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May 2011 Newsletter

Do not miss our His Place Car Show Benefit for EOPCC and Mother Seton School!!

When: 8Am through 3 PM. **Where:** Mother Seton School. **Vehicles wanted:** Cars, trucks, Hotrods, Motorcycles and Tuner Cars. **Fee** for competing is ONLY \$10.00. There will be Prizes, Linda Elauer's dance troop entertainment, raffles and Famous Rocco Meats sausage sandwiches and a D.J. to entertain. This is truly a great family day event. Come hungry for it all. If you would like to volunteer to help out, please call **Karen Adelsberger** at 301-447-2492. Our Thanks to **Bill Kuhn** of **His Place Auto** who would not let a worthy project get discouraged. Speaking of **Rocco Meats**, have you met **Vicky Fraley**, a woman dedicated to her husband, her work, her staff and happily for us, EOPCC. Vicky, we cannot thank you enough for helping us with this project. Special thanks to **Emmitsburg Glass** who has made a generous donation to the success of this fundraiser as well as **Libby & Don Briggs, Shuff Meats**, and **Melissa Wetzel, CPA**.

Stay Tuned for our new EOPCC Website: **Cathy Beverage, EOPCC Volunteer Grant Writer & Webmaster** is giving us a public facelift. We are so honored and delighted. The artistic richness Cathy gives to the website makes us proud. Thank you Cathy!

Emmitsburg Osteopathic Primary Care Center continues its care for the community.

Emmitsburg Osteopathic Primary Care Center, Inc. provides approximately **5,700** office visits a year to members of the Emmitsburg community and outlying areas of Frederick, Adams and Washington counties. In **2010**, EOPCC was able to provide **\$60,000** worth of free medical care to the uninsured, under-insured and working poor members of the community, and an additional **\$117,000** to those that have some form of medical assistance. It is estimated that close to **1,200** office visits were provided to the uninsured and to those with medical assistance. Dr. Portier, working with **Frederick County Commission for Women** was honored to present a Power Point lecture on Osteoporosis at **Mount St. Mary's University** on April 13th.

Our Restaurant Tours:

We thank **Carleo's, Carriage House Inn, Mc Donald's, Pizza Hut** and **Red's Tavern** for our EOPCC Day in their fine establishments and allowing us to have fun and funds. May 13 is EOPCC Day at Red's Tavern! Thank you for turning out again for a fine meal by fine folks.

Join our Friends of EOPCC Committee.

Under the fearless leadership of **Cathy Bodin**, our **Friends Committee** is started and we have wonderful powerhouse of volunteers including **Monika and Barry Lucey, Patricia Cairo, Donna Cuseo, Paula Fish, Katie Warthen, Bill O'Toole, Mary Louise Hoban, Lee Warthen, Katie Warthen, and Sue Pierotti.**

Our newly formed and forming Friends of EOPCC group chose as its first fundraiser the **March Celebration of Celtic Springtime Dinner**, at **St. Joseph's Parish Church Hall** in Emmitsburg. The fine dinner with Roasted Pig was prepared by **Mrs. Margaret Baker** and her husband. **Cormorant's Fancy**, the family Irish band in Gettysburg, did the music. A 'fancy' is a violin tune, the popular Irish term, and the group has recorded two CDs, available for sale at the Fairfield Inn and at the Gettysburg Irish Shop.

The Friends of EOPCC raised over **\$3000** with the dinner and silent auction. The Friends decorated the hall, set up auction tables, baked the breads and cakes offered, staffed serving needs, and helped in clean-up. (No photos were available due to the almost perpetual motion of the individuals involved!) Thanks also to Karen Adelsberger, Linda Junker, Mary Kate Birge, who helped out at the event. (Already, people are asking for a repeat performance next year, perhaps with a singing session with the musicians?)

We are in need of Gardners to hoe, weed and plant our healing garden at EOPCC. The project would begin as soon as we have gardeners. The Portier's planted three baby trees that made it through the winter. Our Irises and Gladiolas are back. Last summer our garden sported tomatoes, pumpkins, peppers and sunflowers thanks to nurse Brenda Liu!

-You are welcome to contact us at EOPCC by phone: 301-447-3310 or email us:

NOportier@aol.com or reach Karen Adelsberger at karkar118@verizon.net.

Acupuncture: M. J. Parkolay: Western Medicine is not always the best medicine. We have folks from many walks of life, including surgeons, who have found healing through the Acupuncture and cupping techniques of M. J. If you or a loved one have a stubborn problem perhaps you can be helped or healed through her holistic ways.

