

### Our Mission Statement

The Common Ground Health Clinic is a non-profit organization that provides quality health care for the greater New Orleans Community, and develops and provides programs to address community health care needs through collaborative partnerships.

### Our Goals

- To provide quality integrative health care;
- To provide quality health care education for preventive self-care;
  - To create an environment conducive to patient, staff and volunteer learning;
- To work in an anti-racist paradigm

Solidarity Not Charity [www.commongroundclinic.org](http://www.commongroundclinic.org)



CGHC is now charging a flat fee for some visits

\$20 / visit for new patients

\$10 / visit for returning patients

**No one will be denied treatment due to inability to pay, and all current patients will continue to be seen.**

We now accept next day appointments!  
To schedule, call between 1 and 3 PM,  
Monday through Wednesday,  
504-361-9800

1400 Teche Street New Orleans, LA 70114  
Clinic: (504) 361-9800, Office: (504) 365-8800

### Clinic Hours

Day/Service	Clinic Open
Monday	8:00 AM-3PM
Tuesday	8:00 AM-12 PM
Wednesday	8:00 AM-3 PM
Thursday	Closed
Friday	Closed
Saturday & Sunday	Closed

### Latino Health Outreach Project - Mobile Clinic Hours

Friday 7-9 AM Corner of MLK & S. Claiborne  
Contact LHOP at 504-377-7281 Se habla espanol

HEALTH ON THE GROUND



# HEALTH ON THE GROUND

WINTER 2010/11

"Solidarity Not Charity"

## Listening to the Community Voice

As part of our ongoing initiatives towards greater community health and strength, Common Ground Health Clinic has resumed our patient and community meetings.

These monthly meetings, which are held in our clinic's waiting room, bring local residents, patients, representatives of community organizations, and CGHC staff and volunteers together. These meetings work toward improving the clinic's awareness of patient and community needs and translating them into daily practice. They are also a place to network and build relationships of mutual aid for issues beyond the scope of the clinic itself.

Our last meeting, which took place on October 28<sup>th</sup>, was well attended. There were many great discussions and proposals for future action made, both for the clinic and the area in general.

Participants discussed the history of the current clinic space as a one time pharmacy, and the tradition of home and herbal remedies once practiced in Algiers. Many clinic staff were unaware of aspects of this history and it resonated with our herbal program. There are hopes to do a future event focused on connecting these histories with current clinic practice to promote traditional and preventive medicine through cultural awareness.

There were also young people from the community who participated. The idea of community art classes and more educational, cultural, and recreational resources for youth was emphasized.

A running theme of the meeting was building consistent patient and community participation in the clinic to make CGHC's vision of community and patient directed healthcare a reality. Goals were set to build attendance at the monthly meetings, build a patient advisory board, and encourage active communication between board and community members.

We will be holding these meetings on a monthly basis, and are seeking to create a patient advisory board that can inform our practice and priorities as we continue to grow.

If you are interested in getting involved please contact us:  
[NoahLearned@CommonGroundClinic.org](mailto:NoahLearned@CommonGroundClinic.org) (504) 365-8800

### Board of Directors

- R' Noah Morris—Chair
- Catherine Jones—Vice- Chair
- Kimberley Richards—Secretary
- Paul Richard—Treasurer
- Baakir Tyihemba
- Patricia Jones
- Ramona Ragas
- Stephanie Bridges
- Alvin Gant



### Executive Director

Meshawn Tarver

### Medical Director

Michelle Carley

### Manager/Nurse Practitioner

Anne Mulle'

### Family Practice Physician

Jarita Hagans

### Newsletter Editor

Coleen Murphy

## EXECUTIVE DIRECTOR'S CORNER

December 21st will mark my month 6 month anniversary here at CGHC. I am pleased with the support given to me by staff, volunteers, board members, partners and community leaders. My welcome is a true demonstration of why CGHC has been a vital role in the lives of this community. I am honored to be a part of such a family.

This Fall we were able to spruce up the exterior of our clinic. A local artist is working on murals for the exterior of the building as well. The murals will portray the work of CGHC and pay homage to the Algiers community.

This Fall CGHC was designated a Federally Qualified Health Center (FQHC) Look-Alike which gives some benefits, like enhanced revenue from Medicaid reimbursements and drug pricing discounts. This designation is step towards becoming a full FQHC, and CGHC will submit this application in December 2010. FQHC is one of the different funding options CGHC is pursuing to become a sustainable entity in the community.

