



thrive!

Live well. Live bold.

Tuesday, Sept. 22, 2020

INSIDE:

**REACH OUT TO
NURSING HOMES**

**TIPS ON HOW TO USE
TELEHEALTH WISELY**

**SCREENINGS AND
EVENTS AVAILABLE**

COLUMBUS AREA
CHOICE

THE COLUMBUS
Telegram
♦Print ♦Digital ♦Social ♦Mobile

A note to those considering a move during Covid-19

Nursing homes and other senior living facilities have been hard hit by COVID-19 and have responded with measures meant to keep residents safe.

SPECIAL TO THE TELEGRAM

Heritage Communities

September 2020

A year ago, no one would have imagined the impact a single virus could have on so many aspects of our lives. For senior living, this is even more accurate.

While infection control has always been an important aspect of our services, we know it's never been more critical than it is today. Throughout the COVID-19 pandemic, we promised our residents, families and associates that we would be transparent in our communication. We have written hundreds of letters and emails to keep those who rely on us informed, so no one has to wonder what is hap-



pening inside of our communities. Our commitment to transparency has a ripple effect as we make the choice to share what real life looks like in our communities, through our promotional materials. We never use stock photography, so

you can rest assured what you see is truly what you will get. You will notice masks and personal protective equipment (PPE) in our photos. While this might be unexpected and we look different today than we did last year, these measures are keeping our loved ones safe. At Heritage Communities, we want you to see our team as they are. Our residents, families and associates have chosen to take precautions that put the safety and

wellness of all our residents first. Through COVID-19, we have become stronger in our infection control practices, we have learned to support one another when it's hard, and more than anything, we have become a tighter community within our communities. While masks might cover part of our faces, there is no hiding the smiles and joy that radiate inside of our communities!

We have learned that every new challenge, including this virus, takes the combined efforts of our residents, family members and associates in order to keep those most vulnerable safe. The phrase "Heritage United" was born out of the mission to keep our residents' safety and wellbeing a top priority, and we have repeatedly seen this displayed in a variety of ways over the past several months.

Family members rallied around our teams with encouraging words and supportive gestures, all the

while placing trust in us as we made difficult decisions.

Residents have been asked to do things we could never have imagined a year ago. They have trusted our protocols, worn masks outside of their apartments and stayed socially distant between one another.

Associates have been consistent with their commitment to care for our residents, providing medical attention and companionship. They have worn more personal protective equipment (PPE) in the past year than they've worn in their entire lives. And they've done it all with a smile on their face, and unending love for our residents.

The leadership team at Meridian Gardens has spent extensive time creating a three-phased approach to reopening that keeps the emotional well-being of our residents in mind, as they balance infection control protocols. We have a much better handle on the COVID-19 situation than when it

first developed early in the year. If you or a loved one are considering a move to senior living, we want you to know we understand your concern. Our promise is to communicate clearly and transparently, as we focus on our priority of keeping our residents safe and well. We may not look the same way we have in the past, and we long for a quick return to normalcy. But we have learned how to manage with this virus through appropriate PPE, engagement opportunities for you and your loved ones, and balancing the risks with the emotional wellbeing of residents through our protocols. We know that every individual has their own unique situation and concerns. We would welcome an opportunity to talk with you about how we can make the current environment both safe and fitting for you. Please reach out to us at The Heritage at Meridian Gardens to begin the conversation.

Reach out to nursing homes

GREEN SHOOT MEDIA

An unintended consequence has been some seniors feeling isolated. There are ways to help, however.

Masks

In the early days of the pandemic, when supplies took a hit and became scarce, an army of helpers put their sewing machines to work to help fill the gaps.

Contact local nursing homes to see how their supply of cloth masks is holding up. Consider donating masks, either homemade or store bought, or ask if you can make a financial donation to cover costs of masks and other personal protective equipment.

Stay in touch

Due to restrictions placed on nursing home visitation, some residents haven't

been able to see visitors for months. Many communal spaces and dining areas are closed, limiting the interactions residents can have.

Stay in touch with family by sending snail mail. They will appreciate the thought you put into the gesture.

AARP recommends sending gifts that remind seniors of family, such as a custom-made jigsaw puzzle of a family photo.

