

Union County Health Foundation

Community Health Newsletter

February 2011

Caring for Kids...

Well Child Care

~ Children ~

You will be making less frequent visits to your healthcare provider now.



Age specific topics that should be discussed at well child visits include toilet training (eighteen months to three years), school readiness in preschool age children, and school performance in school age children. Remember that by the middle childhood years, it is important to talk about avoiding drugs and alcohol and to begin sexuality education.

In general, you can expect the following topics to be covered at each visit:

- Examination of your child's growth and development.
- Review of feeding and sleep schedules.
- Screening height, weight, head circumference (up to age three) and/or blood pressure (usually routine after age three years).
- Counseling for effective discipline, injury prevention, dental health (first visit to the dentist by age three unless high risk), and diet.
- Immunizations: MMR, DTaP and IPV boosters at the four to six year checkup.
- Screening test: vision (formal test by three years), hearing (formal test by four years), blood level to check for anemia (at two years), screening questionnaire for lead poisoning risk (routinely at nine months and two years), tuberculosis test if high risk.

Remember to write down any questions you may have for your healthcare provider before you child's checkups.

Schedule your next appointment with your healthcare provider today!

*"The mission of Union County Health Foundation is to provide high quality primary health care services to the people of Union County, including the elderly and those with low incomes."
This institution is an equal opportunity provider, and employer.*

Union County Health Foundation

www.UCHF.net

Alcester Medical Center

104 W. 2nd Street, Alcester, SD 57001

Clinic Hours

Mon, Fri, 8:00AM - 5:00PM
Wednesday 8:00AM - 6:00PM
Tuesday & Thursday 7:30AM - 5:00PM

Healthcare Providers

Karen Pearson, PA-C
Jeffrey Schild, PA-C
Noreen O'Shea, DO
William Bailey, MD

To schedule an appointment,
Call (605) 934-2122

Elk Point Community Health Clinic

204 E. Main Street
Elk Point, SD 57025

Clinic Hours

Monday 7:30AM - 5:00PM
Tuesday 7:30AM - 7:00PM
Wed. Thur, Fri, 8:00AM - 5:00PM

Healthcare Providers

Peter Murray, PA-C
Jeffrey Schild, PA-C
Gerald McGowan, MD
Noreen O'Shea, DO
William Bailey, MD

To schedule an appointment,
Call (605) 356-3317

Board of Directors

Jim Kooiman, President
Bob Carlson, Vice-President
Chuck Wray, Secretary-Treasurer
Cindy Anderson
Ron Hoffman
Bud Pederson
Vicki Ahart
Becky Treiber
Don Schurdevin
Roger Morrow
Carmen Wilcox

Exofficio

Mary Metz Carda, CEO
Brad Bertrand, COO
Noreen O'Shea, DO, CMO



Cholesterol & Fasting Blood Sugar Screening

at the

Alcester Medical Center

and the

Elk Point Community Health Clinic

February 15th, 16th & 17th

Call for your appointment today!!

Elk Point Community Health Clinic 356-3317



Alcester Medical Center 934-2122



UNION COUNTY HEALTH FOUNDATION SERVICES & EVENTS

Elk Point Community Health Clinic (605) 356-3317
Alcester Medical Center (605) 934-2122

Visa, MasterCard & Discover Accepted

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Ms. Rembold	2	3 Ms. Rembold	4	5
6	7 ♀ Mammo Alcester, a.m.	8 Ms. Rembold	9	10 Dr. McGowan Elk Point – a.m. Ms. Rembold	11  Dr. Emerson Elk Point, p.m.	12
13	14	15 Ms. Rembold	16 Cholesterol Screening	17 Dr. McGowan Elk Point – a.m. Ms. Rembold	18	19
20	12	22 Ms. Rembold	23  Dr. McCarthy Elk Point, p.m.	24 Ms. Rembold	25  Dr. Emerson Elk Point, p.m.	26
27	28				 Podiatry – Dr. McCarthy  Avera Mammo & Osteo Screening  Orthopedics – Dr. Emerson Mental Health – Ms. Rembold: Elk Point: Tuesdays, Wed.: 9:30-12:30 Alcester: 1:30-4:30	