



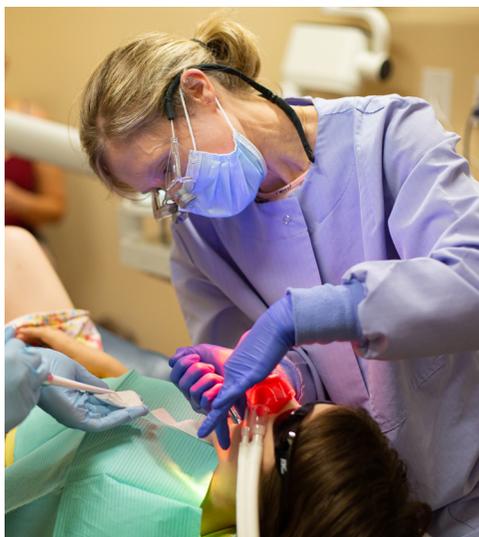
# CenterPiece

SEPTEMBER 2021

COMMUNITY NEWSLETTER

## CFH SERVICES

## Some tips to keep smiles healthy all year long



It's no secret that brushing our teeth at least twice a day is an essential part of our daily routine to keep our mouth healthy and cavity free. However, maintaining good oral hygiene goes beyond just taking care of our teeth: Our gums are the foundation of a healthy mouth and an essential part of maintaining good oral health.

### What are some ways to avoid gum disease?

Thankfully, there are several easy ways to keep your mouth healthy and protected against gum disease:

- Brush twice a day with fluoride toothpaste
- Clean between your teeth daily with floss or a between-the-tooth-cleaner
- Visit your dentist at least once a year
- Avoid smoking
- Maintain normal blood sugar levels

Following these basic tips and establishing a consistent oral hygiene routine is all it takes to keep your mouth and gums on a healthy track now and into the future. ■



For more information on our Dental Clinic, please visit [CenterforFamilyHealth.org/dental](https://CenterforFamilyHealth.org/dental) or call 517-748-5500.

Opening the door to  
**HEALTH CARE** for all

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 35,000 patients at its main location in Jackson, a dental center, and four school health centers.

# News in Brief



## School Health Centers

We are excited to announce that our Center For Family Health School Health Centers are open again, just in time for the new school year! Typically open year-round, the Health Centers have been closed during the Covid-19 Pandemic.

The school health centers accept most commercial and government insurance programs, including Medicaid; and offer a sliding discount program. No one is turned away because of inability to pay, making it easy for students and parents to access health care. It's like having a doctor's office in your child's school.

### Locations include:

Jackson High Health Center

Northwest Community Health Center

Parkside Health Center



Appointments and drop-in care are available. Visit [CenterforFamilyHealth.org/school-health-centers](http://CenterforFamilyHealth.org/school-health-centers) or call 517-748-5500 for more information or to schedule an appointment today. ■

### ▶▶ Walk-In Clinic

Our Walk-in Clinic is available to everyone; you do not need to be a patient at the Center for Family Health. It is perfect for quick visits when you are sick but are unable to get an appointment with your regular provider. **No appointment is needed.**

505 N. Jackson St., Jackson, MI 49201  
**517-748-5500**

### Clinic Hours

Monday – Friday 9:00 AM – 9:00 PM  
Saturday – Sunday 9:00 AM – 6:00 PM

## Covid Update

According to the CDC COVID-19 tracking system, Jackson County currently has a Substantial Level of transmission. While vaccination continues to be the most important public health action needed to end the COVID-19 pandemic, the surge of the Delta variant across the country has prompted the CDC to issue updated safety recommendations:

- Get a vaccine
- Wash hands frequently
- Wear a mask in tightly enclosed spaces or within 6 ft of others
- Get tested if you are exposed, even if you are vaccinated
- Stay home if you feel unwell

Because guidance is different for vaccinated and unvaccinated people, the Jackson County Health Department released a COVID-19 Exposure Guide to help navigate the proper response for everyone. ▶▶



## Be a Wise Woman and get your free health screenings

Have you put off important screenings or been worrying about the cost of care? The Michigan Department of Health and Human Services (MDHHS) is offering two **free** screening programs for women:

### The Breast and Cervical Cancer Control Navigation Program (BC3NP)

covers the cost of various breast and cervical screening and diagnostic services for women aged 21-64. **Visit [michigan.gov/BC3NP](http://michigan.gov/BC3NP) for more information on this important service.**



**Wisewoman** is a program designed to help identify and understand risk factors in women for various chronic conditions such as cardiovascular disease (CVD), stroke and diabetes. Participants receive a free health screening and opportunity to speak with a health coach. **Visit [michigan.gov/WISEWOMAN](http://michigan.gov/WISEWOMAN) for more information on the program.**

## MEET DR. NORA FLOOD, OB/GYN PHYSICIAN



Dr. Nora Flood is an OB/GYN physician here at Center for Family Health. Originally from Minneapolis, Dr. Flood has been with the Center for the past two years.

**“I love providing care to women at such powerful, yet vulnerable times in their lives,” says Dr. Flood.**

“It’s especially meaningful when I can learn their stories and better understand the ‘who are you?’ behind the medical care. I’m always inspired by my colleagues’ dedication to our patients and the mission of CFH. They keep me motivated on tough days and remind me we why we’re here doing this work.”

“Dr Flood is a very caring and conscientious physician. She always goes above and beyond to help staff and patients,” says Dr. Rose Johnson, Chief Medical Officer at the Center. “In addition, she is up to date on the newest recommendations for women’s health care.”

In her free time, Dr. Flood enjoys our community with her husband and two young daughters. “Our family likes to play outside at the Dahlem Center, go to the library, hit Hinckley donuts and run around with our neighbors. We are connoisseurs of the local playgrounds!” she says.