



# Providing **Access** to Quality Patient **Care.**



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## Introduction

The Greater New Bedford Community Health Center is the hub of a growing medical campus in downtown New Bedford. Through program and facility expansion, partnership and collaboration with outside services, the GNBCHC can now offer a wide range of quality healthcare services.

These services include primary care, adult urgent care, pediatrics, dental, x-ray, laboratory, pharmacy, eye care, nutrition, weight loss, and HIV testing and counseling. Our expanding facilities include a parking lot for our senior and disabled patients. We are also accessible by city bus and located near a city parking garage.

Through partnerships with the Southcoast Health System, Advanced Eye Centers, Inc., and Walgreens pharmacy, the GNBCHC is able to provide one convenient location for your family's healthcare needs.

As we change to meet the growing medical needs of Greater New Bedford, we remember our mission: "to provide programs and services that improve the health of individuals and the entire community." We accomplish this mission through **access** — access to quality care, compassionate medical providers, and modern facilities. Call or visit us to learn more.

**The Greater New Bedford Community Health Center**  
874 Purchase Street, New Bedford, MA 02740  
Tel: (508) 992-6553 • [www.gnbchc.org](http://www.gnbchc.org)

# Pediatric Medicine

The Mission of the George Karousos Pediatric Center is to improve the health of children through excellence and leadership in primary pediatric healthcare.

Pediatric services at the GNBCHC include primary care, well child, sick visits, nutritional counseling, dental services, adolescent gynecological and reproductive health services, breastfeeding support, school and camp physicals, laboratory and radiology services, ophthalmology, insurance benefits consultation, case management, and an onsite WIC program.



*Nancy  
Langhans, MD*



*Vivian  
Esswein, MD*



*Margaret  
Bordeau, MD*



*Jacquelyn  
Arieta, PNP*

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## WIC – Women, Infants, & Children

The Massachusetts WIC Nutrition Program provides free food and nutrition information to help keep pregnant women, infants, and children under five healthy and strong.

Who is eligible for WIC? You are, if you:

- Live in Massachusetts
- Are pregnant, breast-feeding, or have a child under 5 years of age
- Have a nutritional need
- Have a household income that is less than or equal to state income guidelines
- You are automatically income eligible for WIC if you currently receive TAFDC, Food Stamps or Medicaid.

# Women's Health/Maternal-Child Health

Women's health services are now provided in beautifully renovated space that adjoins pediatrics and our on-site WIC program. Our Women's Health program is committed to enhancing the well-being of all women by providing comprehensive health care services in an environment that is supportive and caring. Wellness and prevention are emphasized, and all women are encouraged to participate fully in their care.

Within women's health, we also provide maternal-child health care services. Our maternal child-health program is an outreach program that provides individualized support services to pregnant women and their families to promote positive pregnancy outcomes. Among the services offered within women's health are: primary care, gynecology, family planning, short term counseling, breastfeeding support, prenatal/postpartum home visiting, prenatal classes, and on-site mammography.



*Beth Yuen, NP*



*Lisa Jones, MD*



*Pamela  
Coury, MD*

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## Adult Medicine

The Department of Adult Medicine follows the American Medical Association's recommendations for proper preventative health screening and treatments. This approach helps you stay healthy and allows for early diagnosis and treatment of any problems. Our staff is available 24-hours a day, 7-days a week. Our physicians are on staff



*Naomi  
Rappaport, MD*



*Yulia Timash-  
polsky, MD*



*Than Than  
Win, MD*

at St. Luke's

Hospital, so they can continue to care for you even if you must go to the hospital.



*Thomas  
Doyle, MD*



*Ann Leal, GNP*



*Michael  
Crowe, DPM*



*Ronald Bogusky,  
MD, Hospitalist*

# Urgent Care

Same day appointments and walk-in services for those in need of immediate care are available. The Urgent Care Department is your resource for non-emergency, immediate care.

The Urgent Care Department handles minor medical conditions that are non-



*Donald  
Middleton, MD*



*Ephraim  
Semah, MD*



*Levy  
Ansaldo, MD*

life threatening, yet require immediate attention. The Urgent Care is located at 874 Purchase Street in New Bedford, and an appointment is not needed. Call for Urgent Care hours.



*Deborah  
Hartley, MD*



*Catherine  
Kiley, MD*



*Linda  
Durand, ANP*



*Stanley  
Wirsig, PA*

Minor injuries or illnesses that can be treated in the Urgent Care Department include sprains and minor broken bones, minor cuts, earaches, sore throat or cough, mild to

moderate asthma, and minor infections. More serious medical conditions require hospital care. Patients should call 911 for emergencies.

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# Infectious Disease

The Greater New Bedford Community Health Center offers a wide range of infectious disease services. These services range from case management to primary care. Also included are medication support, weight management, benefits counseling, and other ancillary support. We can accommodate almost any need.