Ask about "adopting" a senior citizen in need of companionship. Visit within guidelines established by the facility. Get to know his tastes and interest and send small gifts or pass along interesting reading materials you think he might enjoy. If he has access to a smartphone or tablet and an internet connection, plan a virtual meal where you can each enjoy a meal while chatting via video.

If you are part of a house of worship, consider asking youth in the congregation to make encouraging videos to send to nursing home residents, or organize a care package delivery.

Help boost employee morale

Employees at nursing homes and other senior care facilities have had additional demands placed on them, aside from their regular responsibilities, during the pandemic. Look for ways to help show them you appreciate their efforts. This might include sending gift cards for local restaurants or coffee shops. You also could arrange to send donuts and coffee at breakfast time for employees to enjoy. They will appreciate being recognized for their hard work.

Columbus Public Library is your connection to financial, health & wellness, genealogy, and digital living information.

VALUE LINE

Connect with reliable, unbiased information. Value Line puts you in the driver's seat with the latest data, sophisticated tools, and expert analysis and guidance. Value Line gives you the power to evaluate investments with confidence.

WEISS RATINGS CONSUMER GUIDES

Access how-to guides that will help you plan for and select the right insurance and financial products for you.

LEARN IT LIVE

Connect to live and on-demand classes, quick tip videos, and virtual reality wellness.

ANCESTRY LIBRARY EDITION

Perform genealogical research, accessing census records and more. Available in the library only.

NICHE ACADEMY

Provides tutorials for library resources like Value Line, Weiss Ratings, Ancestry Library Edition, and more. Learn how to use nearly all of CPL's Digital Library resources as well as web-based email and social media sites to stay connected in a digital world.



2504 14th Street | Columbus
402-564-7116
www.columbusne.us/library



Local hospital hosts variety of screenings and events

SPECIAL TO THE TELEGRAM

Columbus Community Hospital

Not only does Columbus Community Hospital treat patients with compassionate care within the walls of its facility, but it also brings health care into the community by hosting a variety of health and wellness screenings and events. CCH does this because it is committed to improving the health of the communities it serves.

Each year, CCH works to live up to that mission, and in the past fiscal year, that work has included a major building project and a host of new programs and partnerships.

Community members can read about all of these exciting initiatives in CCH's recently-released 2019-2020 annual report at www.columbushosp.org. The report provides an in-depth look at CCH and several highlights from its past year, including:

■ A \$35 million expansion and renovation project: The hospital broke ground on the project on April 5, 2019 and work has continued on this project throughout the 2019-2020 fiscal year. The renovation will primarily impact the Surgical Services, Maternal Child Health and Radiology departments of the hospital.

■ New, state-of-the-art equipment: CCH purchased two pieces of advanced surgical equipment this fiscal year: the Mako Robotic-Arm Assisted

Surgery System for orthopedic surgeons and the ACCLARENT TruDi™ Nav System for otolaryngology procedures.

■ **Healthy Lifestyle Programs:** These programs are available to the public and include the National Diabetes Prevention Program, CHIP and Club CHIP, Food Thoughts and Cooking Classes, Walk with a Doc and more.

■ **New Services:** This fiscal year, CCH enhanced its services by opening a new clinic and creating new services lines. The clinic, Columbus Psychiatry Clinic, is the only full-time, locally based psychiatry clinic in Columbus. The new service lines are an opioid intervention program and inpatient hemodialysis.

■ **Organizational Updates:** CCH works hard to provide a positive working environment for its staff. This fiscal year, that commitment was recognized by the American Nurses Credentialing Center, which named Columbus a Pathway to Excellence® organization in June 2019. The Pathway to Excellence program

recognizes health care organizations that commit to creating a positive working environment for nurses. According to the ANCC, the Pathway to Excellence® program is the "premier designation for healthy work environments." CCH is one of only three hospitals in the state to achieve this designation.

■ **Community Events:** CCH holds a variety of events throughout the year to promote health and wellness, and encourage community involvement. This included the 9th annual We Can Run, Walk & Roll event, the 16th annual Tune Up for Life Community Health Fair, 16th Annual Diabetes Awareness Day, Parkinson Wellness Symposium, Senior Living Festival, Veterans Appreciation Breakfast, Oh Deer, The Holidays are Here, Eggsperience Easter Egg Hunt, Extravaganza Butterfly Release and more.

