

# KENTUCKY MOUNTAIN HEALTH ALLIANCE, INC. LITTLE FLOWER CLINIC

Visit our Website: [www.kymha.co](http://www.kymha.co)

## Contact Us:

421 Memorial Drive  
Hazard, KY 41701  
(606) 487-9505



Phone: (606) 487-9505

## Hours of Operation:

Monday - Friday  
9:00am - 7:00pm

## Our Mission

*The mission of KMHA is to improve the health and well-being of Southeast Kentucky citizens who are underserved or at risk for homelessness in a respectful manner through a coordination of quality holistic services.*

### Inside this issue:

- ♦ This Quarter's Spotlight
- ♦ New Handouts 2018
- ♦ Law Enforcement Appreciation Day
- ♦ Supporting Heart Disease Awareness
- ♦ 3rd Annual KHCN Leadership Conference
- ♦ Supporting Colon Cancer Awareness
- ♦ Outreach
- ♦ Temporary "New Location"



Program funded in part by Health and Human Services.

Administered by Kentucky Mountain Health Alliance, Inc.

This institution is an equal opportunity employer.

Accepts most major insurances.

[www.kymha.com](http://www.kymha.com)

# THIS QUARTERS SPOTLIGHT

# Dental



Little Flower Clinic is so blessed to have Tamara Karelis as our Dentist. We now have 3 Dental Suites and we really have an “Awesome” Dental Team...Jaime Hurt-Whitaker, Hygienist, and Terri Gayhart, Dental Assistant...and to top it off, Rhonda Sizemore, Billing/Dental Coordinator.



# Kentucky Mountain Health Alliance, Inc.

421 Memorial Dr. Hazard, KY 41701

*(Across from Pantry Shelf)*

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## Our Services

- Accepts most Major Insurances
- Visits with a Medical Provider
- Mental Health Services
- Retinavue Eye Testing
- On-site Dental Services
- Case Management(Mental Health & Substance Use Disorder)
- Health Education
- Laboratory Services
- Referrals for Diagnostics, Dental Services, Eye Care, Mental Health/Substance Use Services, and Specialty Care
- Insurance Enrollment and Eligibility through the Healthcare Marketplace
- Patients who are uninsured will be assigned a sliding fee scale based on gross income, and family size, according to federal Poverty Guidelines
- Vivitrol Injections available w/Group Counseling
- Radiology (X-Ray) Department is coming soon!

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**For More Information Call: (606) 487-9505**

**Need Insurance?**

**We can help you...**



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# New Look for 2018!



## Healthy eating

Maintaining the habit of healthy eating comes from creating balance, and meal plans can include many options and flavors. If your child has Type 1 Diabetes, it's essential to keep track of foods eaten and adjust insulin dosing accordingly. Your health care team can help you forge a plan that works.

## Being active

Physical activity gives your child more energy and makes his or her body more receptive to insulin. These are good things, but with type 1 diabetes it's important to monitor blood sugar with activity. Also, consider keeping "emergency carbs" on hand, like fruit juice, glucose tablets, or hard candies.

# FIT FACTS

## for Kids!

## Tracking blood sugar

You'll need to closely track your child's blood sugar level, especially if she or he has type 1. Your health care team can help explain when and how often to check blood sugar. You can also download this *Blood sugar Diary* go to: [https://www.tresiba.com/content/dam/diabetes-patient/tresiba/resources/track\\_blood\\_sugar/Your\\_blood\\_sugar\\_diary.pdf](https://www.tresiba.com/content/dam/diabetes-patient/tresiba/resources/track_blood_sugar/Your_blood_sugar_diary.pdf) to help stay on track. There are also tracking apps available that you can download directly to your phone.

## Taking insulin

If your child has Type 1 Diabetes, he or she has likely been prescribed a daily basal-bolus insulin therapy, taken either by pump or injections that involves both long-acting (basal) insulin and rapid-acting (bolus) insulin that closely mimics the body's normal insulin release. With type 2, treatment options will vary with the individual needs of your child.



## TAKING CARE OF YOUR TEETH

Tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States. Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning.

About 1 of 5 (20%) children aged 5-11 years have at least one untreated decayed tooth.

1 of 7 (13%) adolescents aged 5 to 19 years with untreated tooth decay is twice as high for those from low-income families (25%) compared with children from higher-income households (11%).

The good news is that tooth decay is preventable. Fluoride varnish, a high concentration fluoride coating that is painted on teeth can prevent about one-third (33%) of decay in the primary (baby) teeth. Children living in communities with fluoridated tap water have fewer decayed teeth than children who live in areas where their tap water is not fluoridated. Similarly, children who brush daily with fluoride toothpaste will have less tooth decay. Applying dental sealants to the chewing surfaces of the back teeth is another way to prevent tooth decay. Studies in children show that sealants reduce decay in the permanent molars by 81% for 2 years after they are placed on the tooth and continue to be effective for 4 years after placement.

