



Wheeler

Innovative Care. Positive Change.

JULY 2019

ULTRAVIOLET (UV) SAFETY AWARENESS MONTH

Wheeler's Health Spotlight



JULY IS UV SAFETY AWARENESS MONTH

As the summer sun continues to harken us to the outdoors more frequently and for longer periods of time, we should always remember to take steps to be healthy and safe. It's no secret that the sun provides positive benefits as well as notable risks. The sun helps to regulate our sleep patterns and helps our skin to make Vitamin D, which supports normal bone function and health. Yet sunlight also can cause damage, primarily through exposure to harmful ultraviolet (UV) rays, which raises our risk for or causes skin cancer; premature aging; cataracts and other eye damage; and immune system suppression.

According to the [United States Environmental Protection Agency](#), one in five Americans will develop skin cancer in their lifetime, and more new cases of skin cancer are diagnosed in the U.S. than new cases of breast, prostate, lung, and colon cancer combined. But there is good news, and you can take steps to protect yourself from harmful UV rays by:

- Avoiding prolonged time in the sun and choosing to be in the shade rather than in direct sunlight

- Wearing protective clothing, including a hat, and wraparound sunglasses that provide 100 percent UV ray protection
- Using sunscreen, with a sun protection factor (SPF) of 15 or higher, between 10 a.m. and 4 p.m.
- Avoiding sunlamps and tanning beds, and minimizing sunbathing
- Checking your skin regularly for changes in the size, shape, color, or feel of birthmarks, moles, and spots. These changes may be a sign of skin cancer or a precancerous condition.

[Wheeler's Family Health & Wellness Centers](#) in Hartford, New Britain, Bristol, and Waterbury offer an array of preventive services, including screening for skin irregularities and referral to specialized care. To schedule an appointment, or to learn more, call Wheeler's Navigation Center at 860.793.3500.

Sources: National Institutes of Health, United States Environmental Protection Agency, U.S. Food & Drug Administration

Additional Resources

[American Cancer Society](#)

[Centers for Disease Control and Prevention](#)

[National Institutes of Health](#)

[National Institutes of Health, U.S. Library of Medicine](#)

[U.S. Food & Drug Administration](#)

Embrace Your Inner Corn



This delicious recipe is a welcome addition to any summer gathering! Click [here](#) for this easy-to-make, healthy dish!

Source: [theendlessmeal.com](#)

NEWS YOU MAY HAVE MISSED

Health Center Week Celebration, August 7

The [Wheeler Family Health & Wellness Center](#) at 43 Woodland Street, Hartford, will host a [National Health Center Week](#) Celebration on August 7 from 1-3 p.m. Supported in part by the National Association of Community Health Centers, the event will feature information about our nutrition program and healthy vegetable recipes, tours of our community health center, activities for children, Zumba and cooking demonstrations, free food from Scotts'



Jamaican Bakery, health and wellness information and resources, visits from community leaders, and more.

[\[Read more here.\]](#)

Wheeler is First in Connecticut to Implement HealthySteps

Wheeler's integrated health care team is the first in Connecticut to implement [HealthySteps](#), a program of [ZERO TO THREE](#), designed to strengthen parent-child bonds through screening, referral, and treatment. HealthySteps is a national evidence-based, interdisciplinary pediatric primary care program that promotes positive parenting and healthy development for babies and toddlers.



[\[Read more here.\]](#)



Wheeler, Mobile Crisis Featured in *U.S. News & World Report*

Wheeler and Connecticut's innovative Mobile Crisis program were featured in a July 10 story in *U.S. News & World Report*, "Mobile Help for Mental Health." Mobile Crisis is funded by the Connecticut Department of Children and Families in partnership with United Way of Connecticut and 2-1-1 CT.

[\[Read more here.\]](#)



Dr. Eleck-Bruce Celebrated in "40 Under Forty" Class of 2019

Wheeler's Dr. Rebecca Eleck-Bruce, primary care medical director, is among the *Hartford Business Journal's* "40 Under Forty" class this year. Dr. Eleck-Bruce oversees the delivery of primary care services for thousands of medically underserved children and adults through Wheeler's [Family Health & Wellness Centers](#) in Bristol, New Britain, Hartford, and Waterbury.

[\[Read more here.\]](#)

Dr. Michael Twist is Part of Access Health CT Social Media Campaign on LGBTQ Health

Our LGBTQ community has a tremendous need for appropriate, responsive health care that treats each individual with dignity, respect and compassion.

Medical professionals have an obligation, not just to understand nuances but also to understand the variety of barriers which the LGBTQ community must face when accessing appropriate health care.

We are fortunate in Connecticut to have a progressive view, with more LGBTQ-centered health care providers than ever before.



Michael P. Twist, D.O.
Medical Director, Psychiatry
Wheeler Clinic

Give Today. Enhance Tomorrow.

Wheeler's [Basic Needs Fund](#) addresses a range of environmental and social factors that interfere with a patient's health and well-being. Your support helps in the following areas:

- Food insecurity and access to healthy options
- Transportation
- Childcare
- Fostering healthy physical environments, and more.



To make a [donation](#), or to learn more, call 860.793.4214, or send an email to: giving@wheelerclinic.org.

Funding for the Wheeler Family Health & Wellness Center is provided by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA). Improvements to the Family Health & Wellness Center are supported in part by the State of Connecticut Nonprofit Grant Program, the Connecticut Health & Educational Facilities Authority, the Maximilian E. and Marion O. Hoffman Foundation, and the Ensworth Charitable Foundation. Additional support is provided by Delta Dental of New Jersey Foundation. Wheeler is a Health Center Program grantee under 42 U.S.C. 254b and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).

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