



News at the Q



Volume 5, Issue 4

April 2018

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April 2018 - Wake-Up!

National Health Observances for April

National Minority Health Month National Child Abuse Prevention Month

April is National Minority Health Month—a time to raise awareness on issues impacting health disparities and health

equity in America. The theme for 2018 is **Partnering for Health Equity** which highlights partnerships at the federal,

state, local, tribal and territorial levels that help reduce disparities in health and health care. This year, the Office of Minority Health at the U.S. Department of Health and Human Services will celebrate impactful public and private sector collaborations that advance health equity and help improve the health of the nation. From federal agencies and national partners to grantees and community-based organizations, HHS OMH is proud to salute its partners from sectors such health, education, justice, housing, transportation, nutrition, and

employment as we build bridges to help end disparities in health and health care.

By addressing the social determinants of health, we can strengthen the foundation of better health. Health disparities—the differences in health and well-being—have a significant impact on our nation and among racial and ethnic populations in particular. Minorities are less likely to get the preventive care needed to stay healthy, less likely to receive quality care, and more likely to face poorer health outcomes.

During this National Minority Health Month, we highlight the work of the HHS OMH and its partners that serve as bridges between the sectors that impact health. All of us are touched by health. Whether you are a banker providing small business loans to bring grocery stores to local neighborhoods or a school administrator looking to bring a health center to your school, community-based partnerships are helping us move closer to being a nation where everyone has the opportunity to

achieve their full potential for health. **Quality Community Health Care, Inc.**, celebrates *Minority Health Month all year around*, and we are committed to providing quality medical and dental health care to everyone regardless of ability to pay. Don't be another statistic, partner in your health. Make an appointment today. Call: (215) 227-0300

<https://www.minorityhealth.hhs.gov/NMHMI8/>



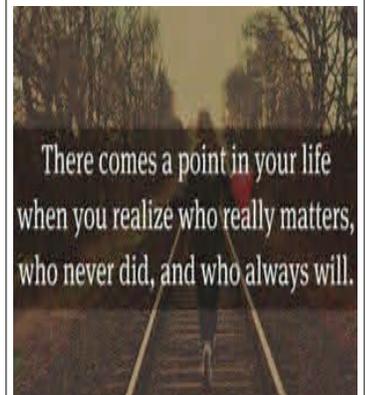
Pennsylvania Health Access Network (PHAN) in a conference call recently, discussed the proposed House Bills that will impose Work Requirements on Medicaid recipients. If these requirements are not met in a timely manner, individuals could be “Locked out” of benefits up to 6 months or the remainder of that year in which the requirements are not met, even if corrected. What this means is those individuals will be without coverage, without care, without medications and the treatments needed to maintain health and in some cases sustain life.

Please pay attention to your mail.. Contact your local state representative or city councilman .



Need Help to Enroll in Medicaid?

Contact
Veronica or Harry
215) 227-0300
ext. 7326 or 7309



National Child Abuse Awareness Month

April is National Child Abuse Prevention Month Building Community Building Hope Strong, nurturing communities that are supportive of families can get involved and play a role in preventing child

abuse and neglect and promoting child and family well-being. At the

Children's Bureau's Office on Child Abuse and Neglect (OCAN), we know that communities have the power to solve the problem of child maltreatment.

That's why the theme for **National Child Abuse Prevention Month** (NCAPM) is "Building Community, Building Hope." To support service providers and communities in their efforts to prevent child abuse and promote well-being, we've developed several resources, including a film series and a resource guide.

Included in this month's issue, we have included signs to be aware of and a few tips on how to act instead of reacting to day-to-day family stressors.

Managing Stress What's Happening
Everyone has stress, whether it's a bad day at work, car trouble, or simply too many things to do. However, too much stress can make it hard to parent effectively. After a while, your children may show signs of being stressed out, too!

What You Might Be Seeing
Some signs that you are stressed include:

- Feeling angry or irritable a lot of the time
- Feeling hopeless
- Having trouble making decisions
- Crying easily
- Worrying all the time
- Arguing with friends or your partner
- Overeating or not eating enough



- Being unable to sleep or wanting to sleep all the time

A build-up of stress also can contribute to health problems, including allergies, a sore neck or back, headaches, upset stomach, and high blood pressure.

What You Can Do
It is important to learn how to manage your

stress—for your own sake and for your children. The following suggestions may help:

Identify what's making you stressed. Everyone's stressors are different. Yours might be related to money, work, your surroundings (traffic, crime), your partner, your children's behavior, or health issues.

Accept what you cannot change. Ask yourself, "Can I do anything about it?" If the answer is no, try to focus on something else. If there is something you can do (look for a new job, for example), break it into smaller steps so it doesn't feel overwhelming.

Have faith. Look back at previous times when you have overcome challenges. Think, "This too shall pass." Consider that people who attend church, pray regularly, or practice other forms of spirituality tend to have less stress.

Relax! Try deep breathing, meditation, yoga, or listening to music. Take 30 minutes to play a board game and laugh with your kids.

Take care of your health. Getting enough sleep can make a big difference in your stress level. So can eating healthy foods and getting some exercise.

Take time for yourself. Take a bath, read a book, or pick up a hobby. When you can, hire a babysitter (or trade

time with a friend or neighbor) and get out for a few hours.

Develop a support network. Don't be afraid to ask for help. Older children can set the table. Your spouse or partner could take over bedtime a few nights a week. Friends might pick up the kids from school to give you a break.

Remember: Learning to manage your stress will improve your happiness and show your children that they can handle stress, too!

Also remember your Doctor is just a phone call away. If you think you need help, please call (215) 227 0300

immediately.
https://www.childwelfare.gov/pubPDFs/stress_ts.pdf
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Outreach Events

No events Scheduled this month



Q's Quote Corner

Some people dream of success Others Stay awake to achieve it!