*Mariel Del Rio  
Cadorette, MD*



*Ismail Nabeel,  
MD*



*Hiroko  
Bojarski, ANP*



*James  
Hayes, ANP*

In many cases, you do not need to be receiving your primary care at the Health Center to access these services.

**Medication Adherence Support** is offered to help consumers stick to their medication schedules, understand and manage side effects, and maintain a positive outlook. The **Safety Net Program** reaches hundreds of people in the community who would otherwise have little or no exposure to HIV or STD information and testing. Our **Benefits Coordinators** work to assure that individuals have knowledge of and access to all benefits that are available. The Health Center also collaborates with **ACT-Now** and **HDAP**, two HIV-specific insurance and medication programs for HIV positive people who lack adequate health insurance coverage.

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## Adolescent Services

The Health Center offers confidential care to teens between the ages of 13 and 18. This care includes family planning, routine gynecological care, including PAP smears and STD testing and treatment, pregnancy testing, as well as HIV counseling and testing. Health education is a part of every visit. Prevention and risk reduction are always emphasized.

Teen Clinic is on alternate Thursdays from 5-9 PM. Any teen can call to make an appointment. We welcome calls from parents who want these services for their teenagers as well. The staff is available throughout the week to address concerns of patients.

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## Dental Health

The GNBCHC Dental Center provides preventive, restorative, and emergency dental care for children and adults.

The clinical staff includes Dentists, Hygienists, and a full staff of Dental Assistants.

The Dental staff speaks Spanish, Portuguese, and English.



*Mary McCabe,      Trung Doan, DDS  
DDS*



# Geriatric Health

Geriatric Health Services provide outreach at various sites throughout the New Bedford area offering wellness clinics, blood pressure testing, and diabetic screening. We also determine eligibility and need for community or home services and make referrals as indicated. Nurses are available to help with medication and pre-filling medication boxes if needed.

## **Caroline Street Site**

The GNBCHC has opened a satellite health center site at the Caroline Street Apartments to meet the increasing need for healthcare services among our city's elderly population.

The Health Center offers nursing assessments, triage, care management, nutritional counseling, smoking cessation, diabetes education, community outreach, flu shots, and other health screenings. Other services include primary care medicine, podiatry, laboratory services, pharmacy assistance, and referrals for radiology and specialty care. Workshops on different health subjects are also held.

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## **On-Site Laboratory & Radiology**

Our laboratory and Radiology services, affiliated with Southcoast Health System, are available during the Health Center operating hours, providing on-site imaging and testing services including mammography. Please call the Health Center at 508-992-9553 to make an appointment.

The Health Center laboratory performs pregnancy testing, testing for Mononucleosis, Complete Blood Counts, Rapid Streptococcus A testing, and a wide variety of other tests to help our patients receive treatment quickly and accurately. We have a highly trained lab staff who perform the required specimen collection and testing procedures.

Our laboratory is accredited by COLA, a National Accreditation Organization for Laboratories.

# Nutrition & Weight Loss

High Carb? Low Carb?  
Low fat? What is saturated fat? With all the conflicting nutrition information, what should you do? No nutrition information is complete unless it comes from certified professionals. The Greater New Bedford Community



Health Center offers one-on-one counseling and support groups for weight loss. Maybe you want to increase your energy, bring down your cholesterol, and control your blood pressure or blood sugar. Whatever your health care concerns may be, healthy nutrition plays an important role in maintaining good health. If any of these concerns describe you, make an appointment for one-on-one counseling with a registered dietitian who is also a certified diabetes educator.

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## Weight Management

### Healthy Care for Healthy Kids

The GNBCHC has recently participated in the Healthy Care for Healthy Kids Collaborative. As a member of the Collaborative, the Health Center submitted data reports to the National Initiative for Children's Healthcare Quality (NICHQ). The program was supported through Blue Cross Blue Shield Foundation of Massachusetts.



Healthy Care for Healthy Kids was a twelve month initiative to improve clinical practice in primary care practices, spanning the spectrum of primary prevention, early identification, and treatment for children who are overweight. Secondary objectives were to create enduring materials for practices and produce data to document

program effectiveness. Healthy Care for Healthy Kids focused on the care of children 0-12 years old. The long-term goal of the Collaborative is to improve the care delivered for populations of patients at risk for being overweight or who are overweight and to provide a framework for practices to participate in primary prevention.

### **Weight Loss Group at the GNBCHC:**

Groups of 6-10 adults meet for a one-hour weekly group for a 12-week period. The group support helps to facilitate and reinforce life style changes important for each person.

We focus on nutrition education; including meal plans, lower fat, lower calorie/ carbohydrate eating, healthy cooking techniques, recipe modification, behavior modification and ways to incorporate activity into daily life.