To view the full report, please visit www.columbushosp.org. Find the report under the "News and Events" tab by clicking on "Annual Report."



3 ways to avoid loneliness if you have reduced mobility

NEWSPAPER TOOLBOX

If you live alone and have reduced mobility, it can be difficult to ward off loneliness. Here are three tips to help you feel less isolated, even if you're largely confined to your home.

1. Connect with loved ones

You might not be able to visit your friends or family members in person, but there are still numerous ways to stay in touch. Phone calls, emails, social media and video conferences are great tools to help you avoid feeling cut off from the people you love.

2. Rediscover old hobbies

The difference between isolation and solitude can be a matter of perspective.

Whether you enjoy reading, painting, knitting, doing crossword puzzles or watching cooking shows, take this opportunity to engage in pastimes that you may have been neglecting.

3. Adopt a cat or dog

The comforting presence of a pet can greatly improve your mood if you live alone. Both cats and dogs make excellent companions who can give and receive affection. Plus, having someone to take care of can strengthen your sense of purpose.

Finally, consider writing in a journal on a regular basis to help you organize your thoughts and deal with your emotions as they come up.

Providing programs & activities that support the independence, health & well-being of active adults aged 60 or older.

Nutritional Services

Health Clinics

Diet Classes

Exercise Programs

BINGO

Card Clubs

Health Education

Computer Classes

Support Groups:

Alzheimer's

Care Givers

Widow/Widower

Entertainment

Billiards

Legal Services

Mastery of Aging Program



3111 19th Street
402-563-4444



**Here's
the deal.
I'll be there
for you.**

Annette Alt, Agent
Now serving 3 locations
Columbus 402-564-8581
Pierce 402-329-4268
Plainview 402-582-3530
annettealt.com

The future has a lot of what ifs, and it's a good feeling to have someone in your corner and around the corner to help you plan for them. Call me today.

Like a good neighbor,
State Farm is there.®



2001293

State Farm
Bloomington, IL

Local hospital hosts variety of screenings and events

SPECIAL TO THE TELEGRAM

Columbus Community Hospital

Not only does Columbus Community Hospital treat patients with compassionate care within the walls of its facility, but it also brings health care into the community by hosting a variety of health and wellness screenings and events. CCH does this because it is committed to improving the health of the communities it serves.

Each year, CCH works to live up to that mission, and in the past fiscal year, that work has included a major building project and a host of new programs and partnerships.

Community members can read about all of these exciting initiatives in CCH's recently-released 2019-2020 annual report at www.columbushosp.org. The report provides an in-depth look at CCH and several highlights from its past year, including:

■ A \$35 million expansion and renovation project: The hospital broke ground on the project on April 5, 2019 and work has continued on this project throughout the 2019-2020 fiscal year. The renovation will primarily impact the Surgical Services, Maternal Child Health and Radiology departments of the hospital.

■ New, state-of-the-art equipment: CCH purchased two pieces of advanced surgical equipment this fiscal year: the Mako Robotic-Arm Assisted

Surgery System for orthopedic surgeons and the ACCLARENT TruDi™ Nav System for otolaryngology procedures.

■ **Healthy Lifestyle Programs:** These programs are available to the public and include the National Diabetes Prevention Program, CHIP and Club CHIP, Food Thoughts and Cooking Classes, Walk with a Doc and more.

■ **New Services:** This fiscal year, CCH enhanced its services by opening a new clinic and creating new services lines. The clinic, Columbus Psychiatry Clinic, is the only full-time, locally based psychiatry clinic in Columbus. The new service lines are an opioid intervention program and inpatient hemodialysis.

■ **Organizational Updates:** CCH works hard to provide a positive working environment for its staff. This fiscal year, that commitment was recognized by the American Nurses Credentialing Center, which named Columbus a Pathway to Excellence® organization in June 2019. The Pathway to Excellence program

recognizes health care organizations that commit to creating a positive working environment for nurses. According to the ANCC, the Pathway to Excellence® program is the "premier designation for healthy work environments." CCH is one of only three hospitals in the state to achieve this designation.

