



Community Care Clinic Of Franklin

[Visit Our Website](#)

February 2023 (Monthly Publication)

The Community Care Clinic of Franklin has been providing medical care for Franklin residents as well as other Macon County residents for over 12 years. We are a local, non-profit organization that believes everyone deserves basic health care. Our mission is to provide free primary health care, including education and disease prevention, to low-income, uninsured members of our community and surrounding communities. Our clinic accepts patients with up to 200% of Federal Poverty Level household income who are uninsured or are underinsured with high deductible or limited Medicaid coverage. The Community Care Clinic was founded in 2010, with our offices and clinic conveniently located within the Macon County Public Health Department building.

Approximately 80% of our patients are working at least part time but cannot afford medical insurance. Many of them have chronic diseases such as Diabetes, High Blood Pressure, and/or Heart Disease. They cannot afford to see a physician and often cannot

afford the medications they need to control their medical problems and without clinic services many would end up hospitalized, with more serious problems and unable to work to support themselves and their families. The Franklin Clinic provides medical supervision, access to free or low-cost medications and necessary laboratory tests all free of charge to our patients.



Photos By: Cody Allison

Our New Office and Clinic Hours:

Exciting News!!

Our Clinic has just expanded our Office Hours!

We will now be open Monday-Friday 8:00am-2:30pm

We have also added a new day clinic which will be every Tuesday Morning from
8:40am-12:40pm

Other Clinic hours are:

Monday and Wednesday Evenings 5:00pm-7:00pm

and

Friday Mornings 10:00am-1:00pm

(By Appointment Only)

Call today to schedule an appointment

(828) 349-2085

*Walk-Ins Welcome

(Based on space availability)

Medication Assistance Program:

Your health matters to us, We understand how expensive medications can be, and we are here to help.

The Community Care Clinic of Franklin can help obtain necessary medication at little or no-cost to qualifying patients.

This program is designed to get the medications you need, but we need you to do your part as well by registering before the prescriptions can be filled.

Visit with your provider to discuss what medications you will need.

For more information or to see if you qualify for our Medication Assistance Program, please call:

Sarai Pichardo @ [\(828\) 349-2085](tel:8283492085)



Photo By: Cody Allison



Photo By: Hannah P. Caplinger

**Our Recognized Staff
Member:
Hannah Praise Caplinger,
FNP-C**

Hannah Praise Caplinger, FNP-C, has been caring for residents of Macon and surrounding counties for many years. As an RN, Hannah worked for both Long-term care facilities as well the Mother-Baby, Pediatric, and Medical-Surgical units of Harris Regional Hospital. Ms. Caplinger was raised in Sylva, N.C. She has grown up in the community and is now raising her son Jeremiah here. She also has a lab mix named Princess Leah, and a Morkie Puppy named Bella-Ewa. She enjoys traveling, watching Star Wars, hiking, crafting, and reading, She is excited and ready to care for and meet the needs of this community.



American Heart Health Awareness Month

February is Heart Health Awareness Month

Information provided by: Centers For Disease Control and Prevention

Heart Disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. One person dies every 34 seconds in the U.S from Cardiovascular Disease. Coronary Heart Disease is the most common type of heart disease.

A heart attack happens when a part of the heart muscle doesn't get enough blood. The more time that passes without treatment to restore the blood flow, the greater the damage to the heart muscle. Knowing the major symptoms of a heart attack can help increase survival.

The Major Symptoms of a Heart Attack are:

- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or goes away and comes back. The

discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.

- **Feeling weak, lightheaded, or faint.** You may also break out in a cold sweat.
- **Pain or discomfort in the jaw, neck or back.**
- **Pain or discomfort in one or both arms or shoulders.**
- **Shortness of breath.** This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort.

Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. Women are more likely to have these other symptoms. If you have any of these symptoms, remember to call 911 for quick response.

What are the risk factors for a heart attack?

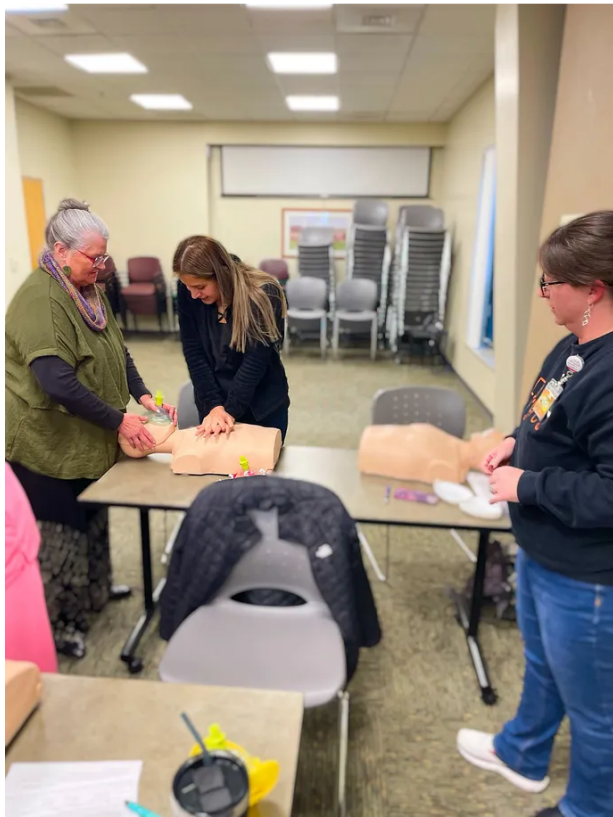
Several health conditions, your lifestyle, and your age and family history can increase your risk for heart disease and heart attack. These are called risk factors. About **half of all Americans** have at least one of the three key risk factors for heart disease: high blood pressure, high blood cholesterol, and smoking.

Some risk factors cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you **can** control.

Visit our Facebook page throughout the month of February for more info about heart disease, recovery and lifestyle changes that will help keep your heart healthy and happy.

[Check Out Our Facebook Page](#)

Community Partnerships:



Photos By: Cody Allison

**A special Thank You to Southwestern Community College
and Amanda Bowers, RN for allowing us your time and
resources in order to properly certify our staff in BLS/CPR.**



1830 Lakeside Drive Franklin, NC 28734 [unsubscribe](#)