The one-hour group has an individual weight check, blood pressure check, short check in time with the group members, nutrition education for the week and an exercise component.

Maintaining healthy changes is a challenge. For this reason, there is an opportunity to meet with the nutritionist one on one after the 12 week group and as a group on a less frequent basis.

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## **Tobacco Treatment**

The Greater New Bedford Community Health Center offers a Tobacco Treatment Program. Many nicotine substitute products are available, including the patch, lozenges, gum, other pharmaceuticals, and behavioral counseling. Patients are required to attend weekly treatment sessions for eight to ten weeks.

The use of behavioral counseling alone may require longer treatment. Medication will not be provided until after the initial visit. Most insurances are accepted. If your primary provider is located outside of the Health Center, referrals may be required. Uninsured patients are also accepted.



## **The Benefits of Quitting:**

- After 2 hours: nicotine and carbon monoxide start to clear out of your system
  - After 6 hours: heart rate and blood pressure decrease (may take up to one month to return back to normal)
  - After 12 hours: carbon monoxide exits your system, lungs work more efficiently
  - After 2 days: sense of taste and smell improve, your breath, hair, fingers, and teeth feel cleaner
  - Within 2 months: energy increase, breathing improves, circulation to hands and feet improves
  - Within 3 months: cilia (hair-like cleaning system in your lungs) recover and remove mucous
  - After 1 year: lung cancer risk decreases and heart disease risk decreases to half that of smokers
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## **Patient Benefits**

The Health Center accepts several private insurances, Medicare, and Mass Health. In addition, we assist patients in obtaining coverage through Uncompensated Care, Commonwealth Care, the Children's Medical Security Plan, Healthy Start, and WIC.

The Benefits staff of the Greater New Bedford Community Health Center can determine the best financial program for which you are qualified.

Through an interview process, your income and resources will be reviewed to determine your eligibility for state and federal programs.

You will receive a letter from the Executive Office of Health and Human Services Division of Medical Assistance informing you of their decision within 15 to 30 days of completing an MBR application with all of the required verifications.

For additional information on this or other payment plans, you may contact our centralized Benefits Department at 508-992-6553. They will be happy to assist you.



# Pharmacy Counseling

Our Benefits Department can guide you through the confusing world of insurance to get you the most complete health coverage. You may be eligible for our own special pharmacy program. Nurses and patient advocates will help you apply for medications through pharmaceutical company assistance programs.

You can apply for many health care programs at the Health Center, and we will help you every step of the way.



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## Diabetes

The Greater New Bedford Community Health Center is proud of the diabetes care we offer. From early on in your diagnosis of diabetes, to living with diabetes for years, we take into account what your needs are.

According to the American Diabetes Association, there are over 20 million children and adults in the United States, or seven percent of the population, who have diabetes. Your questions about diabetes can be answered here at the Health Center by our Certified Diabetes Educators who keep

abreast of the many recent changes in diabetes care.

# Optometry

Advanced Eye Centers has opened a new location at the GNBCHC. This addition to our downtown campus will help to bring more complete health care service to the community by adding quality eye care to our growing list of services. Advanced Eye Centers, Inc. is committed to providing patients with the most advanced, progressive and highest quality eye care to enhance their way of life through improved vision.



Office hours in New Bedford are Monday to Friday 8am to 5pm. We have three Optometrists that will be seeing patients at the new office; Dr. Robert Audycki, Dr. Sherry Audycki, and Dr. Kate Marmelo. Call (508)717-0477 to schedule an appointment or for more information.

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# Pharmacy

The GNBCHC is pleased to welcome, as a part of our growing downtown New Bedford campus, a full-service 340B dispensing pharmacy run by Walgreens. This pharmacy joins the growing list of health services available to the people of Greater New Bedford in one convenient downtown location, including primary care for the entire family, dental services, x-ray, and laboratory services.

Patients are now able to obtain their prescriptions during their visit to the health center, saving them time and offering better access to care. The pharmacy also offers WIC nutritional supplements.



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***Expanding our facilities to serve you better!***



## **Executive Staff**

*Stuart I. Forman, MEd, PhD, FACHE,  
President and CEO*

*Peter C. Georgeopoulos, MBA,  
Executive Vice President & CFO*

*Nancy Langhans, MD,  
Medical Director*

*D. Karen Enright, PhD, RN, CS,  
Senior VP of Clinical Services and  
Chief Operating Officer*

*Marie Bacon, PHR,  
Vice President of Human Resources*

## **Urgent Care Hours**

*Monday - Thursday ...7:30 am to 6 pm  
Friday .....8:30 am to 5 pm  
Saturday .....9:00 am to 5 pm*

*24-hour, 7-day on-call service:  
After hours, call 508-992-6553*

## **Board of Directors**

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