

**COMMUNITY OUTREACH
AND HEALTH PROGRAMS**

The following health programs are scheduled for this fall:

Weight Loss Program - 8 sessions October 28th through December 16th (Participation by application only)

Weight Loss Support Group - Meets every other Tuesday at the Health Center, from 6 to 7:15 P.M. starting October 28th. This support group is for persons who have previously participated in one of the Health Center's Weight Loss Programs.

Interested in programmed exercise? Exercise programs for persons of middle and senior years can be arranged if there is sufficient interest. Get a group together and let Madeleine know!

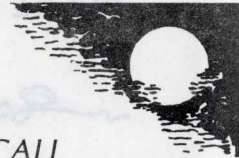
Individual Health Counseling is available by appointment, for smoking cessation, weight loss, fitness and management of chronic illness.

Hilltown Elder Fairs - Report

The two Elder Fairs coordinated by the Health Center this fall attempted to deliver the message "Stay Aloft for a Good Age!" An estimated 170 persons attended the fairs; 181 health screening and monitoring tests were recorded. The varied other activities had enthusiastic participation. The Fairs represented the efforts and contributions of many agencies, community groups and individuals. Thanks to all who gave and all who came!

Madeleine Provost, R.N.

NIGHT CALL



Almost all doctors expect off-hours emergencies. Those who find that work annoying or unpleasant will enter one of the specialties that function on a 9 to 5 schedule. We who are involved in primary care (family practice, pediatrics, and internal medicine) are certainly not among them.

Medical emergencies occur at all hours. They are no less important at night than during the day. When such an event takes place, the correct step could be a call to the physician. Here, simple measures are all that are needed until the individual can be seen during regular office hours. Strictly speaking, these illnesses are not true emergencies but most likely routine ones that take the patient by surprise.

Real emergencies will require special tests to diagnose and the type of treatment that cannot be administered in the home. A phone call to the physician here, although it may help to identify such an emergency, is often incorrect because it will delay moving the sick patient to the hospital.

To list specific illnesses or symptoms which would require the help of an ambulance is impossible in a short space. Perhaps the rule of thumb to follow is that if the patient or the family feels that the illness must be attended to immediately, then the hospital emergency room should be the first thought. That is why emergency rooms exist.

Matthew Swartz, M.D.

**MENTAL HEALTH
WORKER**

Susanne Rosenblatt, a psychiatric social worker, is now providing mental health services at the Health Center on a half-time basis. Susanne is a highly qualified therapist who works for the Franklin/Hampshire Community Mental Health Center in Northampton. Her specialties include work with families and children and individual psychotherapy with adults.

In addition to direct counseling services, Susanne serves as a liaison between the Mental Health Center and the WHC to provide a wide range of counseling services. A half-time counselor will soon be hired by the MHC to make more counseling time available at the Health Center.

Susanne grew up in South Florida, moving to Georgia to attend the University of Georgia where she received her B.A. and M.S.W. in psychiatric social work. Her background includes work with alcoholics, adolescents, and emotionally disturbed children. After moving to New England in 1979, Susanne worked at the Holyoke-Chicopee Area MHC where, in addition to providing counseling, she ran a program for children in the community and consulted in the schools.

Recently Susanne accepted her position at FHCMHC, feeling very excited about being at the WHC as part of her position. Susanne says her association with the Hilltown community has been very positive.

Often, she says, the first step in solving problems is recognizing them, then taking the sometimes very, very difficult step of

seeking help. Susanne says she hopes that as people here get to know her, they will feel more comfortable about seeking her out as a problem solver.



**MONDAY EVENING
MEDICAL HOURS**

The Health Center had added evening medical hours, Monday 5 P.M.-8 P.M. This addition is on a trial basis, but will become permanent if interest is sufficient. Saturday morning hours - 9 A.M.-12 noon - will continue.



DENTAL SERVICES COMING

The Health Center will begin providing dental services early in 1981. Dr. Henry Badner of Chesterfield will be at the Center to provide a complete range of general dentistry services including examination, cleaning, fillings, extractions, bridges, crowns, root canal, dentures and preventive services. Dr. Badner especially enjoys work with children. His presence will make the Health Center an even more comprehensive source for all your family's health care needs. Watch for notices of the exact date the dental service will begin.