The community has come to rely on the great clinical care provided by Anne (Nurse Practitioner), Karen (Physician), Valerie (Acupuncturist); Health Educator/Herbalists, Rachael and Amy; Medical support staff: Jeannie, Pat and Marilyn; Interpreters/Front desk staff: Lucien and Anna; Social services staff: Narda and Nasha; Outreach and Administrative staff: Anita, Noah L, Amy W., Coleen, Lanette and Sharon (Co-founder). Although this funding will bring some administrative changes to the clinic it will not change the mission and goals of CGHC.

To the community, board, volunteers, partners, staff I look forward to the work ahead of us. We must raise the funding needed to move us into a new location. CGHC has outgrown our current location and need a little more elbow room to provide quality healthcare. We will continue to grow strategically. In 2011 we plan to add more hours and days of services and add additional services.

Wishing you all good health and peace of mind,

Meshawn



Anne, Meshawn, Jeannie & Narda at First Lady Michelle Obama's presentation in Slidell

## CREATING INNOVATIVE PARTNERSHIPS THAT IMPROVE HEALTH IN THE NEW ORLEANS COMMUNITY: REACH NOLA

REACH NOLA is proud to announce the recent completion of our Health and Resilience Project which established two Health and Resilience Centers that promote neighborhood wellness and treat stress, Depression and Post Traumatic Stress Disorder (PTSD). We have also trained over 400 doctors, nurses, social workers, and community health workers from more than 70 local organizations to address Depression and PTSD in a variety of settings throughout New Orleans, and provided infrastructure support to local organizations, which allowed for 110,000 health services to date.

REACH NOLA partners with Common Ground Health Clinic to produce and disseminate free, updated resource guides for people seeking low-cost health and social services. We also improve the quality of health care for people with limited English proficiency by training over 100 medical interpreters and supporting health organizations in improving their language access services.

To learn more about REACH NOLA, including how we have responded to community needs related to the oil spill, and local and national recognition we have received for our innovative work, please visit: [www.reachnola.org](http://www.reachnola.org).

*Pictured at right: 2009/10 Avodah Fellow Mariel Boyarsky, REACH NOLA Director of Operations Katrina Badger, and artist Gerardo Arteaga, unveiling the new banner for REACH NOLA last summer.*



### Health Education Group

Join us every Tuesday from 5-6 pm at the clinic for our health education class. Nutritionist Casey Miller and the CGHC herbalists run a group with weekly topics focusing on nutrition, recipes, weight loss, gardening, exercise plans, and an introduction to herbalism. The class is four weeks long and you can join at any session.

Bring your questions and join the discussion!

**1400 Teche Sreet in Algiers at the corner of Socrates**

## BRICK BY BRICK

A little over a year ago, Common Ground Health Clinic was able to purchase a new building, located at 501 Newton Street. We have acquired the building, architectural renderings and building/zoning permits, but have not been successful with securing all of the costs associated with demolition, building the shell, renovating the interior and furnishing the building. To achieve these goals, we ask for your support.



The success of this new clinic space will be a success for our community. The building will embrace green design, incorporating solar panels and a rooftop garden. It will have facilities that encourage biking to work. The building location and design are in homage to the Grey-stone Voter's League building, a one-time music venue that hosted Ray Charles, the Neville Brothers, and a

host of influential local musicians. This is part of a broader initiative to raise the community's historical awareness of itself.

The new clinic will be a significant spur to the long neglected Algiers Business Corridor. As the primary catalyst for growth, CGHC will be well placed to influence development away from gentrification and towards economic opportunities that benefit the health and general social well being of the pre-existing community.

This is our vision. We appreciate your support! Every dollar, every brick, is significant. Donations can be mailed directly to the clinic or made online via Facebook Causes or on our own website: [www.commongroundclinic.org](http://www.commongroundclinic.org)

## VOLUNTEER AT CGHC? YES, YOU CAN!

Everyone has a part to play in keeping the work of clinic going. Please contact the office and speak to one of our staff there to set up a time: 504-365-8800

As an outreach volunteer, you can support the clinic in many ways!

- Assembling resource guides
- Coordinating fundraising events
  - Tabling at health fairs
- Tending to our community garden
  - Handing out event information in the neighborhood

And more! Contact us at [admin@commongroundclinic.org](mailto:admin@commongroundclinic.org)

## HELLOS, GOODBYES, NEWS & NOTES

We have been joined this Fall by **Andrea Williams**, who comes aboard as our new Administrative Coordinator. A Louisiana native and University of New Orleans graduate, Andrea brings a fresh perspective to the team and we are very glad to have her. **Breaking news!** We have another new face at the clinic in **Dr. Jarita Hagans**, our new Family Practice Physician. Dr. Hagans has been practicing in Algiers for three years now and brings with her a wealth of experience.

