



Center for
Family Health



CFH BEHAVIORAL HEALTH

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Lindsey Good

Behavioral Health Consultant with the Center for Family Health



Opening the door to
HEALTH CARE for all

CenterPiece

DECEMBER 2020

COMMUNITY NEWSLETTER

Electronic gatherings are a must this holiday

Family gatherings and festive parties must be canceled due to COVID-19, so it's important to interact in other ways, said Lindsey Good, a Behavioral Health Consultant with the Center for Family Health.

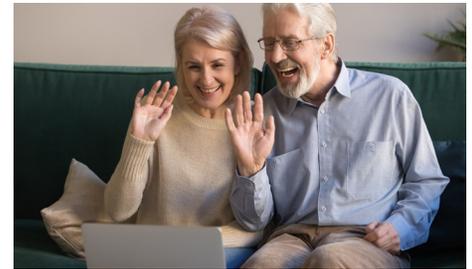
“I think the biggest thing is to be intentional, to pay attention to ourselves and to the people we love,” she said.

COVID-19 cases have risen sharply nationally, in Michigan, and in Jackson County, causing public health experts to urge families to cancel holiday gatherings or keep them very small.

Indoor gatherings at “residential venues” can have no more than 10 people from no more than two households, under a November 18 order from the Michigan Department of Health and Human Services. Holiday gatherings at non-residential, indoor locations are banned completely.

“There are still ways people can interact with loved ones,” Good said.

Family members who live relatively close can drop off small gifts or mementos as a socially distant way to stay in contact, she said. Technology, such as Zoom and



FaceTime, can be used to maintain electronic connection, Good said. Families might consider sharing a meal in a new way by connecting while they enjoy holiday dinners in different locations. They can also use gaming apps to stay connected in fun ways. Phone calls and texting can provide interaction for people without access to other technology.

Intentional self-care is important, too, Good said.

“That means taking time out to make sure we’re aware of our own feelings, doing things to lift our spirits,” she said.

“If people do need to talk to someone, we’re here at the Center for Family Health to help in any way we can.” ■

The Center for Family Health is an independent, federally qualified health center that never turns patients away because of inability to pay. It provides comprehensive, quality medical care, dental services and behavioral-health assistance to more than 30,000 patients at its main location in Jackson, a dental center, and four school health centers.

News in Brief



School health staff still seeing patients

Three of the Center for Family Health's School Health Centers are temporarily closed for services.

However, the providers from Jackson High Health Center, Northeast Health Center and Parkside Health Center are available to provide care at the Center's Downtown Facility, 505 N. Jackson St.

Call today to schedule an appointment with Bobbi Brandt, Colleen Goetz or Shawn Heiler – or any other provider – to schedule a physical, vaccines or flu shot. The Center's behavioral health specialists also are ready to provide care.

The Center's phone number is 517-748-5500. ■



COVID-19 testing now in outside heated area

COVID-19 testing is continuing at the tent outside the Center for Family Health's Downtown Facility at 505 N. Jackson St.

With the winter weather looming, the Center will be replacing the tent with a steel carport and heaters, said Sara Benedetto, COO.

Testing has been discontinued at the Northwest Community Health Center.

Patients can receive care for COVID-19 or any respiratory-related symptoms inside the downtown facility.

"We have created separate Walk-In space for patients with non-respiratory or COVID-19 symptoms for the safety of our patients," Benedetto said. ■

MEET DR. MAX CHEN, PEDIATRICIAN



- Dr. Chen was born in Houston and raised in Pittsburgh, where his mother is a pediatrician. Both he and his brother became pediatricians, too.
- "It's been the right choice," he said. "I feel like I'm a big kid, too. When you work with children, you get to interact in a more youthful spirit."
- Dr. Chen worked for 10 years with his mother and brother at their pediatrics clinic in Pittsburgh before deciding he wanted to try something different. He looked at opportunities in the central part of the United States, and in 2018 he accepted a position with the Pediatrics Department of the Center for Family Health.
- "What really clinched it for me was the people at the Center," Dr. Chen said. "From the top down, I had a good impression. That's what led me here."

"I am grateful that the community and the patients allow me to be who I am and trust me as a doctor. I appreciate that."

Flu shots available with or without appointment

Flu shots are particularly important this year in the midst of the COVID-19 international pandemic.

Patients can get the vaccine at the Center for Family Health's Northwest Community Health Center, inside at Downtown Facility or curbside at the Walk-in Clinic. Walk in, drive-up or call for an appointment.



Through the first week of November, the Center gave more than 4,100 doses of the flu vaccine, at least 700 doses more than the same period last year, said Sara Benedetto, COO.

In addition, the Center has started mobile flu clinics at various locations, including the Jackson Interfaith Shelter and Jackson Affordable Housing sites. ■

Contact your federal lawmakers!

Please call your U.S. senators and your congressman! We need to remind U.S. Sen. Debbie Stabenow (202-224-4822), U.S. Sen. Gary Peters (202-224-6221) and U.S. Rep. Tim Walberg (202-225-6276) of the important role that health centers play in keeping Americans healthy! ■