



Charlotte Community Health Clinic

# Clinic Checkup

Spring 2014

## Clinic Wish List

- ♦ White copier paper
- ♦ Ball point pens—black and red
- ♦ Yellow highlighters
- ♦ Post-It notes
- ♦ \$5 Walmart Gift Cards for patient prescriptions

*“No one is useless in this world who lightens the burdens of another.”*

—  
Charles  
Dickens

***Together, we are changing the lives of people in our community. The following is a letter of appreciation from a CCHC patient who recently enrolled in ObamaCare. As a result, she will be receiving health services in a new setting.***

To all my friends at CCHC,

Just a quick note to let you know how much I appreciate all you have done for me over the past few years. All of you are certainly angels of mercy. It seems like just yesterday that my husband and I walked through your doors for the first time, when in fact it was a lifetime ago. You have taken care of me and extended your services with such open hearts. I was made to feel at home and with the greatest respect. You made me feel like you really cared.

From the very first day getting all the paperwork in order to enroll, you made me feel special. Then, through many education classes, I learned all about diabetes, how and what to eat, how to cook the food, the right portions, how to read labels, and how to shop.

There were also my favorite visits with Dr. Carter or Dr. “Coleman,” if I was having a “Senior Moment,” and I was especially fond of my visits with Martha. In a loving, motherly way, she got her point across. She was quick to praise me when I did well and then lash the verbal whip when I had been lazy. Over the years we have worked together, and now you have given me the formula to a healthy life—now it is up to me.

To all the wonderful people in the lab, which I call the *Vampire Department*, I guess I will miss you also, but it will be in a different way. I hope I will still have all those good diabetes sugar results.

To all the people in the front office and everyone else whose names I can't remember, you all have been so helpful and friendly. You guys are all such special people. You are like my family in Charlotte, and I will miss my visits with you. I don't think my husband and I would have made it through that horrible time without you. Thank you so much for all your help.

With the deepest respect and love, you are so very much appreciated.

~Joyce Kierstead  
*Reprinted with permission.*

## **OBESITY: The # 1 Health Problem of our Children**

*by Danielle Lingle, Family Nurse Practitioner*

Have you heard all of the hype about being healthy? There is good reason for it. According to the CDC, 17% of America's children ages 2 -19 are obese. Children at CCHC contribute to this national statistic. In fact, over 20% of our pediatric patients struggle with being overweight or obese.



Why does being obese matter? Aren't chubby kids cute? We worry because research shows that its affects on children's bodies puts them at high risk for chronic, preventable diseases like heart disease and diabetes, in adulthood. These illnesses cost the U.S. healthcare system millions of dollars every year.

Furthermore, kids who are overweight or obese often get bullied or picked on in school. They usually have lower self-esteem than their peers and often suffer from anxiety and depression. Many of the children in our pediatric clinic have these conditions, and having mental health issues is probably the second most common health problem at CCHC.

What can we do to help with the obesity epidemic in our own homes? Here are some ideas: **1.** Talk about the problem. **2.** Be an advocate for healthy foods in our community, especially in schools. **3.** Practice a healthy lifestyle – exercise, eat more fruits and vegetables, drink more water, and be a role model to young people around you.

Obesity is a preventable problem, and one that can be solved. If we all work together, we can greatly improve the health of our future generation. Will you help Charlotte Community Health Clinic and the community at large by taking a stand against obesity?



Charlotte Community Health Clinic

8401 Medical Plaza Drive

Suite 300

Charlotte, NC 28262

704-316-6561

[charlottecommunityhealthclinic.org](http://charlottecommunityhealthclinic.org)



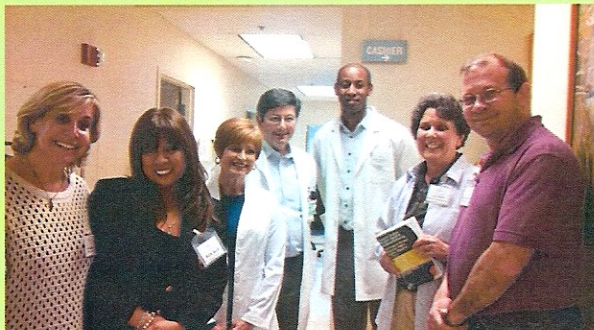
Find us on  
Facebook



@MyCCHC

## **Charlotte Community Health Clinic Has a New Congregational Healthcare Team!**

Temple Beth El (TBE) is the newest congregation to join CCHC. As with CCHC's other congregational teams, the TBE Team is coming one evening each month to see patients. This team has two sub-teams, women's health and primary care/orthopedics, which rotate every other month in their specialties. Each night has three providers and supportive staff such as nurses, certified medical assistants, interpreters, and front office staff.



**Welcome,  
Temple  
Beth El!**