## What parents and Caregivers Can Do

Here are some things you can do to ensure good oral health for your child:

- Protect your child's teeth with fluoride. Use fluoride tooth paste.
- If your child is younger than age 6, watch your child brush their teeth. Make sure your child only uses a pre-sized amount of toothpaste and always spits it out rather than swallows it.
- If your child is younger than age 2, do not use fluoride toothpaste unless your doctor or dentist tells you too. Learn more about fluoride toothpaste and fluorides at [Brush up on Healthy Teeth](#)
- Talk to your pediatrician, family doctor, nurse, or dentist about putting fluoride varnish on your child's teeth as soon as the first tooth appears in the mouth.
- If your drinking water is not fluoridated, ask your dentists, family doctor, or pediatrician if your child needs oral fluoride supplements, like drops.

# BOTH MALES & FEMALES CAN BE AFFECTED BY HPV

## SO, MALES CAN GET HPV TOO?

Yes, Although there's misinformation out there about who might be at risk, the truth is that HPV can affect both males and females.

### HOW DO YOU GET HPV?

Because HPV often has no signs or symptoms, males and females can get the virus without knowing it and then pass it on. Exposure, can happen with any kind of adolescent experimentation that involves genital contact with someone who has HPV – intercourse isn't necessary, but it is the most common way to get the virus.

### HPV AND YOUR CHILD

If you haven't heard about the risks of HPV-related cancers and disease yet, it's time you did. HPV (short for human papillomavirus) is a virus that can infect both males and females and cause potentially serious diseases.

There are approximately 14 million new HPV infections in the United States every year – about 50% of them in 15-24 year olds. For most, HPV clears on its own. But, for others who don't clear the virus, HPV could cause potentially serious diseases. Unfortunately, there is no way to predict who will or who won't clear the virus.



#### HPV HAS NO SIGNS OR SYMPTOMS

**ANYONE WHO IS INFECTED CAN PASS THE VIRUS ON WITHOUT EVEN KNOWING IT.**

#### ABOUT 50% OF NEW HPV INFECTIONS OCCUR IN 15 - 24 YEAR OLDS.

For most people, HPV clears on its own. But, for others who don't clear the virus, it could cause certain pre-cancers, cancers, and other diseases.

### FACT: SOME TYPES OF HPV CAN LEAD TO CERTAIN CANCERS AND DISEASES

As a parent, you know it's important to have a healthy diet and regular checkups at the doctor's office, but you may not know that exposure to HPV can put your child at risk for HPV-related cancers and diseases later in life.



### 7 TYPES OF HPV LEAD TO ABOUT 20,000 CANCER CASES PER YEAR IN THE UNITED STATES

Certain types of HPV are responsible for cervical, anal, vaginal, and vulvar cancers. Other HPV types are responsible for genital warts. In the United States alone, 7 types of HPV cause approximately 20,000 new cases of cancer every year.



# Mononucleosis

Mononucleosis is an infectious illness that's sometimes called mono or "the kissing disease". While you can get the virus that causes it through kissing, you can also get it in other ways like sharing drinks or utensils. It's contagious, but you're less likely to catch mono than other illnesses like the common cold.

Mono isn't usually a serious illness, but it can lead to complications that in some cases make the disease more dangerous. The symptoms of mono can be mild, but they can also become very severe. If that happens, you may not be able to take part in your normal, daily activities for up to several weeks.

#### Causes

In general, the Epstein-Barr virus (EBV) is what causes mono. It's a common virus that many people are exposed to as kids. But even if you're exposed to EBV, it's not guaranteed that you'll get mono. It's possible to be infected with EBV and carry it in your body for your entire life without ever having symptoms of mono.

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# Supporting our Law Enforcement



January 9, 2018  
Law Enforcement Appreciation Day



Kentucky Mountain Health Alliance, Inc. - Little Flower Clinic

Presented our Law Enforcement City, County, & State Police an Appreciation Basket with a card that stated:

**Lifesaver** Because you are one!

**100 Grand** Because you don't do it for the money!

**Lollipop** For that "POP" of energy you need!

**Mint Patty** To help you keep your cool in every situation!

**Gum** To help your unit to stick together!

**THANK YOU FOR ALL YOU DO!**

# Mountain Mission OUTREACH January 19, 2018



Reaching out  
to help  
our community...

## Kentucky Mountain Health Alliance, Inc.

423 Memorial Dr. Hazard, KY 41701  
(Across from Peppy Shell)  
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Need Insurance?  
We can help you...