Electronic mailings

If you would like to receive our newsletter by e-mail, and/or if we may notify you of our fund raising events by e-mail please let us know by e-mailing Karen Adelsberger at karkar118@verizon.net or giving Karen a call at 301-447-2492.

Vaccinations:

Vaccinations help us duck disease and keep us in action longer. Unfortunately many fewer folks got their vaccine this year. We had many more cases of serious influenza with fevers reaching 104 * Fahrenheit. Next year—BE SMART—start getting your vaccine this Fall.

In the meantime: Have you had your **pneumonia** vaccine and have you had your **tetanus** shot updated? You need only a nurse visit to get updated with these vaccinations. The world is a tough place, please protect yourself and get vaccinated.

Dedicated to Teaching Medicine to Those Who Would Learn:

Osteopathic: WVSOM

Christina Lusk, who just completed 4 months with us is graduating from WVSOM and has a Family Medicine residency in Long Island. More importantly she is getting married this Fall! (she smiles a lot!) We will miss her. Christina never hesitated to give Osteopathic Manipulation Therapy when needed.

Steve Beaudry, D.O. surprised us by finishing his first year internship with us. The last two times Steve rotated with us Steve had to shovel many feet of snow. Happily in April it only rained. Steve and his wonderful spouse Dr. Jeannette are expecting and the little one is due this Fall.

Amy Roth rotated with us in April and finished the month with her wedding! She will graduate from WVSOM next week. Amy is going into psychiatry and says if we can wait for her, she would love to practice at EOPCC.

Jim Huang 4th year medical student from WVSOM stayed 4 weeks with us in April and the time flew. Also graduating, Jim's compassionate caring for others will serve him well.

Sarah Herts' rotation went by quickly, she was always at the ready for our patients needs.

Alicia Isom 3rd year medical student treated many of our patient with Osteopathic Manipulation. Our patients found themselves breathing better and walking taller.

Kavish Patidar, on completion of his rotation left us an enthusiastic promise to return.

Brian Bill, also graduating from WVSOM next week, will be continuing in our footsteps doing an Internal Medicine Residency in Parkersburg, West Virginia. We are so proud!

Mount St. Mary's College Students:

Brittany Kostiha, Mount St. Mary's Graduate has returned and will be joining us a while on Tuesday evening. She is still committed to her medical school dream.

Amanda Sadowl is new to us, has her goal to become a Physician Assistant and is rotating with us in the mornings to get the feel of office medicine.

Messiah College Graduate Christopher Burnette spent many of his evenings with us and is applying to Osteopathic School as he has "Found his passion."

Nurse Practitioner Students University of Maryland:

Emily Lee has spent 78 hours with us at EOPCC and is amazed at how much medicine can be learned and how many complex illnesses our patients suffer from. In her enthusiasm Emily made us a spaghetti dinner complete with garlic bread on her last day.

Olufemi Olawale spent over 225 hours with us during his Nurse Practitioner Clinicals and has truly the heart of an Osteopath. We were most honored when he sent us one of his family members for health care.

Our Medical Assistant Students: Continue to learn from our wonderful front desk staff.

Congratulations! To **Lacee** and son **Braydon**—such a cutie! We are so happy to have Lacee back with us, Braydon comes to visit now and then—how Maternal we all become.

Cancer Care Close to Home is here!

Dr. Hegazi and **Dr. Hud Hud** are now seeing patients on a regular basis at their **Emmitsburg Cancer Care Center**. If you or those you know could make use of the service, even if you are not part of the EOPCC practice, you are more than welcome! Spread the word. Appointments can be made by calling **301 695-6777** and letting them know an appointment is desired for the Emmitsburg office.

Donations:

We are very grateful for all donations with a special tip of the hat to:

Rev. Paul Redmond donated \$1000.00 to help us continue our work.

Your donations are needed to help our work continue. We cannot do our services without you. Thank you for every penny, every hour, and every kindness given to us. You make our world go around. You make us smile and give us courage to work toward meeting the medical needs of our community regardless of ability to pay, while educating those who would carry on the goodness.

WANTED : Quilters to quilt pre-made vintage six-point stars on a blue flat-sheet, to produce one or more quilts for future auction for EOPCC.. The stars were donated by Caroline Eader of Frederick from the estate of a family member, in support of our fundraising efforts. One or more experienced quilters are needed for this project and a quilting frame or a very large embroidery hoop. Contact: Cathy Bodin, 301.447.2690.