

FAMILY HEALTHCARE

FALL 2022

NEWSLETTER



Providing high quality healthcare for every person.





Mobile Unit busy on the road serving **827** patients

Family HealthCare launched the Mobile Unit program in September 2021 to offer comprehensive dental, vaccine, and immunization services as well as sports physicals.

In just one year of operation, the Mobile Unit visited:

- every school in the Moorhead Area Public Schools District and in the Fargo Public Schools district
- local homeless shelters for immunizations
- local public housing facilities in conjunction with Fargo Housing Authority and Moorhead Public Housing Agency, and
- community event locations including The Neighborhood Church, Dr. James Carlson Library, and the Fargo Police Community Picnic

Of the 827 patients served in the 2021-2022 school year, 457 were children.



The program's primary goal is to provide improved access and convenience to frequently marginalized populations such as uninsured, underserved and/or vulnerable populations. This population includes school-age children, elderly, special needs patients, and those with transportation or mobility challenges. This program will also help FHC reach our goal of increasing the overall number of unduplicated patients served annually to 20,000 in the next five years.

Thanks to generous grant funding from Otto Bremer Trust and the City of Fargo, the dentistry aspect of this program assists FHC in providing dental services to an increasing number of patients and reducing the current barriers to care, such as accessibility, affordability, transportation and/or mobility challenges. Fargo Cass Public Health is also a generous supporter, providing funding for the immunization component of the program.

FHC is grateful for the opportunity to provide high quality dental care along with COVID-19 vaccines and immunizations to individuals who may not otherwise have access to such services within the broader Fargo-Moorhead community.



Sue Nelson, Pharmacy Director, retires after 44 years

We are so grateful for Sue, along with her tremendous leadership and commitment for the past 44 years.

One way of defining leadership is "inspiring others to achieve, serving them so they can, and celebrating them when they do."

Sue has modeled that definition of leadership with grace and poise in her service at FHC since 1993. We cannot possibly thank her enough - 44 years of service is a testimony of her dedication to our mission and our patients.

Family HealthCare now offers a walk-in clinic

Family HealthCare is proud to offer walk-in clinic services at our main location in downtown Fargo. Walk in services will provide better access to care and convenience for our patients.

Things like earaches, UTI's, etc., can be treated quickly by any one of our primary care providers versus a patient waiting to get in to see their provider.

Walk-in clinic service hours are Monday through Friday from 8 a.m. to 5 p.m. with the last appointment being at 4:30 p.m.

Wait time for walk-in visits can vary. Patients are seen on a first-come, first-served basis. Clinic staff work with each other and the walk-in provider to keep patients informed of their expected wait time.

Patients accessing walk in services can register at the front desk in the main lobby and then proceed to the 3rd floor.



Dr. Eaton named in 40 Under 40 by Prairie Business magazine

Prairie Business magazine released its annual 40 Under 40 list in December 2022, featuring 40 of the top business professionals under the age of 40 in the Northern Plains.

Family HealthCare Dental Director, Dr. Matthew Eaton, was named on the list. Dr. Eaton was nominated for this award due to his ongoing commitment to dentistry that focuses on the underserved in our community.

Dr. Eaton is a North Dakota native. He was born, raised, and educated here. After leaving the state to obtain his professional designation and to gain valuable experience, Dr. Eaton followed his passion and desire to return home and serve. His boundless enthusiasm and unselfish commitment to helping those



in need is evidenced in the way he cares for his patients and continues to expand the reach of FHC services.

Dr. Eaton was instrumental in securing funding for our mobile dental unit, which will allow us to serve thousands of additional patients each year.

FHC is honored to have Dr. Eaton providing leadership for our organization. Dr. Eaton and his team are committed to providing affordable quality dental care to every person.