"Everyone has the right to the highest attainable standard of health. This right includes a minimum essential package of health care services."

www.kymha.com



Kentucky Mountain Health Alliance, Inc. - Little Flower Clinic is proud to sponsor the Remedial Basketball League for all Schools



# Valentine Day Basket



Basket  
worth over  
\$800!

**Tickets \$1 Each**

Or

**Buy 5 get 1 Free**

**Buy 10 get 2 Free**

**Buy 20 get 4 Free**

COME TO

**LITTLE FLOWER CLINIC  
AND BUY YOUR TICKETS TODAY!**

Drawing will be:

**Monday, February 12, 2018**

~ **RAFFLE** ~

## Basket Contents

Bath Bombs/Sena's Delight

Stuffed Animal/Flowers by Olivia

\$20 Gift Certificate (good for 2 Dinners or 2 Dozen Strawberries)/Drucies

Candle/Hazard Furniture

1 Night Stay/Harmony House

Earrings(worth \$500)/Bernards

Buffet for 2/Ponderosa

Jewelry Cleaner& JewelryCloth/The Castle

Earrings & Bracelets/Factory Connection

Victoria Secret Body Spray/Aileen's Flowers

Valentine Pin/Candle & Bow to put on basket/Melvetta Craig

1 Dozen Roses(in sleeve)/Food City

\$25.00 Gift Certificate/Rudy's Bakery

Make-up & Perfume Samples/Goodies

\$40 Coupons for Free Nail Polish, Free Hair Cut,

Free Eyebrow Wax, Hair ties, Hair Products/JC Penny

\$25.00 Gift Certificate/Dion'S

**Thank you to the Decorating Center for combining our Community Donations into a Beautiful Basket**

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# January

# Free Chili Lunch



Donations from our staff provided a hot bowl of chili, sandwich, dessert, and drink.

Friday, January 26, 2018



28.4 million - Are Diagnosed with it

15.3 million - Seek treatment at local clinic's for it.

1.9 million - Hospital Visits because of it

610,000 people die of HEART DISEASE in the United States every year—that's 1 in every 4 deaths.

Join us to



National Wear Red Day

February 2, 2018

Little Flower Clinic 421 Memorial Drive Hazard, KY 41701



Wearing **RED**...  
supporting Heart  
Disease  
Awareness







# Congratulations!

## Bo Harrison!

Winner of the Valentine Basket Raffle!



**A BIG**

Thank you  
to everyone that purchased  
a raffle ticket and to all our  
local Business's who donated  
to this worthy cause.

We collected

**\$746.00**

This will be added  
to our Emergency Fund  
for the Homeless

# OUTREACH

**Mountain  
Mission  
2/16/18**



**Community Outreach**



# Congratulations!

Tara & Stephen

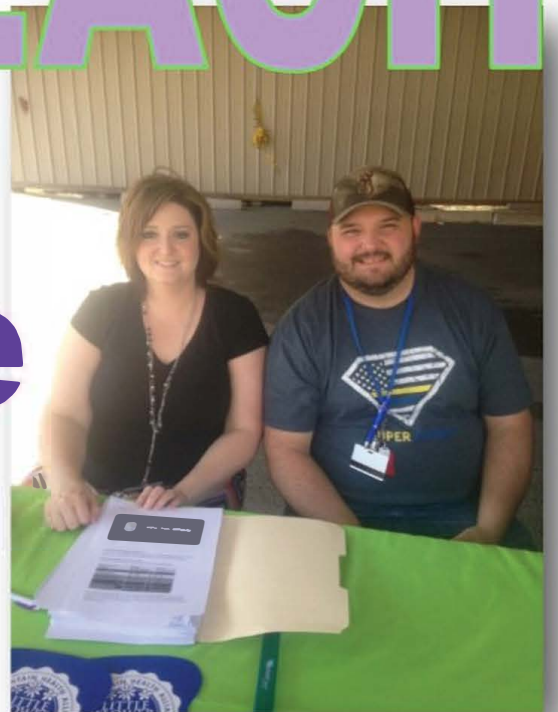
BABY #3



## OUTREACH

New Hope

2/20/18





Attending 3rd Annual  
KHCHN  
Leadership Conference  
Wednesday, February 23, 2018  
Lexington, Kentucky



# CONGRATULATIONS!

Randy & Becky Jent

Julie Adams

## WINNERS

If you have been missing your teeth 6 months or more we would like to give you back your smile!



**We are giving away...**



1 Free Standard Economy Set of Dentures!

A \$300 Value!

To be eligible to win:

You must be working, looking for work, or a full time student.

