

Our Lady of  
Good Remedy  
Health Services  
At St. Luke's Mission of  
Mercy

# Winter Health Fair!

Featuring blood glucose,  
cholesterol, blood pressure,  
and other important health  
screenings, free flu shots,  
representatives from Fidelis  
and Child Health Plus, dental  
exams and cleaning,  
and so much more!  
Free admission, free lunch,  
and a gift for everyone!

**Saturday,  
January 20<sup>th</sup>  
11AM – 1PM  
St. Luke's Cafeteria  
Walden at Miller Streets**

## **VOLUNTEERS NEEDED!**

Are you a health care professional  
with something to offer our  
community? Please call Dave  
Marciniak at 837-4342. We are  
always open to new ideas! God  
bless you!

# Our Lady of Good Remedy Health Services Awarded Grant

By David Marciniak

For the second year in a row Bishop Kmiec and FidelisCare New York recognized the good work being done at St. Luke's Mission of Mercy to better the health of our community by awarding a generous grant of \$10,000.00 for our newest program, "An Ounce of Prevention".

## Program Details

### ***A Very Real Need***

Data collected through avenues such as our bi-annual health fair, Free Clinic visits, and home visits in the community suggests very strongly that a large percentage of the population in the community immediately surrounding St. Luke's Mission of Mercy are lacking in regular, preventive health care. A general lack of knowledge on preventive health practices is rampant among those we have encountered in the community.

St. Luke's has recognized this basic lack of knowledge as a challenge. Our challenge is to equip the men and women of our community with the tools and the education they need to make good health decisions pertaining to regular medical care, healthy eating habits, decreased substance abuse, and increased exercise. We can't begin soon enough. Educational efforts must include the children of our community as well.

### ***Project "An ounce of Prevention..."***

St. Luke's Mission of Mercy has identified four areas of health knowledge severely lacking in our community. They are: 1. Regular preventive medical care. 2. Healthy eating habits. 3. The dangers of substance abuse, including smoking. 4. The importance of regular exercise. Our project aims to put this powerful knowledge in the hands of those we serve to help them make better choices and to live healthier lives. Intrinsic to this project is a clear method of evaluation of progress with clear benchmarks for success.

### **Project Outline**

- I. Create Committees for Each of the Four Identified Knowledge Deficits (October 2006 to December 2006)
- II. January/June Health Fairs  
- Screening, education, linkage to local agencies
- III. Healthy Eating Fair (May 2007)  
- With the guidance of a dietician and the efforts of St. Luke's kitchen staff we hope to provide a program for better health through better food choices and healthier preparation
- IV. Kids of the Kingdom Health Week (July 2007)  
- Four days covering hand washing and hygiene, exercise, safety, healthy eating, and disease prevention
- V. Emergency Prescription Fund  
- Assistance to those with no prescription coverage

***If you are a health care professional with an area of expertise in some aspect of our newest program, we would warmly welcome your participation! Please call Dave Marciniak at 837-4342 and let us know how you can help. Please pray for this program that God would bless us with the means to bring the message of good health and making healthy choices to our St. Luke's community.***



