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FEBRUARY 2005 NEWSLETTER

Emmitsburg Osteopathic Primary Care Center is proud to give this accounting of our service in 2004. As we tell our story, you will notice that many members of the community worked and partnered with us to realize the prongs of our vision and commitment. We must also emphasize that our story is a work in progress.

We are committed to training future medical care providers: This year we had the honor of training **Martha Bowman** during her 3rd year as medical student, West Virginia School of Osteopathic Medicine, **Lana Rike**, who is eagerly awaiting to hear where she will be doing her anesthesia residency, graduates this year from WVSOM, **Teresa Neimiec**, also interested in anesthesia, from New York College of Osteopathic Medicine. This January we have the honor of being followed by **Margaret Hallahan**, a Gettysburg College Junior with a strong interest in Osteopathic Medicine. **Lisa Zaleski**, who rotated with us in 2003, has awarded me the supreme honor of hooding her at her WVSOM graduation this May 28th. When a student works with us a month or two the whole office is energized.

These future physicians get experience and hone their know-how taking histories, deciding on treatments, giving injections and doing EKGs, joint injections and minor surgical procedures and giving osteopathic manipulative therapy to our clients. Each student also writes one article ready for publication, completed by the last day of her tour with us. Our clients have learned to treasure the extra attention and service provided by the students. The staff gets assistance and friendship from the students. I get insight as I look at the concerns of our clients through the eyes of another, I get the energy of any teacher who sees her students make wonderful progress. Further, we all know, our students teach us.

EOPCC is a resource for patient education. Our website remains a resource for some basic patient information. We have a lending library of cassettes, CD's, and VHS videos, along with medical magazines for our clients to review at their interest. We give one on one patient education within the confines of the office visit, we encourage our clients to be interested in their health and to be enthusiastic about healthy behaviors.

We are a resource for durable medical equipment for those patients who do not qualify for assistance through insurance programs, and for those whose need is temporary or immediate. Wheelchairs, walkers, pulse oximeters have been leant, or given to our

clients, we are glad to have had them on hand. Of special note, **Community Foundation of Frederick County** gave us a grant to purchase the pulse oximeter which has already been leant out 20 times. This helps our patients to discover if they are low on their oxygen as they suffer from sleep apnea, asthma, advanced lung disease. Sometimes they return greatly encouraged that, for now, they are okay. Sometimes we discover that home oxygen is the new answer. We are very grateful to the Community Foundation for making this available to our clients.

Serving the uninsured and under insured patients. Many times because of large deductibles, no prescription coverage, or just being uninsured makes access to medical evaluation and treatment more than difficult. We find that use of the emergency room is excessive in these clients, and that follow up care, continuity of care is lacking. While we cannot serve all in need, we open our doors to those who choose us for their primary care provider. We welcome those who choose us as if each were insured to the hilt. We are able to offer office visits—over 400 hundred no charge level 3 (1/2 hour visits), over 50 no charge EKG's (need based), over 300 free pulse oximeter evaluations. Again we wish to thank **Community Foundation of Frederick County** for giving us a grant to purchase a 12 lead interpretive Schiller EKG machine to serve our clients. They also have granted us to buy the support supplies for our no charge EKG's. We remain ever grateful. We have supplied over a hundred of no charge nebulizer therapies for our uninsured/underinsured patients with respiratory distress. We have filled at no charge to our clients over 2000 prescriptions for cholesterol, diabetes, blood pressure, infection, and asthma control. This service was provided by EOPCC partnering with many of the pharmaceutical companies. The value of the pharmaceutical assistance channeled through EOPCC is over \$100,000.00 in services. In addition to these, our nurse Dottie Sweeney also works with our clients to get pharmacy assistance has helped over 25 people get pharmacy assistance through the Together Rx, the Maryland drug assistance program and individual drug assistance program from various pharmaceutical companies. These clients often receive 5 or more medications in three- month supply increments from these combined programs.

