



Families First

Health and Support Center

January 2009

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Happy Holidays, and best wishes for a happy, healthy 2009, from Families First
January at a Glance

Portsmouth:

This month only: Taming the "Gimmes," Keeping Kids Active During a Long Winter, More 1-2-3 Magic, Helping Young Children Get Along, Discipline That Teaches Life Skills, Parenting Basics ... *Ongoing:* Parent Recharge; Grandparenting; Life with Teens; parent-child playgroups for babies, toddlers and preschoolers; Family Fun Night (for families under stress)

Lower Seacoast: Parent Recharge, Family Morning Out, Winning at Parenting, Who's In Charge in Your Home?

Western Rockingham County: Family Playtime, Setting the Stage for Smooth Sailing in the Teen Years, Anger Management for Everyday Parenting, Babytime

Exeter: How to Talk so Kids and Teens Will Cooperate

For more about these programs, click below for info in your choice of three formats:



[Program descriptions & links to flyers](#)

Quick Links

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PROGRAM OF THE MONTH: Primary Care

The Primary Care practice at Families First -- open to men, women and children of all ages, both insured and uninsured -- recently welcomed a new provider. Nurse practitioner **Margot Kingston, ARNP**, has been part of the team from Harbour Women's Health that provides ob/gyn care to Families First prenatal patients. Now, she joins Families First's primary care team one day a week, bringing an expertise in women's health to the primary care setting. She has an interest in adolescent health also, and is available to see patients ages 14 and up.



She joins a provider team that includes physicians Robert Slocum, DO, and Robert Millstein, MD, and nurse practitioners Lynne Henning, ARNP, and Eileen McCarthy, CRNP, a pediatric nurse practitioner.

In addition to high-quality medical care, Families First primary care patients have access to an unusually broad range of services, including dental care, asthma and allergy specialty care (provided by physician volunteer Barb Deuell, MD, of Allergy Associates) behavioral health consultations, nutrition education, substance abuse and mental health counseling, social work services, prescription assistance, and more. Call 603-422-8208 ext. 1 for an appointment.



Family Exchange to Close

Families First's free store, The Family Exchange, will be closing after January 2. We made this difficult decision because the Family Exchange space is needed to help us expand our core health care and family services, which are not available anywhere else. Fortunately, there are other places in the community where people can donate goods and obtain donated goods. ([Click here for a list of these places.](#)) In addition, Families First clients will continue to receive support in getting their needs met through our care coordinators, home visitors and social workers; if you are looking for clothing, housewares and other items, please talk with a staff member. And we will continue to have a Drive of the Month, announced in this e-newsletter, for new items which will be distributed to families in need. We send a HUGE THANK YOU to all the donors who have

brought items to the Family Exchange and the volunteers who have kept it running smoothly over the last 15 years.

Co-Parenting After Divorce or Separation

Please spread the word about our Co-Parenting program for divorced or separated parents, which is coming up in February. Parents who have attended this program say it has greatly helped reduce frustration in communicating with their ex and focus on making their own family work smoothly. The program will run every Wednesday evening in February, and is designed for parents to attend with or without their former partners. The facilitators have backgrounds in law, family work and counseling. The cost is \$40 (sliding fee available), and childcare is included. Not sure if this course is right for you? Contact Joanna by email or at 603-422-8208 ext. 123. [More info](#)

Have You Had Your Flu Shot?

Flu season has started! All Families First Health Center patients who haven't yet had the shot are urged to call today for an appointment (603-422-8208 ext. 2). The shots are especially important for people over age 50, pregnant women, anyone with a chronic illness, and household contacts and caregivers of people with an illness.

Client Satisfaction Survey

The Family Center is distributing its annual Client Satisfaction Survey. If you receive a survey from a staff member while you are here, please take the time to fill it out so we can learn what you think we are doing well and where there is room for improvement. If you are a Family Center client and don't receive a survey, please request one when you are here, or ask to have one sent you by [email](#). Please return your survey by January 9, 2009.

Child Care Courtesy

Parents tell us how important it is that Families First offers child care during parenting groups. We take pride in offering this service at no charge even though it cost us about \$300 per shift to run. We make sure there are plenty of caring adults to care for your children and healthy food and activities. That's why it's important to reserve a place for your child in advance, and to call to cancel your reservation if you can't make it so that another child can have a place (422-8208 x2). If you make a reservation and don't come, we will call to remind you of our no-show policy. Please ask [Parkie Boley](#), our children's services coordinator, if you would like more information.



Families First in the News

"Plugging the holes in health care," discussed some innovative efforts by Families First and Portsmouth Regional Hospital to get people who come to the hospital's Emergency Room with dental pain or a chronic health condition into Families First, where they can get ongoing preventive care, improving their health and reducing costs to the health care system. The article was written by Michael McCord and published in *Herald Sunday*. [Read the article.](#)

DRIVE OF THE MONTH: Baby Shower

Please help local families by holding a "Drive of the Month." Collect new items and bring them to Families First in Portsmouth. We will distribute them to needy individuals and families through our Health Care for the Homeless mobile health van, home visiting and care coordination providers. The Drive of the Month for January is for new strollers, clothing, blankets, washcloths and baby wash, and infant items. Also, our Health Care for the Homeless program always needs warm men's socks. [View "Drive of the Month" schedule for the year.](#)

RESOURCE OF THE MONTH

[Information from UNH Cooperative Extension](#) on ice storm tree clean-up, plus what to keep and throw out of your refrigerator and freezer due to power outages.

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