

Fogelsville Family Medicine

PATIENT OFFICE

HOURS

Monday: 8AM-5PM

Tuesday: 8AM-2PM

Wednesday: 11AM-7PM

Thursday: closed to pts

Friday: 8AM-12PM

8031 Main Street Fogelsville, PA 18051

www.fogelsvillefamilymedicine.com



Transition!

Fogelsville Family Medicine opened its doors in July of 2000 (yes, it's been that long!) as an independent practice ready to serve the Upper Macungie populace and beyond. Our steady team of Sara Latham, Victoria Neese and Dr. Elizabeth Stanton have succeeded in keeping up with the ever-growing demands of health care in the 21st century and have done it with pride and caring. **It has been an awesome experience for us!** But we find ourselves in the midst of change, not only in the general medical milieu, but by our potential growth in Fogelsville. As we look to the future, we are hoping to continue to grow and serve our community and have elicited the partnership of the St. Luke's University Hospital Network. As of November of this year, FFM will have become a member of the St. Luke's Physician Group. Our immediate goal will be to maintain the same quality of care that we have provided all of these years and with the same personal and inviting atmosphere. We are counting on SLUHN to help us in this transition but we also look to our patients for your support as well. Our longer term goal will be to add one or more providers with supporting staff and thereby be able to extend patient hours for greater access.



Affordable Care Act

It is known as Obamacare and it seems to be the legislation that people love to criticize. The intricacies of the bill are many and complicated but, let us be clear: the Affordable Care Act meant to expand insurance coverage by introducing **mechanisms** (mandates for acquiring, insurance exchanges and subsidies) in order **to provide medical coverage for those who, until it was passed, could not afford basic medical care.** The intention is to lower the uninsured rate of the American populace while increasing insurance quality and affordability, the ACA begins to address the need for timely, preventive healthcare, a right every citizen should benefit from. Is the Act perfect? No, but can be a positive step in repairing a medical system sorely in need of First Aid.



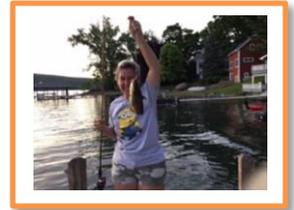
Travel Corner

The staff had its share of traveling for some well-deserved R n' R this past summer. A little bit of international travel with a nice mix of exploring some of our own points of interest.

Dr. Stanton, whose ties to the Iberian Peninsula are well known, was able to go back to Spain for a couple of weeks to reconnect with friends and colleagues both in Madrid and in Galicia. Attending the wedding of her good friend Jennifer's daughter, Miriam, was a highlight while in Madrid. Weddings are always beautiful and celebrating with the families a tribute but the added touch this day was the intimacy and beauty of the marriage ceremony being held in the same chapel as Miriam's parents, Ziad and Jennifer, those many years ago!

Now, while Dr. Stanton was viajando por Espana, Sara and Vicky took advantage of the break spend a few days at Keuka Lake in New York. Not to be deterred by a little rain, they did some fishing, read a couple of books and, generally, relaxed and enjoyed the tranquility of being lakeside at the Finger Lakes.

In August, we all packed our bags again and took our leave of Pennsylvania: Sara to Florida with her fiancé and sons and Dr. Stanton and Vicky to Niagara Falls. Once again, Sara was out fishing (this time deep sea), parasailing and enjoying the beach. Vicky and Dr. S, like most who go to the Falls, were spell bound by Mother Nature's demonstration of beauty and might that the Niagara River has carved out over millenniums. A must for everyone!



Vicky hauls 'im in!



Sara enjoying Keuka



Zip-lining at Niagara

MS3

3rd year
medical
students
no
longer
at FFM

For the past two or three years, we have welcomed students from the University of Southern Florida as part of the precepting initiative with the Morasi College of Medicine and LNHN. Some of our patients will recall what a rewarding experience that was for all of us, staff and patients alike. While we are not precepting this year, we are hoping to rekindle this notion in the future and once the transition is complete with SLHN.

Show me someone who has done something worthwhile, and I will show you someone who has overcome adversity.

Lou Holt



Winter Watch!