■ **Community Events:** CCH holds a variety of events throughout the year to promote health and wellness, and encourage community involvement. This included the 9th annual We Can Run, Walk & Roll event, the 16th annual Tune Up for Life Community Health Fair, 16th Annual Diabetes Awareness Day, Parkinson Wellness Symposium, Senior Living Festival, Veterans Appreciation Breakfast, Oh Deer, The Holidays are Here, Eggsperience Easter Egg Hunt, Extravaganza Butterfly Release and more.

To view the full report, please visit www.columbushosp.org. Find the report under the "News and Events" tab by clicking on "Annual Report."



3 ways to avoid loneliness if you have reduced mobility

NEWSPAPER TOOLBOX

If you live alone and have reduced mobility, it can be difficult to ward off loneliness. Here are three tips to help you feel less isolated, even if you're largely confined to your home.

1. Connect with loved ones

You might not be able to visit your friends or family members in person, but there are still numerous ways to stay in touch. Phone calls, emails, social media and video conferences are great tools to help you avoid feeling cut off from the people you love.

2. Rediscover old hobbies

The difference between isolation and solitude can be a matter of perspective.

Whether you enjoy reading, painting, knitting, doing crossword puzzles or watching cooking shows, take this opportunity to engage in pastimes that you may have been neglecting.

3. Adopt a cat or dog

The comforting presence of a pet can greatly improve your mood if you live alone. Both cats and dogs make excellent companions who can give and receive affection. Plus, having someone to take care of can strengthen your sense of purpose.

Finally, consider writing in a journal on a regular basis to help you organize your thoughts and deal with your emotions as they come up.

Providing programs & activities that support the independence, health & well-being of active adults aged 60 or older.

Nutritional Services

Health Clinics

Diet Classes

Exercise Programs

BINGO

Card Clubs

Health Education

Computer Classes

Support Groups:

Alzheimer's

Care Givers

Widow/Widower

Entertainment

Billiards

Legal Services

Mastery of Aging Program



3111 19th Street
402-563-4444



**Here's
the deal.
I'll be there
for you.**

Annette Alt, Agent
Now serving 3 locations
Columbus 402-564-8581
Pierce 402-329-4268
Plainview 402-582-3530
annettealt.com

The future has a lot of what ifs, and it's a good feeling to have someone in your corner and around the corner to help you plan for them. Call me today.

Like a good neighbor,
State Farm is there.®



2001293

State Farm
Bloomington, IL

COLUMBUS COMMUNITY HOSPITAL

Welcomes



Dr. Patrick Henderson
Ear, Nose & Throat Surgeon



    columbushosp.org



Dr. Kaare Kolstad, Jr.
Orthopedic Surgeon

Home Delivered Nutrition Program helps seniors

CINDY BRANTING

Columbus Community Center

Our mission at Columbus Community Center is to promote nutritional health, decrease the possibility of premature institutionalization, and foster the independence and dignity of homebound seniors in Columbus through our Home Delivered Nutrition Program.

At Columbus Community Center our focus is completely on the Seniors in our community! We offer an amazing Nutrition Program. Currently, you can order a Curb-Side meal for a suggested contribution of \$4.50 or have it delivered for \$5.00! You will get a different, delicious meal every day of the month!

"91% of our seniors assert that receiving a daily meal has improved their health and 97% agree that it helps them stay in their home!"

I wish I had some concrete news on when we can re-open, but I don't! A few other Centers have opened up throughout the state and have had some positive cases of COVID-19. What happens if that were us? We would have to shut down for a minimum of 2 weeks,



leaving all our Home Delivered Meal Clients without a nutrition option. Currently that is about 125 seniors that depend on our meals daily.

Because of COVID-19, we have had to cease our in house services temporarily. When we are able to re-open, we will hosting our FROG exercise classes, BINGO, Movies, Blood Pressure Clin-

ics, various entertainment groups, Billiards and so much more! We have received a few suggestions on some different type of activities as well!

Even though we are currently not hosting events, we have a very strong Durable Medical Program. If you need a walker, bath/shower chair, wheelchair or any other piece of equipment, we lend them out free of charge! It is also a perfect opportunity to donate equipment that you won't use any longer!

Looking to our future, we are extremely excited about the Senior Housing that is being built on the 2nd and

3rd floors of our building! The possibilities are endless for expansion of our Senior Services! The thought of additional activities with extended hours and different possibilities for our meal program is very enticing! There will be no other place like this in the State of Nebraska! If anyone is interested in learning more about these apartments or to even get on a waiting list, please call Mary at (308) 946-3826!