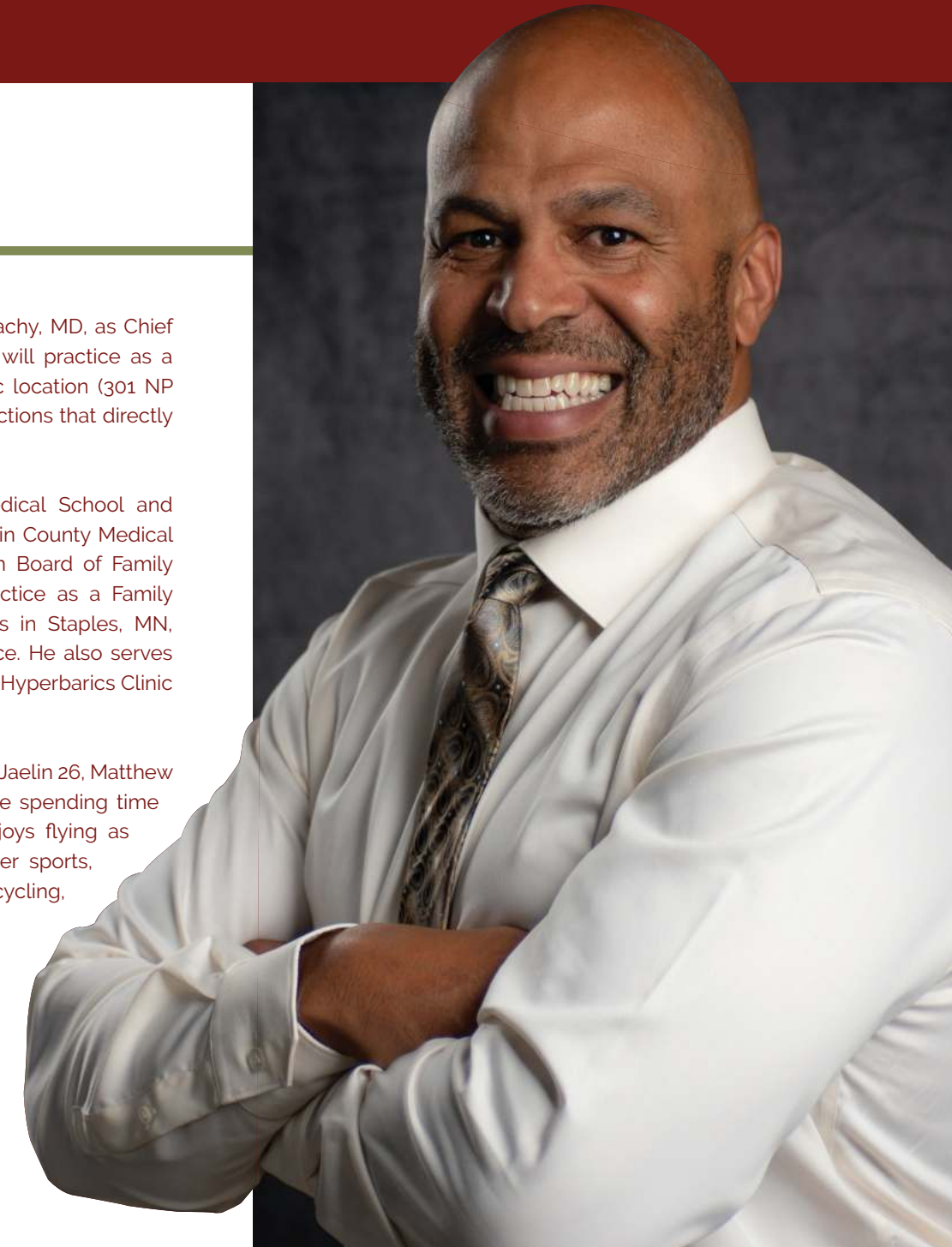
Welcome Dr. Beachy

Family HealthCare welcomes Arden Beachy, MD, as Chief Medical Officer. In his role, Dr. Beachy will practice as a family physician at the downtown clinic location (301 NP Avenue) and lead the administrative functions that directly impact the medical services.

Dr. Beachy graduated from Mayo Medical School and completed his residency at the Hennepin County Medical Center. He is certified by the American Board of Family Medicine. Dr. Beachy continues to practice as a Family Physician at Lakewood Health Systems in Staples, MN, where he does full-scope family practice. He also serves as the Chief Medical Officer for Swanson Hyperbarics Clinic in Fargo, ND.

Dr. Beachy is married and has three kids (Jaelin 26, Matthew 21, and Tuner 14). He and his family love spending time outdoors. He is a private pilot and enjoys flying as much as possible. He also enjoys water sports, hunting, fishing, snowmobiling, motorcycling, and reading.

To schedule an appointment with Dr. Beachy, please call 701-271-3344.



Whitney Fear

is featured in a documentary entitled **“Who Cares: A Nurse’s Fight for Equity”**



The documentary, created by SHIFT films, features Whitney Fear, a psychiatric nurse practitioner at Family HealthCare. “Who Cares: A Nurse’s Fight for Equity” highlights Whitney’s story and her fight for health equity. The film had its theatrical debut on September 19 with a panel discussion following.

Hosted by SHIFT and the Robert Wood Johnson Foundation, the event description explained the film as follows:

“Whitney Fear is someone who cares. But growing up on the Pine Ridge Reservation in South Dakota, one of the poorest areas in the United States, it could sometimes feel like no one did.

On the reservation, her family and other members of the Oglala Lakota Nation struggled to survive. Limited resources still contribute to the lowest life expectancy nationwide. But it was in her community that Whitney found the care and support she needed to discover a new path. A path to become a nurse.

As a psychiatric nurse practitioner, Whitney Fear extends the compassion, empathy and respect at the foundation of her Lakota culture to the many people she cares for at Family HealthCare, a federally qualified health center in Fargo, North Dakota.