1. Like our Facebook Page
  2. Like this Post
  3. Share this post publicly
  4. Tag 3 people in the comment section
- Winner will be announced: February 28, 2018

Prizes given limited to what is available. Promotion sponsored by Fortbury Dentures Month (Feb-Mar, 2018). This promotion is an equal opportunity employer. Prizes must be claimed by 2/28/18. www.fortburys.com

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Celebrate Children's Oral Hygiene Month



**We are giving away...**

2 Children's

Crest Spin Brushes



- Like our FB page
- Like the original post
- Share the original post
- Tag 3 people in the comment section

*Child must be present with Parent to win.*

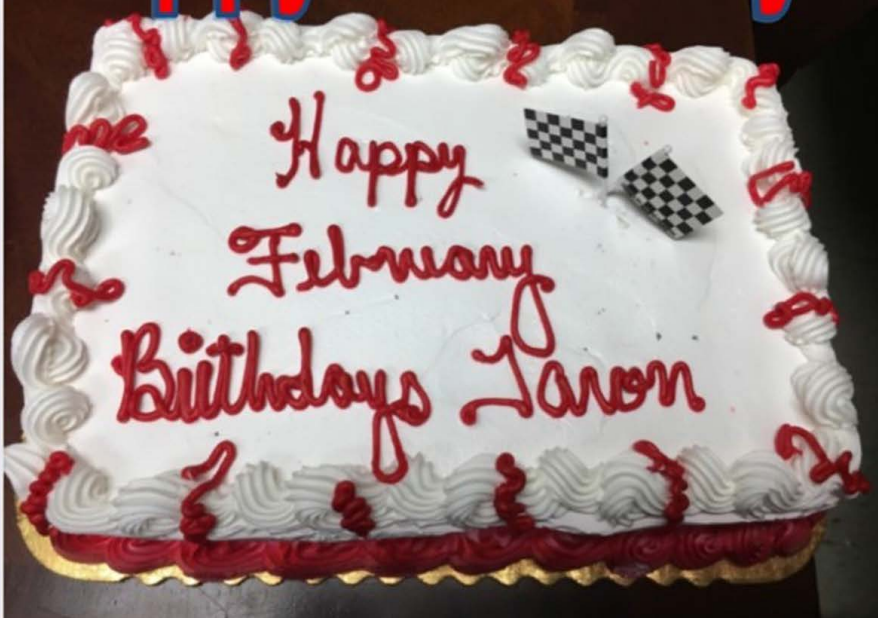
Call and get your Dental appointment today!

(606) 487-9505

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# Happy February Birthdays!





# OUTREACH

New Hope

2/28/2018



## February Free Hot Dog Lunch



Wednesday, February 28, 2018  
Little Flower Clinic Staff provided  
all who came by a FREE Hot Dog Lunch..

Chips, Dessert, and a Drink.

We love our Community!





Wear **Blue** to support a cure for Colon Cancer  
**Friday, March 2, 2018.**

DRESS IN



DAY

For a Future Free of Colon Cancer™









# NEW LIGHTS!



**3/20/18**

**Gonna Light up LFC!**

# OUTREACH

**3/20/18**

**NEW HOPE**

**Braving the COLD...**





**Temporary Relocation**  
**279 East Main St. Suite 300**  
**Hazard, Ky. 41701**  
**(Old Hazard Clinic Bldg.)**

**Moving...**  
**Working as a Team!**



**Getting it Done!!!**



# SHRED IS GONE!



# Move completed...



## Old Hazard Clinic Bldg.

# NEW "TEMPORARY" HOME





# March



ANGIE MELTON



SAMANTHA WHITE



DUSTIN DEZARN

# 2018



## Board Members

- 2018 -

### KMHA Board Members

Sam Collins, Chairman, Chris Doll, Vice-Chair, Carla Seals, Treasurer, Linda Blair, Secretary,  
Julie Akemon, Alvin "Ray" Hill, Jane & Lester Broyles, Cecelia Stewart,  
Bailey Richards, Helen Shoptaw

### KMHA Advisory Council Members

Susan Adams, Vanessa Blanton, Tim Myers, Connie Lane, Jane Broyles, & Lester Broyles,  
Pauline Adkins, Orlena & Nehphi Lazareth, Mary & Floyde Polhemus

## Giving to Our Organization

Send your tax deductible donations to: Kentucky Mountain Health Alliance, Inc.

Enclosed is my gift of:    \$20\_\_\_\_\_    \$30\_\_\_\_\_    \$50\_\_\_\_\_    \$100\_\_\_\_\_

This gift is from:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

☐ I give permission for you to include my name on your publications of contributors.

☐ I prefer to remain anonymous.

Please make check to: Kentucky Mountain Health Alliance, Inc.



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279 E. Main St. - Suite 300

Hazard, Ky. 41701

Quality Healthcare for every Kentuckian.

Available here at Little Flower Clinic.

