

Prescott Free Clinic, Inc.
3212 N Windsong Dr
Prescott Valley AZ 86314

NON-PROFIT ORG
U.S. POSTAGE
PAID
PRESCOTT, AZ
PERMIT NO. 9

Central Scheduling
for all CHCY Services:

928-583-1000

or

928-639-8132

(Verde Valley)



Prescott
1090 Commerce Dr.



Prescott Valley
3212 N. Windsong



Cottonwood
51 Brian Mickelsen
Parkway

Welcome to Your Local, Community, Medical Home

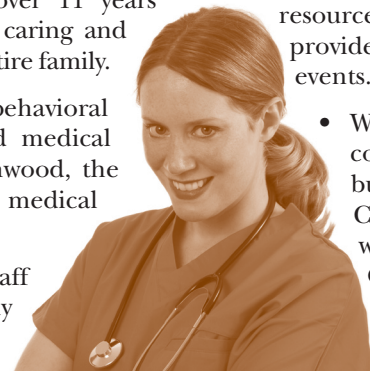
A Medical Home is not a building, house, or hospital, but rather a patient-centered approach to providing comprehensive primary care. This type of healthcare strives to facilitate partnerships between individual patients, and their personal providers, and when appropriate the patients family. Ultimately the goal of any good medical home is to provide better access to health care, increase satisfaction with their primary care provider and improve health.

The Community Health Center of Yavapai (CHCY) has been serving the residents of Yavapai County for over 11 years and in every one of our locations you will find caring and compassionate staff waiting to take care of your entire family.

With medical, dental, reproductive health and behavioral health services, convenient and well equipped medical facilities in Prescott, Prescott Valley and Cottonwood, the CHCY is an obvious choice when considering a medical home for you and your family, and here's why:

- CHCY offers just the right mix of service, staff and technology to provide you and your family with the best primary medical care.

- We gladly accept most insurance and for those who have no medical insurance, patient fees are based on a sliding fee scale according to income.
- If you need medical care that is beyond the scope of services provided by the CHCY, you will be referred to a medical specialist in the area. Referred medical services will be at patient's expense.
- Coming in early 2012, CHCY.info, the Community Health Center's new website, will make available 24/7 all the resources you need to learn more about our medical providers, medical services and information on upcoming events.
- We know that a website is not a substitute for an actual conversation with one of our medical professionals but we also know that life goes on after the Health Center closes at night. As your medical home, we want to be available when and where you need us. Our new website will be just one more way we are here to serve you.



Local. Primary. Healthcare

Community Health Center

of Yavapai

Providing integrated primary health care services.

December 2011

New Patient Centered Health Center is Complete

In June, we officially swung open the doors to our brand new Medical and Dental facility in Cottonwood and the reception has been tremendously positive.

This new facility was designed especially for the residents of the Verde Valley and we believe this can be seen in every detail.

Since our open house event we have seen the number of people coming to us for medical services increase by 37%. We assume that means the residents of the Verde Valley like our new building, great medical staff and modern amenities just as much as we do.



If you haven't seen our new building, nearly every room is filled with natural light and the exam rooms are spacious and well equipped.

As if that wasn't enough, just down the hall is our new dental wing. The spacious surroundings, comfortable dental chairs, and well trained staff who pay incredible attention to detail and service, is all part of making your visit to the dentist as enjoyable as a visit to the dentist can be.



The new Cottonwood Community Health Center.

In 2012, we will be adding a digital x-ray system, which means shorter wait times between x-ray, diagnoses and treatment. One more way we are working to make your visit more productive and enjoyable.

On your way to the dental wing you will pass by our new behavioral health & counseling room for those who have a behavioral health need that has been identified by their primary care practitioner. An additional office doubles as our diabetes information and patient eligibility office.

The new facility will continue to offer Reproductive Health services for both men and women, as well as Family Planning and Well Child check ups.

To make an appointment call 928-639-8132 in the Verde Valley or 928-583-1000 if you are in the Prescott area.

Integrating Modern Mental Health and Medical Services

Jennifer Gregory MA, LAC, the new Behavioral Health (BH) Coordinator for the Community Health Center of Yavapai (CHCY) joined the staff in September, 2011.

"My objective is to develop an integrated BH program... one that works for the patient and the doctor, to make sure we are providing quality services for those who come into our health center, as well as developing relationships with other BH partners in the community for our referral patients."



Jennifer Gregory

Jennifer stated that she wants to work with the doctors as a resource, when they have a patient who is expressing a potential behavioral health issue such as anxiety or having trouble dealing with a loss. She wants to be available to talk to the patients, make

a referral or provide the patient with literature that might ease the pain.

Jennifer is a 16 year resident of Arizona and most recently worked as a master's level therapist and counselor for Southwest Behavioral Health. She decided to go into counseling years ago when she realized she had a desire to help people by listening to their stories, and helping them see things from a different perspective. She believes that if you listen carefully, develop a trusting relationship, and then show them how important taking responsibility for their own actions is, real progress can be made toward improving one's mental health.

Jennifer is really looking forward to the challenges of this new position and the opportunity to develop an integrated behavioral health program specifically designed for the community health center patients.

Prescott Free Clinic, Inc.
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2011

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of Yavapai
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OUR MISSION:
"To contribute
to the well being
of the people of
Yavapai County by
offering quality
integrated primary
health services."