Her story is one of adversity, compassion and the difference it can make when one person cares. Especially when that person is a nurse.”



The event celebrated all that nurses have done – and are doing – to fight for their community’s health.

SHIFT is a community of nurses on a mission to shape a better future for the nursing profession.

“Who Cares” is our first film. Their goal of the film is to encourage, motivate and inspire this generation of nurses to be advocates for health equity — and see their potential as leaders in the community.

If you missed the film’s debut, you can watch it at www.shiftnursing.com/whocares/watch.

Family HealthCare receives grant award for dental expansion

Family HealthCare received a \$200,000 award from Delta Dental of Minnesota Foundation for dental expansion of the Moorhead Dental Clinic.

Through this generous funding from Delta Dental of Minnesota Foundation, we will renovate the space adjacent to our existing Moorhead facility. This expansion will increase the number of operatories to twelve, modernize storage spaces, and add patient consulting rooms.

This much needed expansion is in response to the growing number of patients needing dental services. We anticipate having capacity to increase the number of patients served at the Moorhead Clinic by 3,000 per year.

Family HealthCare receives grant award for mural

Choice Bank and The Arts Partnership through the Arts Partnership Grant, awarded Family HealthCare \$1,000 toward the creation of a mural. The mural will integrate culture and a greater connection in our clinic setting to be more representative of our diverse patient population.

The Arts Partnership Grant is an innovative pilot program that aspires to encourage human services providers to incorporate the arts in their work and to benefit underserved populations.

Family HealthCare receives grant award from FM Area Foundation

Family HealthCare is humbled to receive a \$5,000 award from FM Area Foundation for Access to Denture Care program.

FHC is the dental home for New Americans and refugees settling in this region. Lack of restorative dental care has far reaching implications. Patients have identified low self esteem, a decreased desire for food and healthy nutrition, a loss of desire to interact with others, and generally avoid public settings or formation of interpersonal relationships as related to a lack of restorative dental care. A majority of patients who had dentures felt that dentures improved their appearance and confidence.

Although providing 25 sets of dentures per year is our baseline, with additional funding from FM Area Foundation, it is our desire to increase that number.

We are grateful to be part of such a generous community that makes it possible to serve patients in this meaningful way.



Family HealthCare receives grant award for behavioral health services programming

Family HealthCare received \$50,000 Spark Grant Funding from Blue Cross Blue Shield North Dakota Caring Foundation to help make behavioral health and social services more accessible to the underserved in our communities.

Strengthening People, Access, Resources and Knowledge (SPARK) Grants are awarded to community-based initiatives that encourage health and well-being in local communities, reflect community priorities and demonstrate strong local collaborations.



Family HealthCare receives grant from Robert Wood Johnson Foundation

Family HealthCare received a \$25,000 grant award from the Robert Wood Johnson Foundation President's Grant Fund of the Princeton Area Community Foundation.



Family HealthCare receives three awards from HRSA

Family HealthCare is honored to be the recipient of three Quality Awards from Health Resources and Services Administration (HRSA). HRSA issues Community Health Quality Recognition (CHQR) badges to recognize awardees that have made notable quality improvement achievements in the areas of access, quality, health equity, and health information technology.

We are grateful to have been awarded in the following categories:



Addressing Social Risk Factors

This award recognizes health centers that are screened for social risk factors impacting patient health and are increasing access to enabling services. Health centers must meet the following two criteria:

1. Collect data on patient social risk factors
2. Increase the proportion of patients receiving enabling services between consecutive UDS reporting years



Advancing Health Information Technology (HIT) for Quality

This award recognizes health centers that meet all criteria to optimize HIT services.

1. Adopted an electronic health record system
2. Offers telehealth services
3. Exchanges clinical information electronically with key providers health care settings
4. Engages patients through health IT
5. Collects data on patient social risk factors



Patient Centered Medical Home Recognition (PCMH)

This award recognizes health centers with PCMH Recognition in one or more delivery sites.

We are grateful for our actions to be recognized and awarded as we continue to keep our mission of providing affordable, quality healthcare to every person at the forefront of all we do.

Bowen and Thier receive Rookie of the Year Award

Congratulations to Tara Bowen and Angie Thier, for being awarded the FM Coalition to End Homelessness Rookie of the Year Award. The pair received their awards at the FM Coalition's Annual Conference. This award is given to individual service provider(s) who exhibit excellence in the field and show promise for continued future work in ending homelessness.

Tara is the RN Homeless Health Case Manager and Outreach Nurse at FHC. Angie serves as We are thankful to have such outstanding employees caring for our community at FHC.