If you have any questions about anything Senior related, give us a call at (402) 563-4444.

Senior volunteers: pillars of the community

NEWSPAPER TOOLBOX

For 30 years, the United Nations has recognized October 1 as International Day of Older Persons. It's an annual opportunity to highlight the valuable role of seniors in society. While many have retired from the workforce, they tend to dedicate more time and money to volunteer work than any other demographic. Here are some of the ways seniors contribute to their communities:

- As caregivers for an ailing spouse, with responsibilities ranging from managing household tasks to offering emotional support and providing medical care.

- As babysitters for their grandchildren, whose parents are productive members of the workforce.

- As organizers for events hosted by religious groups and other types of community-based organizations, which often struggle to attract younger partici-

pants.

- As donators of time and money to charities, foundations and non-profit organizations that support members of the community.

- As mentors for the next generation, passing on family legacies, a lifetime of experience and a career's worth of knowledge.

- As part of a support system for other seniors, such as by planning activities at their seniors' residence or running errands for someone with reduced mobility.

In addition to recognizing the generosity of seniors in your community, October 1 should be a time to reciprocate and thank these caring members of society. Whether it's a phone call to an older relative, a day spent volunteering at a retirement home or a donation to an elderly rights advocacy group, there are numerous ways to give back to the seniors in your life and community.



"These unique times take the combined efforts of residents, family members & associates to keep those most vulnerable safe. While masks might cover part of our faces, there is no hiding the smiles & joy that radiate inside our community. If you'd like to learn how we are still helping people to be "Living Better"; please contact me." ~Rachelle

The **Heritage**
at Meridian Gardens

4515 38th St, Columbus
402-564-6300

www.heritage-communities.com


**COLUMBUS
HOUSING
AUTHORITY**

Heritage House

Independent Living Facility

**Community Living at its best in a homelike atmosphere.
Preference given to those 62 & older and the disabled;
rent based on income.**

**Call for more information and a tour of our facility.
402-564-1131, 2554 40th Ave, Columbus**

Heritage House – a great place to call home

SPECIAL TO THE TELEGRAM Heritage House

Heritage House is an 84-unit independent living apartment village for income qualifying households. The village is located in northwest Columbus on 8 acres consisting of 23 buildings designed in neighborhood clusters.

One bedroom, two bedrooms and some handicap-accessible units make up this complex. Preference is given to those 62 and older and any age disabled.

Each unit has an entrance to the outside with no steps or elevator on the property. The property has a park like atmosphere with many

trees, park benches and a gazebo. It is a peaceful and secure property that makes for a worry free living experience.

Must meet income eligibility and rent is based on actual income. Rent includes all utilities, lawn and apartment maintenance, snow removal and trash removal.

Monica who is a current resident of Heritage says, "I have lived here for seven years and I love living at Heritage House. It is clean and very well kept. We have awesome maintenance and office staff who go out of their way to help us. I like that I can have my own flowers outside my front door. I would

not live anywhere else. It is a great place to call home."

For more information, please contact us at 402-564-1131, Email- bonnie@columbusa.com or visit us at our address: 2554 40th Ave, Columbus, NE. Office hours are 8am-12noon & 1pm-4pm, Monday-Friday.

Use telehealth wisely

GREEN SHOOT MEDIA

Here are some tips to make the most of your doctor's telemedicine capabilities.

DailyCaring.com lists challenges in mobility and transportation as barriers to seniors being able to attend in-person doctor visits, as well as challenges for their caregivers. Managing chronic health con-

ditions can be made more manageable with telehealth visits.

When seniors find their doctors to be more accessible, they are more likely to keep recommended intervals for doctor visits. In addition, with wearable technology that can track health information, doctors can access data to help them better treat patients from afar.

Tips

It's important to know that not all visits can be conducted virtually. Check with your doctor's office about whether your specific concern or condition is a good fit for a telehealth visit. As usual, if you are experiencing symptoms such as chest pain, symptoms of a stroke or any other life-threatening situation, call 911 or visit an emergency room.

U.S. News and World Report offers the following tips for a successful telehealth visit.



PROXIMA STUDIO – STOCK.ADOBE.COM

■ You'll need a telephone line, a high-speed internet connection, a smartphone, tablet or computer for access to video streaming, and you will likely need an app your

doctor's office will provide.

