



Patient Care Newsletter

Corning Area Healthcare, Inc.

Spring 2012



Patient-Centered Medical Home

A Patient-Centered Medical Home (PCMH) is about YOU! It is the kind of care we all want and deserve. A PCMH is based on a trusting partnership between you, your family, when appropriate, and your Care Team who oversees your health and well-being. Your Care Team may consist of your doctor or provider of choice, their nurse, as well as other clinical or non-clinical professionals within our clinic. A PCMH is not a place – it is the way care is provided to you, our patient, and your family, when appropriate. It feels like having an old style family doctor, but with a team of professionals who use modern knowledge and technology, to provide the best possible care for you in our office. The care in a PCMH is personal and having your Care Team is like having “health coaches” who help you get healthy, stay healthy, and get the care and services that are right for you.

Corning Area Healthcare Inc is reaching out to our patients, health care providers, and others to spread the word about the PCMH approach to care and what it means. We encourage patients and their families to get to know their Care Team and to be active participants with their Care Team. As an active member of the team, you will have a chance to explain the things that are really important to you. Working with your Care Team may improve the quality of your health and shorten the time it takes to get that care.

Remember the PCMH can be a way for you to be informed about and involved in your health care decisions. The PCMH can bring you, your family, and your Care Team together to help you make the best choices about your health.



Are you Registered to Vote?

If you are not already a registered voter and would like to be, please check with the front office for an application. It's really easy and won't take much time.

Once your application is complete, give it to our front office and we can send it in!

Insect Bites

Insects usually don't attack unless they are provoked. Usually, the insect stings to protect their hive or nest. The sting injects venom that may trigger an allergic reaction in the victim. The sting site may become red and swelling may occur.

Treatment at home depends on the type of reaction. If there is only redness and/or pain at the site, you can apply ice to the area. Clean the area with soap and water to remove any contaminated particles from the insect. You can treat itching with an over-the-counter antihistamine such as Benadryl (cream or pill form). Calamine lotion can also help relieve the itching.

If you start to experience symptoms from an insect bite, whether or not you have a history of a severe reaction, seek medical attention immediately. Especially if you begin to experience wheezing, shortness of breath, chest tightness, sensation of throat closing, difficulty swallowing or speaking, faintness, weakness or infection around the infected area.

You can minimize your exposure to insects by wearing long sleeves, long pants and a hat. You can apply a DEET insect repellants (such as OFF) to clothing, shoes, and any skin that is exposed. Make sure you keep it away from your face.



Important Dates:

- April 22, 2012—Earth Day
- April 25, 2012—Administrative Professionals Day
- May 13, 2012—Mother's Day
- May 28, 2012—Memorial Day
- June 17, 2012—Father's Day
- June 20, 2012—Summer Begins
- July 4, 2012—Independence Day



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.

Smart Snacking Suggestions



- Fresh or dried fruits are easy to carry. A small apple, medium orange, a small handful of grapes (about 15) or dried apricots (8 halves) or small plum, peach or pear. All are equivalent to 1 fruit exchange or 15 g carbohydrate.
- Cereal and yogurt are nutrient powerhouses. Choose a high-fiber cereal and a reduced-fat yogurt. Or, layer the two for a parfait.
- Peanuts or roasted soy nuts are great munchies, but their calories and fat can add up quickly. Mix with reduced-fat or air-popped popcorn and sprinkle with savory (no-salt added) herb blends.
- Whole wheat sandwiches of lean turkey, beef, ham, tuna or reduced-fat cheese make more substantial snacks. Mustard and other fat-free condiments are great add-ons, but keep mayonnaise to a minimum. Load the sandwiches up with your favorite raw veggies.
- String cheese, cheese slices and chunks of cheese provide necessary calcium. Whenever possible, choose the reduced-fat or fat-free versions.
- Reduced-fat crackers and pretzels and baked tortilla chips can be spread with roasted vegetable dip or salsa. If your food plan allows, enjoy with reduced-fat cheese or peanut butter.
- Roasted soy nuts are a great snack because they're loaded with calcium and other minerals. Calcium is so important for bone density. Recent studies even show that getting enough calcium in your diet may be connected to your ability to lose weight.

