Center for Family Health
Opening the Door to Healthcare for All

December 2025 Community Newsletter

Center for Family Health Website | Get Latest CFH News + Updates | Careers at CFH

FEATURED INTERVIEW

Meet Mikaela Lujan, DDS, MS our new Pediatric Dentist at the Center for Family Health Dental Clinic

The Center's Dental Clinic provides expert, compassionate care, from baby's first tooth to regular checkups, all in a low-stress, family-friendly environment.

The Center for Family Health Dental Clinic is welcoming new pediatric patients!

Call **517-748-5445** today to schedule an appointment.

Watch the Interview

Ami Ward, Dental Manager, and Mikaela Lujan, DDS, MS talk teeth on the Bart Hawley show on JTV!

RESOURCES + NEWS

The Health Insurance Marketplace is now open! Outreach and Enrollment Experts are here to help you enroll. Call 517-748-5500 to schedule your appointment!

Holiday Hours are Here
at CFH *(see right)*
Follow us here on social media for updates!

December 24

All offices will be **closed**, ***excluding*** the Walk-In Clinic and Pharmacy

Walk-In Clinic Hours	9 AM - 5 PM
Pharmacy + Drive-Thru Hours	9 AM - 5 PM

December 25

All CFH offices will be **closed for Christmas Day,** *including the Walk-In Clinic and Pharmacy*

December 31

All CFH offices with evening hours, *including the Walk-In Clinic* will **close at 7 PM for New Year's Eve**

GIVING TUESDAY STATS

From November 25 - December 2, the Center for Family Health rallied together to raise funds to support our emergency food pantry. Because of your generosity, we surpassed our goal and raised $1100!

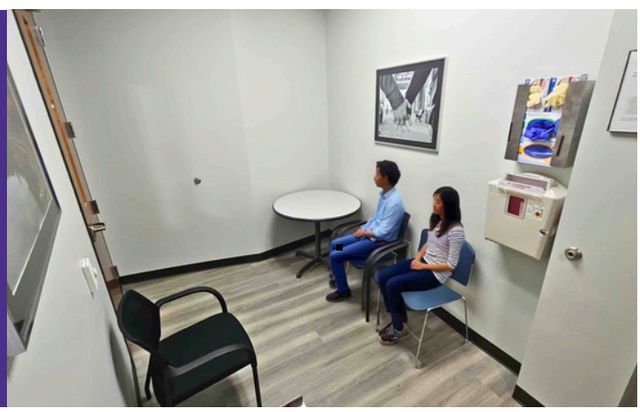
The Center for Family Health serves approximately 32,000 patients each year, with 82% living at or below 200% of the federal poverty level. Many cannot reliably access fresh or healthy food. Our emergency food pantry is open year-round to patients, and is often one of their first steps on the road towards getting help.

A sincere thank you to all that have donated and shared this Giving Tuesday campaign.

Thank You for Supporting Our Emergency Food Pantry!

6 REASONS TO SWITCH TO THE CENTER FOR FAMILY HEALTH PHARMACY

1. Access to discounted over-the-counter (OTC) medications for all!
2. Save time by having your prescriptions ready for you onsite after your medical visit
3. Fast and Easy Pick-Up Options: drive-thru or pick up inside
4. Speak directly with your pharmacist in-person in our NEW private consultation room or via phone call (*pictured right*)
5. Routine immunizations, including RSV, Shingles, and more. Ask your pharmacist about vaccines covered by your health insurance
6. Through HealthPay, our sliding fee discount program, prescription costs can be reduced for Center patients who are income-eligible



Private Consultation Room Available to Pharmacy Patients

Our Behavioral Health Consultants are here to help!

MINDFUL ABOUT YOUR MOOD

As the days grow shorter and colder, many people experience changes in mood, energy, and motivation. This time of year can bring on seasonal affective disorder (SAD)—a form of depression that typically begins in the fall and continues through the winter months. It's more common than you might think, and it's nothing to be ashamed of. Symptoms can include fatigue, difficulty concentrating, changes in sleep or appetite, and feelings of sadness or hopelessness. If you're struggling, know that support is available. Prioritize self-care, get outside when you can, and don't hesitate to reach out to a mental health professional. Taking care of your emotional well-being is just as important as your physical health, especially during this time of year.