

FREE HEALTH SCREENING FAIR for the Whole Family

✕ *When* — Saturday, April 29th
11:00 am - 2:00 pm

✕ *Where* — **Greene Medical Arts Center**
159 Jefferson Heights, Catskill, NY 12414

All Services Are FREE

- Blood Work
- Mammograms and Colorectal Cancer Screening
- Help in Applying for Health Insurance, Food Stamps, WIC, Prescription Medications
- Tips on How to Quit Smoking
- Tips on Losing Weight
- Blood Pressure Checks
- Mental Health Referrals
- Referrals for Addiction Recovery
- Health Education on Multiple Topics

Sponsored by
Greene County Rural
Health Network



GREENE COUNTY
RURAL HEALTH NETWORK

ALL THIS AND MORE!

www.GreeneHealthNetwork.com



CMH

Columbia Memorial Health

WELCOME TO OUR HEALTH SCREENING FAIR

SATURDAY, APRIL 29, 2017 | 11:00AM – 2:00PM

GREENE MEDICAL ARTS CENTER | 159 JEFFERSON HEIGHTS | CATSKILL, NY

Directory of Services ALL SERVICES ARE FREE

Sponsored by
The Greene County
Rural Health Network



GREENE COUNTY
RURAL HEALTH NETWORK

Screening/Medical Information Table

See Dr. Daniel Fitzgerald from Columbia Memorial Health if you need a prescription for blood work or mammograms. Your test results will be sent to your primary care doctor. If you do not have a doctor, then Dr. Fitzgerald will be glad to review your results and also serve as your primary care doctor if you wish. Dr. Fitzgerald will be happy to answer any questions you have about medical needs and care.

Free Blood Test

Columbia Memorial Health is providing blood tests to screen for several conditions, including diabetes, multiple cholesterol problems and liver function. The blood draw is given at the CMH Blood Draw Station, and you can get a prescription for the blood test from Dr. Daniel Fitzgerald, who will be at the Fair.

Free Mammograms

Columbia Memorial Hospital is sponsoring free mammograms to check for breast cancer. The National Cancer Institute recommends that women age 45 or older have screening mammograms every 1 to 2 years. This service will be provided at the Fair by Greene Medical Imaging. See Dr. Daniel Fitzgerald to obtain a prescription for the service.

Health Insurance Help

Staff in the Navigator Program will help individuals, families, small businesses, and small business employees with signing up for affordable health coverage thru the New York State of Health: the Official Health Plan Marketplace.

Prescription Medications

The Prescription Access Program helps people who are uninsured and underinsured to access prescription medications at low or no cost directly from pharmaceutical companies. We can help you complete an application.

Mental Health Services

The Greene County Mental Health Center provides effective, readily available, comprehensive, and well-integrated mental health services to all county residents. Services include assessment, crisis intervention, counseling and psychotherapy, and medication management. Information on available mental health programs will be provided at the Fair.

Addiction Recovery Services

Twin County Recovery Services, Inc. serves both Columbia and Greene Counties with two out-patient Clinics, a Men's Community Residence, a Women and Children's Community Residence, the Drinking Driver Program of NYS, Community and School Based Prevention Programs, and the Drug Court program. Twin County has served Greene County for 38 years and is pleased to present special programs upon request. Information and screening are available on site at the Health Fair.

(please flip over)

Tobacco Cessation Tips

Tobacco Free Action will provide cessation resources, as well as information about smoke-free living.

Losing Weight (Healthy Weight Initiative)

Losing weight can be hard. You're told you have to eat less, eat right, and get active. That's a big "triple challenge." So, most people either don't try to lose weight or they become discouraged and quit after awhile. We say one challenge at a time. "Manageable Challenges" starts by asking you to eat less. If you eat less, then you will lose weight. Once you are losing weight by consuming less, then you can start eating healthier food and exercising.

This program has been developed by the New York State Academy of Family Physicians, and adopted by the Greene County Rural Health Network.

Also, get information on our 8th GreeneWalks program that occurs during September-October and our 6th "Biggest Loser" contest starting in January; both programs offer cash awards.

Free Colorectal, Breast, and Cervical Cancer Screening and Information

Staff of the Cancer Services Program (from the Columbia County Healthcare Consortium) will help men and women, if they are uninsured and eligible for the program, sign up for cancer screening at no cost to them.

Clinical breast exams will be provided by Dr. Samira Y. Khera, who is part of Columbia Memorial Health clinical staff.

Health Education on Key Public Health Concerns

This table, staffed by Greene County Public Health, provides information on ZIKA; Lyme Disease; Ticks; Lead poisoning; Dates/Times of Rabies Clinics in 2017; Pre Diabetes and Diabetes; Family Planning services; Prescription Medication Take-back locations; Sharps Kiosk information; Adult Vaccines; Hep C testing; Emergency Preparedness; Poison Control; Certified Lactation Counselor for Antepartum & Maternal Child Home Visits; and much more!

Diabetes

Diabetes now affects as many as 4,000 Greene County residents, and many of them do not know they have it. You can stop at the Greene County Public Health exhibit and obtain information about the disease and discuss your concerns.

Food Benefits (SNAP) and WIC

Catholic Charities of Columbia and Greene Counties will be providing pre-screening for eligibility for food benefits and assistance with the application and recertification process. Also, they will provide assistance for applying for the Women, Infants & Children (WIC) program, which provides checks to purchase food for children under five and for pregnant, post partum, or breastfeeding moms. Eligibility is based upon generous federal income guidelines.

Free Blood Pressure Check

Having high blood pressure puts you at risk for heart disease and stroke, leading causes of death in the United States. People of all ages and backgrounds can develop high blood pressure. Fortunately, it's mostly preventable. Have your pressure checked at the Fair. It's free.

Community Action of Greene County, Inc.

Community Action's Domestic Violence Program offers services and advocacy for victims and their families. Also, Community Action has information on self-sufficiency programs and its emergency food pantry.

Greene County Department of Human Services

This agency, which includes the Department of Aging and the Youth Bureau, provides a network of services designed to meet the needs of our population. These services are offered through a combination of subcontracted programs and direct services provided by department staff and volunteers.

Our “welcome packet” outlining these services will be available at the fair.

Free Hearing Screening

The Ascent Hearing Center is providing free hearing tests. Studies show older adults with untreated impaired hearing have a shorter lifespan than peers with hearing problems that utilize hearing aids. Dr. Kimberly Schaeffer will be administering the screening.

The office is located in Suite D001; take the elevator to the Basement.



**GREENE COUNTY
RURAL HEALTH NETWORK**

www.GreeneHealthNetwork.com

