

Be Well!

¡Esté Bien!

WINTER 2010/11



Twenty years ago, Dr. Robert Zufall and his wife Katherine began providing medical care to the underserved population of Dover. With the support of volunteers as well as private and, eventually, government funding, their enterprise became Zufall Health Center which serves more than 10,000 patients in four counties.

Today, we have much to celebrate. In 2009, we launched the Highlands Health Van in rural Hunterdon, Warren, and Sussex counties. We also opened a site in Morristown. And thanks to a \$3.9 million federal grant, we are embarking on



a major expansion of our Dover headquarters.

We'd like to thank everyone who supported our mission and ensured our longevity, especially our patients for putting their trust in us. Inspired by all we have accomplished, we look forward to building an exciting new future.

Be Well!
Eva Turbiner
President and CEO

Full-service health center opens in Morristown

Patients can now visit Zufall Health Center at our new Morristown office at 2-4 Atno Avenue.

“Our center provides medical and dental services to anyone in need of care, with a focus on the town’s public housing residents and homeless population,” said Dr. AnneGene Giustozzi, clinical site leader.

“All the medical and dental services offered at our Dover office are now available here.”

Conveniently located directly off Washington Street, the center treats newborns to seniors six days a week. While same-day, walk-in visits are often available, scheduling an appointment is recommended.

The cheerful, 2,500 square-foot office provides a reception area, four medical exam rooms, and two dental operatories. The office is staffed by board-certified physicians, dentists, and nurse practitioners.



Celebrating the opening of the new Morristown site are from left: N.J. State Senator Anthony R. Bucco, Morristown Councilwoman Rebecca Feldman, Assemblyman Anthony M. Bucco, Zufall President and CEO Eva Turbiner, Zufall Board President Paul Nusbaum, Morristown Councilwoman Michelle Harris-King, and Morris County Freeholder James Murray.

For center hours or to schedule an appointment, call 973.267.0002



Our bilingual web site provides helpful information about Zufall Health Center. You can find our hours and services or learn what’s new.

Visit www.zufallhealth.org.



ZUFALL HEALTH CENTER

**Zufall Health Center
Dover**
17 South Warren Street
Dover, NJ 07801
973.328.3344

**Zufall Health Center
Morristown**
2-4 Atno Avenue
Morristown, NJ 07960
973.267.0002

Highlands Health Van
Serving Sussex,
Hunterdon, and
Warren counties
908.968.0898



Highlands Health Van hits the road in three counties

The Highlands Health Van is now on the road bringing affordable family medical care to Hunterdon, Warren and Sussex counties, especially to rural, low-income residents.

Resembling a standard doctor's office, the colorful, eco-friendly van makes regularly scheduled, weekly stops.

Patients receive primary care services including check-ups, treatments for illness and injury, preventive care, referrals to specialists, and health education.

Designed as the nation's first eco-friendly mobile medical unit, it was built largely from recyclable an/or naturally grown materials. Powered by a biodiesel engine and rooftop solar panels, it contains

components that address energy efficiency, healthy indoor air quality, water conservation, and sustainability.

The van was funded by the N.J. Department of Health and Senior Services as well as its primary sponsor, Daiichi Sankyo, Inc., the global pharmaceutical company.

Patients are encouraged to make appointments, but walk-ins are welcome.

To view the van's current schedule, go to www.zufallhealth.org or call 908.968.0898 for more information.

VAN LOCATIONS

HUNTERDON MEWS APARTMENTS

65 N. Main Street • Flemington

UNITED METHODIST CHURCH

116 E. Washington Avenue • Washington

TRINITY HOUSE

212 E. Moore Street • Hackettstown

\$3.9 million grant funds expansion

President Obama recently delivered some great news to the health center. At a White House ceremony, Zufall Health Center was awarded a \$3.9 million Facilities Investment Grant to fund a major expansion. The grant was part of nearly \$600 million in Recovery Act awards announced by the President to help community health centers meet the skyrocketing demand for services.

According to Eva Turbiner, Zufall president and chief executive officer, the funds will be used to renovate a downtown Dover building acquired near the health center's current 5,000-square-foot location on South Warren Street.

"The expansion will not only alleviate crowded conditions and provide more people with access to care, it will provide jobs and enhance downtown Dover," said Turbiner who estimates the added space will accommodate 6,000 more patients and 28 new, full-time employees.



Zufall Dental Director Dr. Sam Wakim (left) shows off one of two new dental operatories at the Zufall Health Center in Morristown to executives of Delta Dental of New Jersey. Pictured from left are Walter VanBrunt, president and chief executive officer; Diane Belle, vice president corporate communications; and Dr. Gene Napoliello, president of Delta Dental of New Jersey Foundation.

Project HOLA program improves health literacy

Patients who enroll in newly enhanced Computer Training and English as a Second Language classes will also learn to better understand health issues that affect them and their families.

Through Project HOLA (Health Outreach and Literacy Awareness), we are partnering with the Morris County Organization for Hispanic Affairs to incorporate health literacy education into these popular courses offered by the agency in Dover and Morristown.

“Patients who do not understand self-care or medication instructions are putting their health at risk,” said Michelle Blanchfield, Project HOLA’s coordinator. “Often, they are too embarrassed or intimidated to tell someone.”

Those who enroll will learn such things as how to navigate the healthcare system to get the care they need, how to communicate better with their doctor, and how to follow instructions and understand medication labels.

Project HOLA is being funded over three years by a \$250,000 grant from New Jersey Health Initiatives, a program of the Robert Wood Johnson Foundation.

Anyone interested in participating should call Michelle Blanchfield at 973.328.9100, extension 323.



Ask Dr. Bob: Why get your blood pressure checked?

The other day a young friend had a stroke. Young, by my standards. He is 57. He was fine, and all of a sudden he collapsed. At the hospital, they shaved his head, stuck a tube in his brain to drain off excess pressure, inserted another tube to help him breathe, and then began all kinds of tests.

A stroke is the common word for something happening to a blood vessel in the brain. Either a clot or a blowout causes part of the brain to die because it doesn’t get its normal blood supply.

Usually, it results in paralysis as well as some brain problem.

Damage on the left side of the brain causes paralysis on the right side of the body, and is more likely to cause trouble speaking. My friend will probably have trouble talking as well as walking.

Meanwhile, he’s still in critical condition. Turns out, he knew

he had high blood pressure, but he

ignored it. I hope you get the message. Get your

blood pressure checked!

Good luck!

Dr. Bob Zufall

HEALTHY CHOICES TO PREVENT STROKE:

- **Eat healthy**
- **Exercise**
- **Don’t smoke**
- **Check cholesterol**
- **Monitor blood pressure**
- **Take medicine**

Patients benefit from award-winning pharmacy services

A clinical pharmacist is now providing patients with one-on-one counseling about their medications to help prevent and reduce medication errors.

Through our “brown bag” program, patients are encouraged to bring in all their medications for a review so they can better manage and understand them. Patients are

also eligible for discounted prescriptions at Goodale Pharmacy in Dover and White’s Pharmacy in Morristown.

“Our efforts are showing a definite improvement in the health of our patients, especially those with diabetes,” said Dr Rina Ramirez, Zufall’s chief medical officer.

These and other new practices won national recognition by the U.S. Health Resources and Services Administration Clinical Pharmacy Services Collaborative. Zufall was the only New Jersey organization cited.

The program was funded by Daiichi Sankyo, Inc., a global pharmaceutical company.