Provide a comprehensive Health Center in the town of Emmitsburg has always been part of the mission and dream. It would be an understatement to say we ran into some snags. Painfully, we are a year behind in our construction. We have new hope, however. On February 28th we meet with the Emmitsburg Planning and Zoning Board. It is our hope that the revised site plan will meet with town requirements. The more than beautiful stained glass windows designed by **Elizabeth Grafton** (now 98 years old) have arrived. These are made of thick colored glass set in epoxy and capture Sunrise, Sunset, and a very comforting garden scene. This is in addition to the powerful stained glass window designed by **Rev. Robert Terrentieff**, which speaks to strength under stress. When I experience the widows I feel that I can hardly wait to have the Health Center built around them. The deconstruction of the older buildings is preparation for reconstruction is virtually complete. Special thanks goes to **Kermit Stambaugh** who scaled the roof and removed two dysfunctional chimneys and then sealed the affected roof areas to protect them from this already harsh winter. **Steve Barron** has been there for us in the deconstruction on three separate weekends and has been there to tear up floors, help with

the deconstruction of the dysfunction chimneys (up on the third floor attic area) and help with trash removal. Special thanks also to **Lee Tierce** who provided us with a way to remove the trash, and made a special desk out of the materials taken out of the building, and refused to give us the bill for the trash disposal. The architect feels we are completed with our part of the remodeling preparations of the older buildings.

We are most honored to acknowledge **Anne-Marie Miller** as our Volunteer of the Year for 2004. Her activities and responsibilities have been relentless, still we at EOPCC have relied on Anne-Marie as our Chair of the Board, associate in our fund-raiser activities and our liason with legal counsel regarding the building project. Anne-Marie has attended many of the meetings with the Town of Emmitsburg relating to the Towns' requirements for proceeding with the project. Anne-Marie has done foot- work and phone work and "PR" in the toughest of times. Anne Marie also did not let us slack off when the work needed to get done. Also Anne-Marie has kept the prayers coming. Thank you Anne-Marie Miller.

We want to thank some very special people who have helped us fund raise. Dollars are like sun/air/gas/oil for a building project. **William O'Toole** and **Cathy Bodin** have sponsored for the second year in a row **Burns Nite**. **Burns Nite** is a wonderful celebration of Scottish fun and tradition. The place of celebration, **JoAnn's Ballroom** was donated by **the Carriage House Inn**. Thank you **Jim Hance**. We were able to raise Over 1800.00 for the building project. **President Thomas Powell of Mt. St. Mary's University** had a special "Mount Table" and joined in the toasting to the Lassies and I got to respond to the Laddies. Thank you to all who made Burns Nite such a wonderful success.

Katie Warthen of Emmitsburg fame, kicked off the New Year by having a TEA on January 2, 2005. This marvelous social netted over \$400.00 for the building fund. Way to go Katie and to all the women who supported another woman's dream.

St. Anthony's Church, Emmitsburg ,on October 8th weekend shared a yard-sale with us. In two fun-filled days, and this year the rain stayed away, we were able to raise \$423.00. A special thanks to **Helen Reaver, Myrna Eshleman, Donna Cuseo, Cathy Bodin, Linda Junker**, who kept us company and sold clothes like we were trying to clothe America in one weekend.

Rebecca Pearl donated a print of the beautiful Mother Seton water- color that was presented to the Pope on her tour to Italy. We are still selling tickets for the drawing to be done soon, so if anyone is interested, the time is now to get your chance, only \$1.00

We thank **Laura Portier-LaLumiere**, who from her home in Irvine California, remains our volunteer grant-writer and web-master.

We thank our hard working staff: **Cindy Schmidt, Dottie Sweeney, John Salvi, Elaine Vadenstine, Sherri Mumaw, JaAnne Britt, JoAnne Wirelius, Amber Wilson** whose day to day hard work assists our clients to “work together towards health.”

Finally we acknowledge our faithful donors through 2004 and already in 2005, we have dreams, but dreams need funds. Thank you for those who have given and have flamed the fires of our commitments and keep us going forward, be it the silver, gold, platinum, or titanium circle: Thank you, thank you, thank you!

Thank you all for being on the crew and welcome all newcomers!

Bonnie Portier