Old Man Winter is on his way as he is each year here in Pennsylvania. It's unavoidable unless you plan to join our "snowbirds" by going to Florida for the colder months. If you do plan on sticking it out, however, remember to follow some simple rules:



Dress appropriately including the proper footwear. Layers are best since the layers trap body heat. This is especially important if you are planning on participating in sports like skiing, ice skating or snowshoeing/hiking. Wind-proof outer clothing is an important aspect: as the speed of wind increases, it can carry heat away from the body (wind chill).

Wear a hat! And make sure it covers your ears! An important amount of heat lost from an uncovered head.

Good boots, socks and gloves are essential for the snowy days. Remember that nature will conserve heat for the core, that is, the vital organs by taking from the "unneeded", the extremities. This is why frostbite attacks the hands, feet and nose before anything else when exposed for an extended period of time.

If you have cardiac problems or high blood pressure, avoid undue strenuous exercise outside or shoveling snow. Even our otherwise healthy adults should remember that their bodies are already working overtime just to stay warm! Dress appropriately and work slowly when doing heavy outdoor chores.

Alcoholic beverages cause the body to lose heat more rapidly. Be prudent!

Pet News

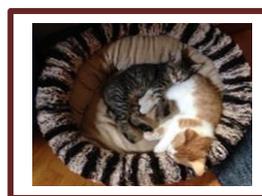
Most of our readers are aware that everyone at FFM is an avid pet lover. Not only do our assorted pets manage to become esteemed members of our families, studies have demonstrated their therapeutic influences, especially for those who live alone. We have shared some of our patients' sorrows in losing cherished ones along the way and here we will share our farewells to two of ours. Sara's cat, Dexter, recently lost his battle with feline leukemia and Dr. Stanton's border collie Califa passed away after a brief illness. They both will be missed.

We do, however, welcome two other new members of the Fogelsville Furrries, Penito and Faith, kittens whose liveliness know no bounds. We welcome their energy and zest.

Our best to all of our pets be they cats, dogs, fish, iguanas, horses or goats and all of you who care for them.



Dexter



Faith and Penito



Califa

...pets have therapeutic influences especially for those who live alone...



FFM

610-336-4676

 We're on the Web!

See us at:

FogelsvilleFamilyMedicine.com

Advance directives

The saying goes: **hope for the best, prepare for the worst.** We think it is worth reviewing the concept of advanced directives for medical care. Should one become incapacitated, it is wise to have the medical team in charge of care up to date on the patient's desires for how to proceed and how aggressive to be. Here are some basic important issues:

An **advance directive** tells your doctor what kind of care you would like to have if you become unable to make medical decisions (if you are in a coma, for example). If you are admitted to the hospital, the hospital staff should talk to you about your advance directives.

A good advance directive describes the kind of treatment you would want depending on how sick you are, for example, if you have an illness that you are unlikely to recover from, or if you are permanently unconscious. Advance directives usually tell your doctor that you don't want certain kinds of treatment. However, they can also say that you want a certain treatment no matter how ill you are.

The PA Order for Life-Sustaining Treatment (**POLST**) form posted in a prominent place in your home, can communicate your medical wishes also. Ask us about the forms

A **living will** is one type of advance directive. It is a written, legal document that describes the kind of medical treatments or life-sustaining treatments you would want if you were seriously or terminally ill. A living will doesn't let you select someone to make decisions for you.

...post a
POLST
form in a
prominent
place...

A **durable power of attorney (DPA)** for health care is another kind of advance directive. A DPA states whom you have chosen to make health care decisions for you. It becomes active any time you are unconscious or unable to make medical decisions.

Living wills and DPAs are legal in most states. Even if they aren't officially recognized by the law in your state, they can still guide your loved ones and doctor if you are unable to make decisions about your medical care

Communication...

We at Fogelsville Family Medicine maintain that communication is a key in any healthy relationship be it personally, professionally or, certainly, within our Fogelsville family. We take this opportunity to apologize for the delay in sharing the news about our joining St. Luke's Hospital. Unforeseen circumstances cascaded into a printing holdup we hope will never happen again. Thank you for understanding!



