



# Patient Care Newsletter

## Corning Area Healthcare, Inc.

Winter 2011-2012

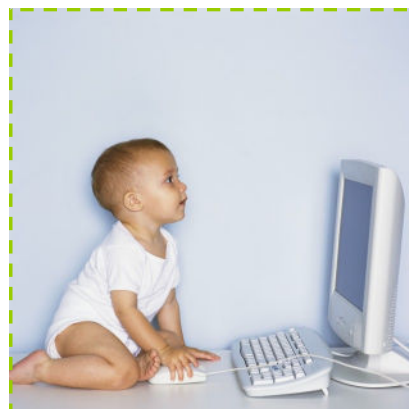
### Patient Portal

Corning Area Healthcare, Inc. is now offering our patients easy and private access to your medical information online. You will be able to view your personal health record whenever and wherever you have access to the internet! You will be able to receive periodic updates and reminders from your doctor on your personal email!

Many people wonder what are the benefits. With Patient Portal, you will have access to request and keep track of your appointments, lab results, medication, ask for refills and view your personal health record. You will be able to receive educational material, send messages to some of the medical staff, receive reminders of a scheduled appointments, view your statement, and pay your bill on-line!

To sign up for the Patient Portal, please give your email address to the Front Office Secretary when you visit the clinic. They will provide you with a user name and a password so you can gain access to your personal health record and other helpful features. All you will need is access to the internet!

See the Front Office Secretary and get signed up today!



### Women's Health and Family Planning

Women who need help paying for family planning and women's health services may qualify for assistance through the Arkansas Women's Health Waiver. This program helps women who do not qualify for full Medicaid. This helps women protect their gynecologic health and prevent unplanned pregnancies.

To qualify, you must:

- Be able to have children
- Do not have health insurance OR your health insurance does not include wellness.
- Family income is at or below 200 percent of the federal poverty guidelines.
- Only family planning services are covered. Which include: Physical exams, lab work, birth control, information about preventing HIV and sexually transmitted diseases, prescriptions for birth control and follow up visits.
- If you are over the age of 21, you may be able to get an operation to keep you from getting pregnant.

You may pick up an application at our front desk and return it there. You must complete and return it on the date of your visit in order for that day's service to be covered.

### Important Dates:

- December 25, 2011: Christmas Day
- December 23–26, 2011: Clinics closed
- January 1, 2012: New Year's Day
- January 2, 2012: Clinics closed
- January 16, 2012: Martin Luther King Jr's Birthday
- February 14, 2012: Valentine's Day
- February 20, 2012: President's Day
- February 29, 2012: Leap Year observed





### Family Medical Center

1300 Creason Road  
 Coming, AR 72422  
 Phone: 870-857-3399  
 Fax: 870-857-3301



### Pocahontas Family Medical Center

141 Betty Drive  
 Pocahontas, AR 72455  
 Phone: 870-892-9949  
 Fax: 870-857-0208



### Community Healthcare Center

3219 N Hwy 67B  
 Walnut Ridge, AR 72476  
 Phone: 870-886-5507  
 Fax: 870-886-5632

### Mission Statement

Corning Area Healthcare, Inc. (CAHI) a non-profit community health center, serving the comprehensive needs of Northeast Arkansas in a professional manner with compassion and quality without regard to language, financial or cultural barriers.

## Ground Beef Noodle Soup Recipe



### Ingredients

- 1-1/2 pounds lean ground beef (90% lean)
- 1/2 cup *each* chopped onion, celery and carrot
- 7 cups water
- 1 envelope au jus mix
- 2 tablespoons beef bouillon granules
- 2 bay leaves
- 1/8 teaspoon pepper
- 1-1/2 cups uncooked egg noodles

**\*Prep: 15 mins Cook: 20 mins**

### Directions

- In a large saucepan, cook the beef, onion, celery and carrot over medium heat until meat is no longer pink; drain.
- Add the water, au jus mix, bouillon, bay leaves and pepper; bring to a boil. Stir in the noodles. Return to a boil. Cook, uncovered, for 15 minutes or until noodles are tender, stirring occasionally. Discard bay leaves. **Yield:** 8 servings (2 quart)

**Nutritional Analysis:** One 1-cup serving (prepared with lean ground beef, reduced-sodium bouillon and yolk-free noodles) equals 203 calories, 9 g fat (3 g saturated fat), 32 mg cholesterol, 471 mg sodium, 10 g carbohydrate, 1 g fiber, 20 g protein. **Diabetic Exchanges:** 2 lean meat, 1 starch.