We Get Better With Each New Addition

Dr. James Paraskevas joined our team of professional health care providers in April of this year. He came to us from a Kaiser Permanente Clinic in Hawaii. Which begs the question, how great is Prescott if a doctor moves here from Hawaii?

Originally from New Jersey, Dr. Paraskevas completed his undergraduate training at Notre Dame University and his graduate work at Washington University in St. Louis. He has been with CHCY for seven months, working at the Prescott Valley Health Center. He says he is truly enjoying the Prescott Valley area and is looking forward to seeing more of Prescott, including the hiking trails.

Dr. Paraskevas has worked in family medicine for several years and is looking forward to getting to know all of his new patients. He said, "Prescott Valley is a beautiful town and I am really excited about the opportunity to live in such a great area, getting to work with this talented team of professionals just makes it that much more enjoyable." As a member of the American Board of Family Medicine since 1984, Dr. Paraskevas brings knowledge and expertise that the families of Prescott Valley will truly appreciate.



Dr. James Paraskevas

Changing of the Guard



Dr. Robert Elk

Since 2003, Dr. Robert Elk has been an important part of the CHCY family of health care providers. Initially as a primary care physician and then as the Medical Director, Dr. Elk has made major contributions to CHCY in the areas of medical practice management, quality improvement and strategic planning. His dedication to the organization has been nothing short of amazing. He will be missed tremendously.

Dr. Elk is leaving CHCY to assume the role of Medical Director at Adelante Healthcare in the Phoenix Area.

Officially, **Dr. Ravinder "Ravi" Dawke** will begin serving as the new Medical Director for the CHCY in January of 2012.

"Creating a patient centered medical home, while offering consistent and compassionate medical service was Dr Elk's goal and is now my first priority" says Dr. Dawke. "Looking through the patients eyes, seeing what they see and addressing their needs, is just part of how this will be accomplished. Dr. Elk has done a great job setting the pace in this endeavor and now it is up to me to carry on his work."

Dr. Ravi feels very comfortable with his new position, really enjoys working with fellow CHCY colleagues and is excited to get started in January.

"I am very excited about this new opportunity to work with Peggy Nies and the rest of the CHCY management staff. I believe I will do very well."



Dr. Ravinder Dawke

Did You Know?



You can donate up to \$400 to the Prescott Free Clinic, Inc. to support the Community Health Center of Yavapai... and it may not cost you a PENNY!

- Taxpayers may be eligible for the 2011 Credit for Contributions to the Charities that Provide Assistance to the Working Poor. Consult your tax advisor to determine if you are eligible for this \$400 state tax credit.
- This credit is in addition to the Public and Private School Credits.
- The \$200 maximum state tax credit (for taxpayers who are single/head of household) and \$400 maximum state tax credit (for married

taxpayers who are filing jointly) may make it possible for you to make a donation today.

- A state tax credit may allow you to reduce the amount of your tax liability to the state or increase your refund.
- Donations must be received by December 31, 2011 to be eligible for a credit. The Prescott Free Clinic, Inc. will mail you a receipt for your tax records.

The 2011 Charitable Contribution Tax Credit may be right for you! Go to www.azdor.gov for refund details.

YES, I would like to support the Community Health Center of Yavapai, by donating to the Prescott Free Clinic, Inc.!

Donation \$ _____

Tax-free Donations: \$200 \$400

Name _____

Address _____

Email or Phone _____

Make checks payable to:
Prescott Free Clinic, Inc.

Mail to:
Community Health Center of Yavapai
1090 Commerce Drive
Prescott, AZ 86305

For information on donating to the Prescott Free Clinic, Inc. to support the activities of the Community Health Center of Yavapai, call 928-442-5285.

A Message from the Board of Directors 2011-2012

Goal for 2012 is to increase awareness in Yavapai County of the many services offered by the Community Health Center of Yavapai (CHCY) and that the CHCY can be your "Medical Home."

It is important to us that the residents of Yavapai County know we offer a patient-centered approach to providing comprehensive primary care services, Monday through Friday, 52 weeks a year. The fact that we provide over 30,000 visits each year, at our three locations across the county, shows that we have made a good start to reach our goal.

Years ago, we began offering dental and behavioral health services because we knew that the more services we offer, the more likely you are to choose CHCY when deciding on a primary care provider.

At all of our locations our health care providers live in our communities and understand the needs of Yavapai County residents. Our providers enjoy getting to know their patients.

Whether it's a well-child checkup, reproductive health care or caring for your acute or chronic medical needs, CHCY is here to serve your medical, dental and behavioral health needs with care.

CHCY provides great medical services, now it is time for ALL of Yavapai County to know.



Front Row: Judith Kline-Vice President, Marcia Jacobson, Jo Rhodes-Treasurer, Gail Martin
Back Row: Carlos Mercano, William Thrift, MD, Miriam Haubrich-President, Carl Mattson, Laura Norman, Eben Fetters
Not Pictured: Lois Prow-Secretary

Services provided in
the prior 12 months
ending June 30, 2011

31,728	Total Patient Visits		
21,512	Medical	3,886	Reproductive Health
4,388	Dental	483	Well Woman Healthcheck
952	Behavioral Health	507	Prenatal

The Community Health Center of Yavapai (CHCY) is committed to providing access to integrated primary health care services to uninsured and low-income individuals and families. The CHCY is a program of the Prescott Free Clinic, Inc., a 501 (c)(3) not-for-profit organization operated in partnership with Yavapai County Community Health Services. Donations are tax-deductible.