



Center for
Family Health

CenterPiece

JULY 2022

COMMUNITY NEWSLETTER

CFH SERVICES

Preparing for a first visit to the Dentist?



Walk-In Clinic

Open Hours

Monday – Friday 9 AM – 9 PM

Saturday – Sunday 9 AM – 6 PM

No appointment is needed to receive the care you need at the Walk-In Clinic. It is perfect for colds, sore throats, earaches, fever, pink eye and much more.

- Visit [CenterforFamilyHealth.org/walk-in-clinic](https://www.CenterforFamilyHealth.org/walk-in-clinic) to see how the Walk-In Clinic can help provide the care you need, now.

COVID testing and vaccines are still available.

We are now offering Covid vaccines to kids ages 6 months and up. **Please call our COVID hotline at 517-748-5363 for more information!**

Visiting the dentist is undoubtedly a momentous first in a child's life. Ensuring that a child's first visit to the dentist is a positive and pleasant experience can lay the groundwork for a lifelong, confident relationship with dental care providers. The Center's dental team is always excited to see first time patients. They are committed to making that first visit as comfortable and enjoyable as possible.

Here are some ways that you can help us make a great experience:

Timing is everything

The American Academy of Pediatric Dentists recommend children see a dentist by age one. Don't wait until they are an older toddler before taking your child to the dentist! For the most part, it won't be a long appointment, but it is the start of some highly informative appointments that are aimed at preventing dental disease from even starting.

Be sure to schedule an appointment for a time that your child is typically at their best. Maybe your little one is most agreeable in the morning when they first wake. Perhaps later in the day after a nap is your kiddo's best time of the day.



Minimize distractions

While you may choose to bring along an older sibling, partner or grandparent to help introduce your child to the dentist, it is best to leave younger siblings at home so you can be present and focus on your child, making sure your dental visit is a success.

Prepare ahead of time

There are many first-visit videos available on YouTube that can do wonders in helping prepare your child for knowing what to expect during a check-up. This can really help minimize any first-visit jitters they may be experiencing. Also, try to fill out any necessary paperwork ahead of time to help minimize time in the waiting room and be sure to write down any questions you may have ahead of time.

Over to continue ▶

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.

Opening the door to
HEALTH CARE for all

▶ *Continued; First visit*

Starting good habits at home

Keeping teeth healthy and cared for at home will help to avoid unpleasant treatments at the dentist such as cavities and fillings. Some easy habits to establish for your little ones include:

- **Brush with fluoride toothpaste twice a day and floss daily.** Incorporating a favorite song is a great way to help keep your child engaged for a full two minutes of brush time.
- **Limit sugary drinks and snacks.** Soda and juice can damage tooth enamel and candy can easily get stuck in little teeth, encouraging cavities. Water is the best choice for keeping little mouths healthy and can help wash away germs.

Most dentists recommend a dental visit every six months. During your child’s first visit to our Dental Department, the dentist will discuss your child’s needs and how best to address them. We are here to help guide you and your child towards a long, healthy path of optimal oral health. ■

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News in Brief 

School Health Center Update

We are excited to announce that the Parkside Health Center will be open and ready to serve all ages beginning July 25, 2022!

Stay tuned for more information about the reopening of additional school health centers.



GET TO KNOW CFH

MEET KELSEY TOMPKINS AND MICHAEL BRUSH, IT

In 2021, the Center for Family Health had the rare luck of finding two exceptional internal candidates for critical IT tech positions. Working in dissimilar jobs, one in Dental as a dental assistant and the other in Facilities as a maintenance tech, they caught the eye of Nilda Ward, IT manager.

Kelsey Tompkins came to the Center in September 2018 as a Patient Service Representative in Dental. In 2019, Kelsey became a Dental Assistant. During her time in the Dental department, she took the initiative to make sure all computers were up to date and working properly. With her solid understanding of Windows and Microsoft products, she became the go to IT person for both staff and IT. When asked how she became interested in IT, Kelsey stated, “I had intended to go into nursing and I was following that path, doing all the things that I needed to do and then, I got interested in Cybersecurity and the IT position came open, so I decided to try for it.”



“It is great to listen to them both because they look at resolutions differently. They feed off each other in positive ways and make sure the work is done. They work incredibly well together and are fantastic additions to IT.”

Nilda Ward, CFH IT Manager

Michael Brush started with the Center in September of 2020 in the Facilities department. When HR posted the positions, Michael applied. During the process, Michael’s interest in robotics and anything electronic was uncovered. This interest developed in high school where he built computers and learned about a variety of operating systems. As the facilities technician, he also had familiarity with the different departments and the employees. Describing what he liked most about his position and helping staff, Michael said, “I like that I can just jump in and solve the problem right away.”

Kelsey and Michael are both very funny and engaging.

Both Kelsey and Michael said teamwork is something they really enjoy. In their spare time, they both enjoy being with family. Kelsey likes to spend time with her family outdoors or traveling. She recently made her first trip to Mackinac Island. Michael stays closer to home and spends time with his fiancé, Molly. Watching TV series like CSI, or Molly’s favorite, Law and Order.