We have to say farewell, thank you and bon voyage for now to herbalist **Becs Griffiths**, who has returned to her home in England after several months of working with the CGHC herbalist team. We wish her well and miss her already!



Also leaving us this winter is **Dr. Adi Nadimpalli**. Adi's hard work and insights have been key in making CGHC what it is from very early on, and we wish him well as he moves on to other work, in New Orleans and abroad.

CGHC staff and volunteers gathered in November for a day-long retreat held at A Studio in the Woods in Algiers. The natural setting was a vital break from our urban day to day.

## NATIONAL ASSOCIATION OF FREE CLINICS

In October 2010, Executive Director Meshawn Tarver and Clinic Manager/Nurse Practitioner Anne Mulle represented CGHC at the annual National Association of Free Clinics (NAFC) conference in Cleveland, Ohio. The main focus of the three day event was preparation for healthcare reform in 2014 and challenges and unknowns that many free clinics across the country are currently facing as this legislation is being implemented. Each clinic is unique but all are committed to the belief that healthcare should be accessible to all.

Currently, there are over 1200 free clinics across the country that range from all volunteer staff to multi-million dollar annual budgets. NAFC's mission is to advocate for the issues and concerns of free clinics, their workforce of health care professionals and the patients served by free clinics in communities throughout the nation.

Beginning in 2009, the NAFC has sponsored a series of large scale one and two day free clinics in cities throughout the United States, including two visits to New Orleans, where CGHC was proud to participate.

The conference provided a great networking opportunity to learn from other clinics. Sessions included discussions about clinical care, quality improvement, board development and funding opportunities.

Detailed information about the NAFC and their work can be found at their website: <http://freeclinics.us>

## STAYING HEALTHY THIS WINTER

### Tips From the Herbalists at CGHC

Winter is here again and with the cold wind comes the sniffles and sore throats we remember well. So what do you do when you start feeling that tickle and you know it's the first sign that you're headed for a cold or flu? When it comes to viruses, the old ways are the best ways. There has been no scientific improvement on grandma's remedies when you're feeling under the weather.

Suppose your throat's just starting to hurt a little, and you feel unnaturally tired. Maybe you have a little headache. Something is not quite right. Now is your chance to fight it off before it gets you. Here are some strategies:

- Drink lots and lots of water.
- Bundle up with a hat and scarf when going out in cold weather.
- Take vitamin C to boost your immune system.
- Eat lots of raw garlic! Garlic helps step up the immune system to fight viruses.
- Sleep! Do all the things above, then take a nice, hot bath. Keep your hair dry so you don't get chilled later, drink some hot tea in the bath. When you are good and hot, dry off, wrap yourself up well, snuggle under the covers and sleep for a long, long time.
- Drink lots of tea. Any non-caffeinated tea is nice to bring heat and liquid into your body, but here are some specific medicinal teas that can help:

**Thyme, oregano, and basil** are anti-virals, fight infection and congestion; **Ginger** is anti-viral, anti-nausea, warming and stimulating and helps the body sweat out a fever; Simply hot water with the **juice of a lemon** and just enough **honey** with a pinch of **cayenne pepper** to warm it up will soothe the throat and fight infection; **Chamomile and peppermint** are soothing for the stomach and can help you sleep. **Peppermint** is anti-viral and **chamomile** is anti-inflammatory.

If you caught it in time and wake up healthy as a horse, just take it easy for a couple days. Keep sleeping long hours and eat right. If you're not feeling better, keep at it. Rest, sleep, and drink lots of water and tea. Feed a cold and starve a fever. Eat thin broths and homemade chicken soup.

Then, when you're feeling better but have that lingering cough and congestion, come see us at the clinic for some herbs to help you along!

Take care of yourself and have a happy winter!

## FIVE YEARS & COUNTING!



Over 100 neighbors, patients, friends and community partners of CGHC came together in September to join us in celebrating our 5th anniversary with a Block Party that included food, music, tours of our facility and fun for all ages.

Every year brings change and new opportunities for growth to the clinic and this year is no exception. The Block Party was a great chance to gather together long-time supporters & friends with the new faces here at CGHC.



### THANK YOU!

To all of our neighbors & friends who made the party happen, with extra special thanks to:

- "Swamp Rat" Jack Anschutz & Ms. Nelly
- Germain Thompson
- DJ Lionel
- Cathy Smith
- Jill at Tout du Suite Café
- Volunteers from Common Ground Relief
- Vince & Todd of the Craige Cultural Center
- The Cupcake Fairies

We couldn't have done it without you!