

HAWC Herald



Speak Up

Many people go to the doctor ready to just listen and let the doctor take the lead. But the best patient-doctor relationships are partnerships. You and your doctor working together as a team to address your medical problems and keep you healthy.

Your first step is to find a primary doctor you feel comfortable talking to you; good communication is key to good health care. Make a list in advance of the things you want to discuss with your doctor, and put them in order with the most important ones first. You should bring a complete list of all medication, including prescription drugs, vitamins and herbal remedies you are taking.

During your visit, make sure to ask questions if anything is unclear to you.

Bring up any problems or concerns you might have, whether or not the doctor asks about them. Ask about different treatment options.

Take an active role in your own health care. Do everything you can to get the best care possible.

To make an appointment at the HAWC Community Health Center, please phone 329-6300 and speak to a scheduler.

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Dental South

HAWC Dental South was obtained in early 2003. Dental care services include comprehensive oral exams, fluoride treatments and varnishing; extractions, root canals, restorative dentistry, cleanings, tooth scaling and root planning, application of dental sealants, fillings, dental x-rays, oral hygiene, and tobacco and nutritional education and counseling.

HAWC Dental South has seven fully operational operatories, one of which is a “quiet room”, is adjacent to the primary dental care operatories and allows the patient a place to rest and recover.

HAWC Dental South is located at 6490 S. McCarran Blvd. #A9

Located across from Albertson's on S. McCarran in the “Quail Park” Complex

To make an appointment, phone

(775) 825-6702

Walk-ins welcome

HAWC accepts Medicaid, Nevada Check-Up, and Nevada Care Kids. A sliding fee scale is also available.

HAWC Receives Community Contributions, Rotary Donations, and Grants

As the only federally qualified health center in Washoe County, the HAWC Community Health Center depends on contributions, donations and grants in order to offer access to affordable, quality, comprehensive health care to all in need, regardless of their ability to pay.



The HAWC Community Health Center would like to extend our thanks and gratitude to the Sparks Rotary Club for their support and contribution to the Vaccination Station.

Additionally, during the last three months, HAWC receive generous contributions from the E.L. Cord Foundation, the Brett & Deborah Foundation, Clark & Associates of Nevada, Inc.; Dr. & Mrs. Robert K. Myles; Dr. Terry McCaskill, P.C.; the Sierra Neurosurgery Group; Mr. George Peek, ERGS, Inc.; Join Together Northern Nevada; and the Reno Rotary Club.

Because of the generous support of local community members, foundations, and companies, hundreds of uninsured individuals in the Truckee Meadows are able to access quality, affordable comprehensive health care.

Thank You!!

Hold That Smile. . . .

Three-quarters of adults over age 35 are affected by periodontal disease that weakens the gums and can loosen teeth to the point of falling out.



*W*hat causes it: Plaque buildup that helps pockets of bacteria to form.

*P*revention: Brush teeth after meals (at least twice daily) with fluoride toothpaste, floss at least once a day to remove plaque and get regular checkups and cleaning.

To make an appointment with a HAWC Dental Provider, please call:

HAWC Main Clinic at 329-6300 option 4 or
South McCarran HAWC Dental Clinic at 825-6702

Earth's Easiest Exercise

Let's Move IT



Walking can add years to your life and life to your years. And, it couldn't be easier. You don't need to join a health club, wear special equipment, or go into training to reap the rewards:

The Conditioner Walking conditions your heart and lungs and raises your body's ability to use oxygen more efficiently. Fact: In one study, women who walked briskly (3-4 miles per hour) at least three times per week cut their risk of heart attack and stroke by more than half.

The Protector Walking helps beat other health problems, too. It reduces your risk of some forms of cancer

and osteoporosis. It fights the battle of the bulge, taking off fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

The Joint-Saver Walking can burn about as many calories per mile as jogging does. But it delivers only about a quarter of the jolt, so it's much easier on your joints and muscles.

The De-Stressor Walking is easy on your mind, too, since it lessens stress and lightens depression. Beginning walkers usually report they feel better and sleep better, and their mental outlook improves.

Chiropractic Services

In order to provide optimal healthcare choices to our patients, HAWC now offers comprehensive chiropractic services.

Chiropractic treatments are primarily applied to the spinal region, but many individuals incorrectly assume that chiropractors treat only back and neck ailments. While we do quickly and effectively eliminate back and neck pain, it's not the only goal. "The purpose of chiropractic is to restore and optimize health.

The body's innate recuperative powers are affected by and integrated through the nervous system, correcting spinal abnormalities which irritate the nervous system can lead to a number of favorable results in patients suffering from various, seemingly non-spinal health conditions.

For more information or to schedule an appointment, please phone 329-6300.

2008

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The **mission** of the HAWC Community Health Center is to assure access to affordable, quality, comprehensive primary health care for all in need.

It is the **vision** of the HAWC Community Health Center that all individuals in need of care have access to comprehensive, primary, health care services.

HAWC

Community Health Center

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Suite 120
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MARK YOUR CALENDAR!

February 1st—National Give Kids a Smile Day

February 18th — Clinic Closed for President's Day

March 15th 9—2:00 Sierra Pacific Energy Assistance Expo

March 21st & 22nd—Clinic Closed in observance of Good Friday

April 19th 9—1:00 Children's Immunization Day

SIMPLE TIPS TO SLIMMER WAISTS

Everyone knows that eating right and exercising are the keys to weight control. But here are some less obvious tips to make your efforts pay off fast.



① **Eat Breakfast.** it's true—regular meals and occasional low-calorie snacks help prevent the “famine-the-feast” syndrome. *Great start:* Fill up first thing with energizing high-fiber cereal, whole-grain bread and fruit.

② **Post a list of small projects on the refrigerator:** then, whenever you're bored and tempted to snack, tackle an item from your list. *Results:* The distraction will help you ride out crave attacks.

③ **Serve yourself half the amount:** you usually eat if you tend to eat everything in front of you. Make less food look like more by using smaller plates.

④ **Keep burning fat and calories:** with regular aerobic exercise such as walking, biking, swimming or rowing. *Advantage:* Aerobics can raise your metabolism both during the workout and for hours afterward.

⑤ **Take time to enjoy your food:** it takes about 20 minutes for your brain to receive the signal that you are full. *Slow your meal:* Put your fork down between bites; chew slowly; and savor each flavor and texture.

For more information or to schedule an appointment , please phone 329-6300.

We're on the Web!
www.hawcinc.org