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## Harbor Health Services Newsletter

Your Guiding Light to  
Healthcare  
Jan. 2011

Dear Patrick,

We, at Harbor Health Services, want to keep you up to date with what is going on at Harbor Health. Please take a look at the below articles.

### In This Issue of the Harbor Beacon

[From the Desk of the CEO:](#)

[Harbor on the Hill](#)

[Winter Blues](#)

### From the Desk of the CEO:

2010 was a historic year for health centers as our own Geiger Gibson Community Health Center; the first health center in the nation celebrated its 45<sup>th</sup> anniversary. It was also the year that saw landmark federal health care reform which dedicated \$11 billion to community health centers across the nation. With this reform, community health centers have moved from being the center of a national health safety net to being the model for quality, comprehensive, patient centered care. To that end, under health care reform community health centers are charged to expand their reaches from serving 20 million Americans to 40 million Americans by 2015. This is no doubt an exciting time for the community health center movement and Harbor Health Services.

As we look back on 2010 and move forward in 2011, I would like to personally thank you for supporting Harbor Health Services over the years. There is more than meets the eye with Harbor Health and I invite you stay tuned as we continue to export our mission to communities in need, improve and expand in 2011.

Wishing you a safe and happy New Year.

Join Our Mailing List!



Giving to Harbor

Harbor Health provides access to medical, social and behavioral health services to anyone in the communities served and beyond. Our philanthropic opportunities are directly tied to Harbor Health's mission, vision and strategic goals.

The Harbor Health's community health centers provide many vital, non reimbursable services to individuals and their families living in many under served areas. The Harbor's Elder Service Plan enables close to 350 frail elders to remain safely, and with dignity, in their community. We rely upon the generosity of individuals, corporate sponsors, local businesses, and other giving organizations to help us narrow the gap between the demand for services and programs, and our resources.

**In celebration of Harbor Health's 45 years of service won't you consider supporting our work? As you consider making a donation, think of the following:**

A gift of \$150.00 can underwrite a medical visit for an underserved child.

Daniel J. Driscoll  
President and CEO  
Harbor Health Services, Inc.

## Harbor on the Hill

### Resolve to Make a Difference!

By Kate Audette, MSW  
Policy Analyst

Many of us make resolutions to take better care of ourselves at the start of a new year. While making a resolution to improve our individual health can sometimes feel daunting, improving the health of our communities is easy.

It is my job to maintain the relative health of our health centers, elder service plan and other services by making sure that we have the community and policy maker support to succeed.

In order to successfully advocate for Harbor, I can't do it alone, we need the support of community health advocates, like you. Community health advocates inform elected officials about the important work that Harbor is doing and educate them how they can support Harbor on Capitol Hill and Beacon Hill.

Becoming a state level community health advocate is easy. [Start by clicking here.](#) You will be directed the Harbor Health Services, Inc. Policy and Advocacy website. Once there, send a message with "Advocacy" as your subject line.

You can also sign up to be a federal level community health advocate the National Association of Community Health Centers (NACHC) by [clicking here.](#) *\*Remember to include your Harbor health center affiliation.*

In addition look for our **Harbor on the Hill** section of the monthly newsletter to stay up to date on the issues that we are working on.

While improving your own personal health might mean joining a gym or eating more fruits and vegetables, ensuring the health of community can be done with just a few clicks of the mouse.

Join me in making a resolution to support community health in

A gift of \$1,000.00 can support one woman through domestic violence counseling and advocacy.

A gift of \$1,800.00 can go toward the purchase of an electronic tablet which will enable a clinician to safely and efficiently provide patient care.

A gift of \$5,000.00 can underwrite health information technologies training for front desk staff or a financial counselor working towards providing access to coverage and needed health services.

A gift of \$15,000.00 can build an examination room for a frail elder

[To make a tax-free donation now click here.](#)

#### Quick Links

[www.hhsi.us](http://www.hhsi.us)

[www.bphc.org](http://www.bphc.org)

[www.cdc.gov](http://www.cdc.gov)

2011, because when our communities are healthy we all benefit.

For questions or comments contact Kate Audette at [kaudette@hhsi.us](mailto:kaudette@hhsi.us) or 617.533.2358.

## Winter Blues

Some people look forward to the first snowfall, building a fire in the fireplace and drinking warm drinks. Others dread the cold short days and long dark hours. Many people experience temporary sad or blue feelings as the seasons change. This may be due to unmet expectations, changes in daily schedule, and stressors of the season. Many people take a trip to Mexico or the Caribbean in January or February to avoid these blue feelings. Before booking your reservation to a warm sunny destination, a closer look at your sad feelings may be in order.

Physicians from ancient Greece were the first to notice that some individuals fell into depressed states during the winter months.

In the early 1980's, Norman Rosenthal, a researcher at the National Institute of Mental Health described a syndrome called Seasonal Affective Disorder or SAD.

SAD is characterized by depression, longer sleeping periods, and increased appetite craving sweets and carbohydrates. The symptoms tend to remit with exposure to natural light and artificial bright light. SAD usually occurs during the winter months and to a lesser extent in early spring or summer. The person usually begins to feel sad as winter begins and feels better as the brighter longer days return. SAD is thought to be a problem with the body's clock. SAD is more likely to affect women and young adults.

Sadness, the blues, and depression can confuse the diagnosis of SAD. Sadness and the blues are temporary and short lived. Everyone experiences these feelings during changes in life but they seldom affect the person's family life or work. Depression on the other hand can be a life threatening disorder. Depression is characterized by sadness, loss of interest or pleasure in activities once enjoyed, changes in appetite or weight, difficulty sleeping or oversleeping, physical slowing or agitation, energy loss, feelings of worthlessness or inappropriate guilt, difficulty thinking or concentrating, and recurrent thoughts of death or suicide. People with depression are usually treated with a combination of antidepressant medication and cognitive behavior

therapy.

If your sadness appears over the winter months and does not reach the intensity of a depressive disorder then you can try the following to lift your spirits. You can take a walk, about one hour is best. You can sit in a south facing window at work or at home. When exercising you can work out next to a window or go outdoors. You can maintain your typical daily schedule and lifestyle. Remember to get your regular sleep. Finally, you can replace commonly used light bulbs with brighter full spectrum light bulbs throughout your house.

If your mood does not improve, make an appointment with a psychotherapist or counselor to determine if psychotherapy, antidepressant medication and possibly a special light box will be needed. If you just have the winter blues make a plane reservation to Costa Rica or any other sunny destination of your choice.

As always we hope this information was helpful and we always welcome your feedback. Please feel free to e-mail us at [marketing@hhsi.us](mailto:marketing@hhsi.us) or call at (617) 533-2242.

**Sincerely,**

Patrick Michaud  
Harbor Health Services

### Help Harbor Go Viral

Harbor Health is now on Facebook and Linked-In! In celebration of our 45<sup>th</sup> year of operation, every 45<sup>th</sup> person who "likes" our Facebook page will be entered to win an iPod Shuffle at the end of 2011. By following us on Facebook and Linked in you can stay up to date on what's happening at Harbor Health, our advocacy efforts and much more so check it out by clicking the icons below.



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