



July 2009

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July Programs, at a Glance

Portsmouth:

This month only: Keeping the Peace: Helping Siblings Get Along ... 1-2-3 Magic for All Ages, Toddlers to Teens ... How to Talk So Kids Will Listen: Cooperation and Alternatives to Punishment

Ongoing: Parent Recharge ... Babytime ... Toddler Playtime ... Preschool Playtime ... Family Fun Night

Lower Seacoast: Parent Recharge

Western Rockingham County: Family Morning Out

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



[Program descriptions and links to flyers](#)

Help more people discover the great, affordable health care and parenting and family programs available at Families First! Use the "Forward email" link at the bottom of this page, or print and post the program calendar.

Quick Links

[Our website](#)

[Volunteer info](#)

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[Donate now!](#)



Program of the Month: Primary Care

Patients of nurse practitioner Lynne Henning (at left) will be glad to hear that she is now back at Families First Health Center every Tuesday and Thursday. And a new nurse practitioner, Kerry Hasselbrack, will be joining the primary care provider team full-time in August. Rounding out the team are Dr. Rob Slocum, Families First's Medical Director; Dr. Bob Millstein, an internist; nurse practitioner Margot Kingston, who specializes in women's health; and Eileen McCarthy, a pediatric nurse practitioner. *All are welcoming new patients.*

Families First patients now have more access to specialty care thanks to Dr. Barbara Deuell of [Allergy Associates of New Hampshire](#) and Dr. Joan Sisto of [Northeast Dermatology Associates](#). Each of these physicians donates her time once a month to see patients and consult with staff at Families First.

Primary care at Families First includes not only medical care, but behavioral health, nutrition and substance abuse counseling; screenings by a child

development specialist; disease-management education; care coordination and many other services. Families First Health Center is open to everyone. We accept NH and Maine Medicaid, Medicare and most private insurance plans, and have a sliding fee scale for the uninsured. Call 603-422-8208 ext. 1 or visit [our website](#).

Two Dates to Save

Community Supper at Robert's

We are so excited that [Robert's Maine Grill](#) in Kittery has chosen Families First as the beneficiary of its next Community Supper. On Tuesday, **July 7**, from 5 to 9 p.m., the restaurant will give Families First a portion of sales. Meals are just \$12 per person and include salad or soup, an entree, and dessert. Please come support your community health center!



Thank goodness for good neighbors!

[Atrio/GMAC Properties](#) is again holding their annual Seacoast Yard Sale to raise money for Families First. From 8 a.m. to 2 p.m. on Saturday, **July 18**, it will be a bargain-hunters' paradise at 725 Portsmouth Ave. in Greenland.

New Dentists, Expanded Hours

Two new dentists are joining our dental team: Dr. Ni Norte Lokko and Dr. Rebecca Parnell. The Dental Center now offers more early-morning and late-afternoon weekday appointments, as well as some Saturday appointments. It is open to all children living in New Hampshire or Maine, as well as to adults who are established priary-care patients at Families First. Call 603-422-8208 ext. 1.

Health Care Van



If you know someone who is without permanent housing and health care, please tell them about Families First's health care vans. The vans bring medical care to various locations in Portsmouth, Dover, Rochester and Hampton. No appointments are needed, and people who are uninsured will not be charged. For a schedule of van times and sites, call 1-888-922-0005, or [click here](#).

Before Your Child's First Day of School ...

Families First Pediatric Nurse Practitioner Eileen McCarthy reminds parents that schools require children to have a well-child exam before entering school, and also to be up-to-date on all vaccines, including having two chickenpox vaccines before kindergarten or first grade. If your child doesn't have a regular health care provider to provide these exams and vaccinations, Families First welcomes him or her as a patient, regardless of your family's ability to pay. Call 603-422-8208 ext. 1.



Resources of the Month

· Lots of local resources for parents are at your fingertips in [Parenting New Hampshire's Resource Guide](#). The magazine's new website now also includes

blogs, event listings, photos and the opportunity to become a member. ([We did!](#))
· Is social inequality making us sick? Find out more in [Unnatural Causes](#), a new video series that is investigating findings and shaking up conventional notions about what makes us healthy or sick.

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