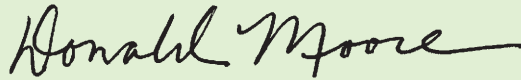
A truly great blessing in my life are my daughters. Julia and Marie have enriched our family's lives immensely. If you are a parent, grandparent, aunt, uncle, etc. you know what I mean. Their lives began, gratefully, with a healthy birth.

Do you know someone who had a premature or complicated birth? Did the baby have to be transferred to Denver or Springs for higher level care? Were there myriad medical visits and procedures in the baby's first years of life? When these situations occur it is amazingly stressful for the mom, dad and family. The cost of care is significant. Most importantly, the baby starts life "at-risk" for so many challenges, i.e., long term health effects, compromised learning ability, etc.

The best chance for a healthy birth is early and adequate prenatal care. At PCHC, this care is initiated in the first trimester for 81% of the pregnant patients we serve. Babies born to moms PCHC serves have a low birth weight rate of 8.9%, which compares favorably to the Pueblo County and State rates of 8.7% and 8.8%, respectively, given the high-risk population we serve. This is important because we are helping families enjoy the blessings that kids bring each of us --- free of the worry that accompanies a poor outcome at birth. Since PCHC cares for one out of four moms/babies born in Pueblo, providing high quality perinatal care is contributing to Pueblo's overall quality of life.

Thank you for your interest in and support of PCHC; it means more than you will ever know.

Donald Moore



Donald Moore
Chief Executive Officer



Giving to PCHC Changes Lives

For nearly 33 years, PCHC has served the health care needs of the people of Pueblo and Huerfano counties, regardless of a patient's ability to pay. If you choose to contribute, it enables us to continue to offer expanded services that include primary medical, dental, behavioral health, and pharmacy services. If you want to help us continue to serve the health needs of this community, we invite you to make a contribution to Pueblo Community Health Center Foundation.

All funds raised through this plea will be allocated to our Foundation for future health center needs. Any donation is appreciated and no gift is too small. Your support will make a difference in the lives of the people who trust their health needs to our providers.

If you would like to learn more about naming opportunities or planning for larger gifts, please contact Laura Kelly, Chief Development and Foundation Officer at (719) 543-8718 x 152 or email lkelly@pueblochc.org. Thank you for caring about the care of those in need.

Mission

Since 1983, Pueblo Community Health Center has provided primary care to those in need

Meet Dr. Brett Hulet

Years with PCHC: 5

What you do at PCHC: OB/Gyn physician

Where are you from: Pasco, Washington

Where did you go to school: Washington State University and Marquette Medical School

Hobbies/Interests: Fishing and playing duplicate bridge

Favorite food/restaurant: Shrimp. Favorite restaurant is Pegasus in Castle Rock.

Favorite movie: The Green Mile

Favorite music/band: Styx

Favorite place to vacation: Any place new

Most surprising talent: Bee keeping

Most rewarding aspect of your job: Preventing and diagnosing early cervical and endometrial cancer when it is still successfully treatable.



Locations

Colorado Avenue Clinic
300 Colorado Avenue
Pueblo, Colorado 81004
(719) 543-8711

Pharmacy & Administrative Services (Patient Registration, Patient Accounts & Human Resources)
110 East Routt Avenue
Pueblo, Colorado 81004
(719) 543-4545 (Pharmacy)
(719) 543-8711 (Administration)

Park Hill Clinic & Pharmacy
1302 East 5th Street
Pueblo, Colorado 81001
(719) 543-8711 (Medical)
(719) 545-5582 (Pharmacy)

O'Rourke Dental Clinic
2030 Lake Avenue
Pueblo, Colorado 81004
(719) 564-4823

Avondale Clinic
328 Avondale Boulevard
Avondale, Colorado 81022
(719) 947-3344

Grand Avenue Clinic
1008 North Grand Avenue
Pueblo, Colorado 81003
(719) 584-3964

Central High School-Based Wellness Center
216 East Orman Avenue
Pueblo, Colorado 81004
(719) 253-6156

East High School-Based Wellness Center
9 MacNeil Road
Pueblo, Colorado 81001
(719) 549-7730

Pueblo County High School-Based Wellness Center
1050 35th Lane
Pueblo, Colorado 81006
(719) 544-7247

Heroes K-8 Academy School-Based Wellness Center
715 West 20th Street
Pueblo, Colorado 81003
(719) 253-6310

Risley International School-Based Wellness Center
625 Monument Avenue
Pueblo, Colorado 81001
(719) 549-7915

Walsenburg OB Clinic
129 Kansas Avenue
Walsenburg, Colorado 81089
(719) 738-2718

Administration & Foundation
112 East Pitkin Avenue
Pueblo, Colorado 81004
(719) 543-8711

2015 CenteringPregnancy® Impact

48,000
CenteringPregnancy® Moms

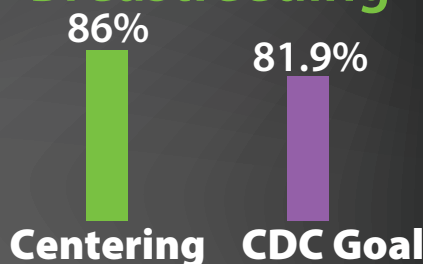


Preterm Birth



Centering 6.8%
March of Dimes Goal 9.6%

Breastfeeding



Low Birth Weight



Centering 6%
Healthy People 2020 Goal 8%

303 Preterm births avoided

\$16 million savings

Based on practice sites reporting data on 10,800 women through CenteringCounts™ as of December 31, 2015.

Vision

To be the primary health care provider of choice in Pueblo County by providing top quality care through accessibility, leadership and financial independence



Pueblo Community Health Center

110 East Routh Ave.
Pueblo, Colorado 81004

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Please consider donating to help Pueblo's families in need of high quality, affordable health care.

Amount

- \$25 \$50 \$100
 \$200 Other _____

If you wish to have your gift of \$250+ qualify for Colorado Enterprise Zone tax credits, please make check payable to "PCHC Foundation", include EZ contribution in your memo, and mail to PCHC Foundation

- Check enclosed, payable to: **PCHC Foundation**
110 E. Routh Ave. • Pueblo, CO 81004
 Charge my credit or debit card:

Card Number _____ Expires (mo/year) _____

Card Billing Address _____

Signature _____

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Have you remembered us in your will or trust? Please contact us to learn more (719) 543-8718 x152 or lkelly@pueblochc.org.