Your Donation Makes A Difference

We Need Your Help to Offer Quality Healthcare to Every Person

DONATION

Family HealthCare depends on donations from people like you to provide a wide variety of services, from general medical exams and X-rays to vision and dental care. We need your help to make sure our efforts go even further and continue our mission of providing affordable quality healthcare for every person.

To donate securely online, visit our website.

HOW TO GIVE

Online

www.famhealthcare.org/donate

Contact Us

Email: jsorby@famhealthcare.org
Phone: 701-551-2450

Mail

Family HealthCare
Attn: Julie Sorby
301 NP Avenue
Fargo, ND 58102

\$25 donation will provide
**ONE COMPREHENSIVE HEALTH
CARE PATIENT VISIT.**

\$40 donation could give a
**CHILD HIS OR HER FIRST
DENTAL EXAM.**

\$100 donation would cover all
**CHRONIC CARE
APPOINTMENTS FOR AN
ELDERLY DIABETIC PATIENT.**

A donation of any amount is appreciated.

Family HealthCare Board of Directors

Big Decisions Are Best Made From Multiple Points of View

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Learn more about how to apply
Call: 701-551-2450 Email: jsorby@famhealthcare.org

The Family HealthCare Qualified Endowment

Make an Even Bigger, More Lasting Difference

Did you know there is a way you can make an even bigger, more lasting difference? With significant tax savings, you can give more and give forever. Through the North Dakota Charitable Income Tax Credit, you can claim a credit of 40% on a minimum donation of \$5,000 to a qualified endowment; Family HealthCare has such an endowment set up at the FM Area Foundation. This credit is on top of the savings you can receive on your federal return by itemizing your qualifying charitable donations.

If you'd like to learn more about the 40% tax credit and how you can turn this year's giving into a forever gift, please contact Julie Sorby at 701-551-2450 or jsorby@famhealthcare.org.

Dr. Maack takes on new community leadership and is granted "Doctor of Service" award

Dr. Brody Maack was elected Chair of the American Society of Health System Pharmacists (ASHP) Section of Ambulatory Care Practitioners. He'll provide leadership to the Section Executive Committee, along with guidance and advice to ASHP on ways to better meet the practice needs of members.

Dr. Maack was also selected to serve as Vice Chair for the Pharmacy Practice Department at NDSU beginning on July 1. As a clinical pharmacist, his areas of expertise include ambulatory care clinical pharmacy, patient-centered medical home, pharmacy practice clinical service, and tobacco cessation.

Further, Dr. Maack was recognized by NDSU's Blue Key National Honor Society with their "Doctor of Service" award. One individual each year is recognized with this award. Dr. Maack was chosen as the recipient for "his great service to NDSU and the state of North Dakota".

Maack, PharmD '06, is associate professor in the NDSU School of Pharmacy, as well as a clinical pharmacy specialist at Family HealthCare Pharmacy.



Mary Sprague recognized for advancing the nurse practitioner profession

Mary Sprague has been recognized by the North Dakota Nurse Practitioner Association (NDNPA) for her help as a preceptor in promoting and advancing the nurse practitioner profession by sharing her time and knowledge.

The mission of NDNPA is to promote quality healthcare in North Dakota by support, advocacy, leadership, and continued education of nurse practitioners.

As a Family Nurse Practitioner, Mary Sprague provides comprehensive care to patients of all age groups, with a focus on well child exams, depression, diabetes, and asthma checkups. She is also an active member of the United States Army Reserve currently serving as a Lieutenant Colonel with the 7247th IMSU, out of Fargo, ND.



FAMILY HealthCare

301 NP Avenue, Fargo, ND 58102
701-271-3344

www.famhealthcare.org

CONTACT AND LOCATIONS

Main Clinic & Pharmacy

301 NP Avenue
Fargo, ND 58102

MONDAY – FRIDAY

Clinic: 701-271-3344
7:30 am – 5:00 pm

Dental: 7:00 am – 5:30 pm

Pharmacy: 701-271-1495
9:00 am – 5:00 pm

Homeless Health Services

Engagement Center
222 4th St N.
Fargo, ND 58102

701-271-3344

MONDAY – FRIDAY
8 am – Noon

South Fargo Clinic

4025 9th Ave. S.
Fargo, ND 58103

MONDAY – FRIDAY

Clinic: 701-271-3344
8:00 am – 5:00 pm

Pharmacy: 701-271-1495
9:00 am – 12:00 pm
1:00 pm – 5:00 pm

Valley City

City-County Health District
415 2nd Ave. NE., Valley City

701-271-3344 (main office)

Telehealth appointments
available

Moorhead Dental

715 North 11th Street, Suite 106B
Moorhead, MN 56560

701-271-3344

MONDAY – FRIDAY
7:00 am – 5:30 pm



Get Involved

Become a Family HealthCare patient or volunteer. Visit us and tour our facility, or use it for service club meetings or other organizations.

www.famhealthcare.org

