



## The Harbor Beacon

Your Guiding Light to  
Healthcare  
June 2011

Dear Patrick,

The nice weather was here in May and then we reverted back to "April Showers" in the beginning of June. The forecast for the next few days is looking a little more summer like and hopefully it is the end of the cool and damp fifty-nine and mid-sixty degree days. The month of May was a successful one for Harbor Health Services, Inc. with us assisting 1,479 children in enrolling in health insurance. Now our focus is on planning two great summer events for the communities that we serve. The plans are still in the works but keep an eye out for information on our Malibu Beach Day on August 13th to celebrate the end of National Community Health Center Week (Aug. 7-Aug. 13). The day is promising to be a great family event with food and fun activities for the kids. Stay tuned...

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### FDA vows to pull smokescreen from sunscreen

By Deborah Kotz of the  
Boston Globe and  
Boston.Com

The updated rules, which must be implemented by manufacturers by the summer of 2012, are designed to help users better protect themselves from skin damage and cancer, said Dr. Janet Woodcock, director of the FDA's Center for Drug Evaluation and Research, at a press conference at the FDA headquarters.

"We wanted to make sure sun protection products were standardized," Woodcock added.

Current sunscreens can claim to offer "broad spectrum" protection even if they do not shield against UVA rays - the kind associated with wrinkling, age spots, and skin cancer. The sun protection factor, or SPF, number refers only to UVB rays, which cause sunburns and skin cancer.

[READ FULL ARTICLE](#)

### Quick Links

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

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

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

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## Tips to Staying Healthy this Summer



### **Leaves of three - let them be!**

Summer is a great time to be outdoors and having fun! When outside, remember to be aware of poison ivy plants. Poison ivy can cause a very painful and itchy rash when it comes in contact with your skin. The reaction is caused by the release of a sap-like substance called urushiol from the broken plant leaves. If you come in contact with poison ivy follow these tips:

1. Remove all clothes and shoes that touched the plant
2. Wash your skin with mild soap and water (wash your clothes too!)
3. Do not rub or scratch your skin
4. Apply an over-the counter product to help relieve the itchiness and rash. Some suggestions are: Calamine lotion or hydrocortisone cream 0.5 - 1%
5. If the itching is extremely bothersome, you can try an oral agent like Benadryl (diphenhydramine) or Alavert (loratidine).

Don't worry! Poison ivy rashes can be prevented. Become familiar with what a poison ivy plant looks like. When in doubt, remember "leaves of three, let them be."

### **Fight the Bite:**

Did you know that just one mosquito bite can transmit West Nile virus (WNV)? WNV affects people of all ages and can cause mild symptoms such as fever, headache, and skin rash. To prevent WNV, remember to wear an insect repellent! Choose a repellent that contains the active ingredient DEET. Follow the instructions on the product label and remember the following:

1. Apply to exposed skin only (not under clothes)
2. Do not use on open cuts or wounds
3. Wash hands after use
4. Do not use on children less than 2 months of age

Just like mosquitoes, ticks can also cause disease. Lyme disease is caused by bacteria that are transmitted by ticks. If you were bitten by a tick and experience low fevers or a rash, contact your healthcare provider. The good news is Lyme disease can be prevented by using an insect repellent (with DEET), removing ticks as soon as possible, and maintaining good landscaping.

Written by

The Clinical Pharmacy Services Department

Harbor Health Services, Inc.

**Harbor Health in the News and at the State House Again!**



As some of you may know Harbor Health Services, Inc. and all three of its community health centers; Geiger Gibson Community Health Center, Neponset Health Center and the Mid Upper Cape Community Health Center, have been working very closely with [Health Care for All](#) over the past few years, one particular initiative that we work rather diligently on is assisting individuals and their families with enrolling in health insurance such as MassHealth, CommChoice, Health Safety Net, etc. This is a vital part of our job to ensure that EVERYONE has access to health care and the great services that we provide to our patients & communities.

During the month of May we took part in a month long challenge along with 65 other organizations throughout Massachusetts. The challenge was focused on reducing the number of uninsured children in the State, which is documented to be about 3,000 kids under the age of 19. As an agency we assisted in enrolling 36 NEW children into health insurance in one month, this number does not include the numerous re-enrollment applications to maintain a child's coverage through MassHealth programs that we filed in the month of May.

We had the opportunity to join the other participating organizations at the State House ([Click for photo](#)) on Tuesday, June 14, for a reception congratulating all of us on the amazing work we accomplished throughout May. Health Care for All hosted the event and announced the final results at the Grand Staircase inside the State House yesterday afternoon. Throughout the state we were able to assist 1,479 children in getting health insurance. That is almost half of the known children in the state without health insurance. Our hard work along with the other 65 organizations has been recognized in two different articles that have been published both on-line and in traditional newspapers. Below are the two links to the articles.

['Glitches' Keep Mass. Kids Uninsured](#) by Johanna Kaiser of The Associated Press

[Red Tape Cited in Health Gap](#) by Kay Lazar of The Boston Globe

**Neponset Health Center: Making it even easier for patients to receive their prescribed medications.**



In the Fall of 2010 Neponset Health Center was the first of Harbor Health Services's three community health centers to offer a retail pharmacy within the health center. This service to our patients has been received extremely well, especially since our patients can receive up to 50% of the cost of their prescriptions. In addition to the potential cost savings the sheer convenience of leaving your doctor appointment with your prescription in-hand is huge. Neponset Health Center has decided to make the retail pharmacy even better than it already was.

Neponset Health Center Pharmacy is pleased to announce extended hours of operation Monday-Friday 9am-9pm, Saturday 10am-3pm and Sunday 11am-3pm. NHC Pharmacy now accepts Flex Pay cards (also known as benefits/FSA cards) for the convenience of our patients.

The latest program we have added to better serve our patients is a Mail Order program. This can be used for refills and completions of partial prescriptions for non-controlled medications. Simply call the pharmacy 5 business days prior to when you are due for a refill to request your prescription to be mailed. Payment for refills will be processed through credit card information given to the pharmacy at the time of your call. When the pharmacy owes you a completion for your non-controlled prescription, you can now have it mailed to your address saving you another trip to the pharmacy. It will be delivered to your address via United States Postal Service within 5 business days. Please contact NHC Pharmacy for further details (617) 533-2290.

Geiger Gibson Community Health Center recently opened their retail pharmacy within the health center in April 2011. We hope to expand the services there as we have at Neponset Health Center as well and possibly even to our Hyannis site, Mid Upper Cape Community Health Center.

We at Harbor Health want to thank you all for referring your clients & patients to our community health centers to receive the FREE service of assisting individuals with enrolling in health insurance along with receiving high-quality medical and dental care at one of our sites. Thank you for all the hard work that you do and your endless dedication to ensuring that everyone has access to healthcare!

**Sincerely,**

Patrick Michaud  
Harbor Health Services

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