National Health Center Week (August 4th-10th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America’s health centers over the past five decades. Health centers serve 28 million patients – a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities, and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations.

In celebration of this week, here are some facts about your local health care provider:

- Finger Lakes Community Health (FLCH) was founded in 1989. We are 30 years old!
- The original mission at FLCH was to serve our region’s agricultural workers.
- In 2009, FLCH became a Federally Qualified Health Center (FQHC) and expanded services to include everyone in the Finger Lakes region.
- In 2018 FLCH served 28,123 patients!
Locations:

Bath
Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva
Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark
Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid
Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan
Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron
Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus
Community Health
6341 Ridge Rd
Sodus, NY 14551
(315) 483-1199

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs.

For more details visit: www.LocalCommunityHealth.com

Follow us on TWITTER at FLCHFPED!

19th Annual
Adolescent Health Conference

Thinking About The Future:
Mental & Reproductive Health Connected

October 17, 2019  •  Waterloo, NY

Cost $50 (Includes lunch)  A professional development training: AHC#19

For more information call/email: Olivia Catalano (315) 787-8132 / oliviac@flchealth.org

WORLD • BREASTFEEDING • WEEK • 2019

World Breastfeeding Week runs from August 1 to August 7 and during this month we would like to let you know more about LAM or the Lactational Amenorrhea Method of birth control. LAM is a form of natural birth control that relies on the new mother feeding her baby only breastmilk for up to six months and having no periods or spotting during that time. LAM prevents the release of eggs from the ovaries (ovulation) when a mother breastfeeds her child as often as the baby wants, day and night, and does not give the baby any other foods or liquids.

When breastfeeding, the baby naturally puts pressure on the mother’s nipple. The pressure on the nipple sends a message to the mother’s body to produce a hormone that prevents egg production (ovulation) in the mother. Expressing milk using a pump is not a substitute for breastfeeding in terms of preventing (inhibiting) ovulation.

Women considering LAM should get counseling from a healthcare provider to make sure it is the right choice for their lifestyle, as well as to plan for a new form of birth control as soon as breastfeeding frequency decreases or solid foods are introduced. And of course, no birth control method is 100% effective so using additional methods such as condoms can reduce the chance for pregnancy even further.

As an FYI, all Finger Lakes Community Health Centers are breastfeeding friendly!

Where Are We (FLCH) This Month?

- Bath Baby Cafe World Breastfeeding Week Event
- Midlakes HS/MS education
- EPIC Zone Geneva
- Wayne County Partnership For Strengthening Families- Newark
- Martin Luther King committee meeting
- EPIC Zone Geneva
- Wayne Wellness Committee meeting-Lyons

- Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information visit www.LocalCommunityHealth.com or contact us today to schedule a time!

- Would you like to have the RHEd Newsletter emailed to you each month? If so, contact Olivia at: OliviaC@flchealth.org

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