



## Community Health Highlights December 2016 – January 2017

<b>Wade Family Medical</b> 7118 Main St. Wade, NC 28395 (910) 483-6694	<b>Wade Family Medical DT</b> 2409 Murchison Rd. Suite B Fayetteville, NC 28301 (910) 488-4525	<b>Stedman Family Dental</b> 6540 Clinton Rd. Stedman, NC 28391 (910) 483-3150
---	--	---

**Attention Medicare Patients**  
 Medicare Open Enrollment  
 Period Ends on December 7<sup>th</sup>

### 24/7 Access to Your Health Information

Securely Access Your Health Information Through  
 The Patient Portal

#### FLU SHOT CLINIC

Appointments Available!



#### Wade Family Medical Center

7118 Main St, Wade, NC  
**Tuesdays & Wednesdays**  
 9:00 am – 12:00 pm  
**Thursdays**  
 5:00 pm – 7:00 pm  
 Please call: (910) 483-6694

#### Wade Family Medical Center

**Downtown**  
 2409 Murchison Rd  
 Fayetteville, NC  
**Thursdays**  
 9:00 am – 12:00 pm  
 Please call: (910) 488-4525

#### CLINIC CLOSINGS

**December 23, 26 & 27**  
 Christmas  
**January 2, 2017**  
 New Year's Day  
**January 16, 2017**  
 MLK Day

Stedman-Wade Health Services, Inc offers patients an easy and secure way to access their medical information online. You can view your personal health record at anytime and anywhere you have internet access. All patient exam rooms are equipped with tablets so that patients may view their online health information while waiting to be seen by a provider.



Patients who are interested in setting up a patient portal account can do so by talking to front desk staff or by visiting our website, [www.swhs-nc.org](http://www.swhs-nc.org).

### Why should you use the portal?



**Appointments**  
 Keep track of appointments



**Visit Notes**  
 View notes written by your providers about your visit.



**Lab Results**  
 View lab results



**Prescriptions**  
 Current and previous medications listed for easy patient access



**Messages**  
 Send and receive messages from staff and providers



**Immunizations**  
 Immunization history is available to patients any time they need it



# 2016 Homeless and Hunger Stand Down

On Friday, November 18, 2016, the staff of Stedman Family Dental Center attended the Annual Community Hunger and Homeless Stand Down. Each year a host of agencies gather to provide community resources and information to Cumberland County residents attending the event. Our staff provided free blood pressure checks, oral hygiene supplies, and personal hygiene kits to everyone who visited our table. This year, 230 individuals attended the event to receive services that included employment assistance, health services, veteran services, housing assistance and more.



*Deloise Saunders-Matos, Registered Dental Hygienist, attending the 2016 Community Hunger and Homeless Stand Down*

**Need Health Insurance?**  
We can help you apply and enroll!

**You have until December 15<sup>th</sup> to pick a plan effective January 1<sup>st</sup>!**

Patients who currently have a United Healthcare plan through The Marketplace will need to choose a new plan for 2017!

We have certified application counselors available if you:

- Are interesting in applying for 2017 coverage
- Would like to re-enroll
- Have general questions about affordable health coverage

**Ask to speak with one of our Certified Application counselors today!**

-or-

**Call (910) 483-6694 Ext. 7002**

Visit [www.healthcare.gov](http://www.healthcare.gov) for more information

## Tis the Season for Holiday Turkey

Are you one of the many families that prepare turkey for Christmas? If so, follow these four food safety tips to help you safely prepare your next holiday turkey meal.

**1. Safely Thaw Your Turkey:** Thaw turkeys in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Never thaw your turkey by leaving it out on the counter. When the turkey is left out at room temperature for more than two hours, its temperature becomes unsafe as it moves into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.



**2. Safely Handle Your Turkey:** Bacteria from raw poultry can contaminate anything that it touches. Follow the four steps to food safety – cook, clean, chill, and separate – to prevent the spread of bacteria to your food and family.

**3. Safely Stuff Your Turkey:** Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so just before cooking. If the stuffing is inside a whole turkey, take the bird out of the oven and let it stand 20 minutes before removing the stuffing.

**4. Safely Cook Your Turkey:** To make sure the turkey has reached a safe internal temperature of 165°F, check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint.

**For more information, please visit: [www.cdc.gov](http://www.cdc.gov)**