■ Be sure you have filled out any paperwork your doctor's office requires before the visit.

■ Check with your insurance company to be sure the visit will be covered.

■ Prepare as you would for any other doctor's visit, including making notes of symptoms and questions you'd like to ask, as well as a list of current medications.

■ Find a quiet, private, distraction-free location in your home to have your visit.



Caring for the whole person.

To learn more about our community in Osceola, call (402) 747-2691.



All faiths or beliefs are welcome.

WHEN YOU NEED
SPECIALIZED
CARE
HAVE **FAITH**

AJAY CHANDER, MD
CARDIOLOGY

JARED RICKERT, DO
ORTHOPEDICS



Faith Regional
Physician
Services, L.L.C.

Faith Regional Physician Services
Columbus Medical Specialties

3763 39th Ave., Ste. 600,
Columbus, NE

(402) 564-9610 | frpsclinics.org

Managing your chronic care

SPECIAL TO THE TELEGRAM

Good Neighbor Community Health Center

In the United States, six in ten adults have a chronic disease/condition, and four in ten adults have two or more. Chronic diseases are defined as conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, hypertension, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.5 trillion in annual health care costs.

Many chronic diseases are caused by and share common risk factors.

For heart disease, the leading risk factors are:

- High blood pressure.
- High LDL cholesterol.
- Diabetes.



- Smoking and secondhand smoke exposure.
- Obesity.

- Unhealthy diet.
- Physical inactivity.

Some people are at higher risk of Type 2 diabetes because they:

- Are overweight or have obesity.

- Are age 45 or older.
- Have a parent, brother, or sister with type 2 diabetes.

- Are physically active less than 3 times a week.

- Had gestational diabetes (diabetes during pregnancy) or gave birth to a baby who weighed more than 9 pounds.

- Are African American, Hispanic or Latino, American Indian, Alaska Native, Pacific

Islander, or Asian American.

While some risk factors for type 2 diabetes, such as age and family history, can't be modified, some, such as having prediabetes, being overweight, eating unhealthy food, being inactive, and smoking can be modified, and associated negative health outcomes changed.

Chronic conditions can be difficult for patients to manage on their own. At Good Neighbor Community Health Center, the Chronic Care Management (CCM) program can help. The CCM program offers care coordination that is outside the regular office visit, and is monitored by a nurse and a physician. Together, providers work with enrollees to reduce the factors for preventable, chronic disease, including poor nutrition, and lack of physical activity. Once enrolled, patients receive monthly

calls from the CCM nurse, and are scheduled for appointments as necessary.

As part of the CCM, patients will be given a Comprehensive Care Plan that will include:

- Problem list.
- Expected outcome and prognosis.
- Measurable treatment goals.
- Symptom management.
- Planned interventions and identification of the individuals responsible for each intervention.
- Medication management.
- Community/social services ordered.

■ A description of how services of agencies and specialists outside the practice are directed/coordinated.

■ Schedule for periodic review and, when applicable, revision of the care plan.

How CCM helps patients achieve their goals

■ Patients work with a team of health care professionals who can help them plan for better health AND stay on track.

■ Patients will receive a comprehensive care plan.

■ CCM gives patients the between visits support they need to engage in their treatment plan(s).

■ CCM improves care coordination, which can in turn improve health outcomes.

Don't let your chronic conditions overwhelm you. If you have Medicare and live with two or more chronic conditions like arthritis, diabetes, depression, or high blood pressure, Good Neighbor's Chronic Care Management program can help you improve your and manage your conditions, so you can spend more time doing what you love.

Brookestone Acres
 Skilled Nursing & Rehabilitation
 Proud Members of Vetter Senior Living

Welcome Home...

Visit us to find out more or apply online to be part of our team!
 Columbus | (402) 942-9260 | brookestoneacresCARE.com

Managing your health care can be overwhelming, but it doesn't have to be.

If you have Medicare and live with two or more chronic conditions like arthritis, diabetes, depression, or high blood pressure, call us at (402) 562-7500 and find out how Good Neighbor's Chronic Care Management program can help you spend less time managing your care, and more time doing what you love.

 Good Neighbor Community Health Center
 bit.ly/GNCHC