

Nov 2022

MONTHLY NEWSLETTER

Heart Of Hope
Health

What's New

IN THIS MONTH'S NEWSLETTER

Patient Highlight

Alicia Article

Dr. Duke's Educational Class

Closed For Thanksgiving

We Are Hiring

Benefit Package for Small Businesses

Service Members

Foundation



Heart of Hope Health



Meet The Felmley Family

They are one of our largest families with 2 adults and 11 children.

Through our affordable family membership program which is a maximum charge of \$250 a month, they receive a significant savings on their healthcare. Visit our website at www.heartofhopehealth.com and go to testimonies to see what they have to say about us!

The Felmley's have an organic produce delivery service in CDA called Manna Box. Check them out at www.mymannabox.com.



testimonies

Our clinic has attracted patients and healthcare providers alike who have had broken experiences in the traditional medical system. We have been blessed to partner with them on their health and wellness journeys. We count all the trials we have faced as joy, as we hear their personal stories recount how God has allowed us to be a light and help them through some of their most difficult times. If you would like to hear some of our patients' stories scan the QR code below:



If you are a patient who would like an opportunity to share your story please email us at: office@heartofhopehealth.com

What to Expect

RESPIRATORY ILLNESSES AND YOUR CHILDREN

By: Alicia Spiess, PNP

Although keeping your kids healthy year round is the goal, it is especially important during the winter cold season. In this newsletter I will go over the typical course of colds and some tips and tricks on how to keep your kids healthy during cold season.

Kids get an average of

10

colds per year lasting up to

2

weeks each. This means most kids are sick

20

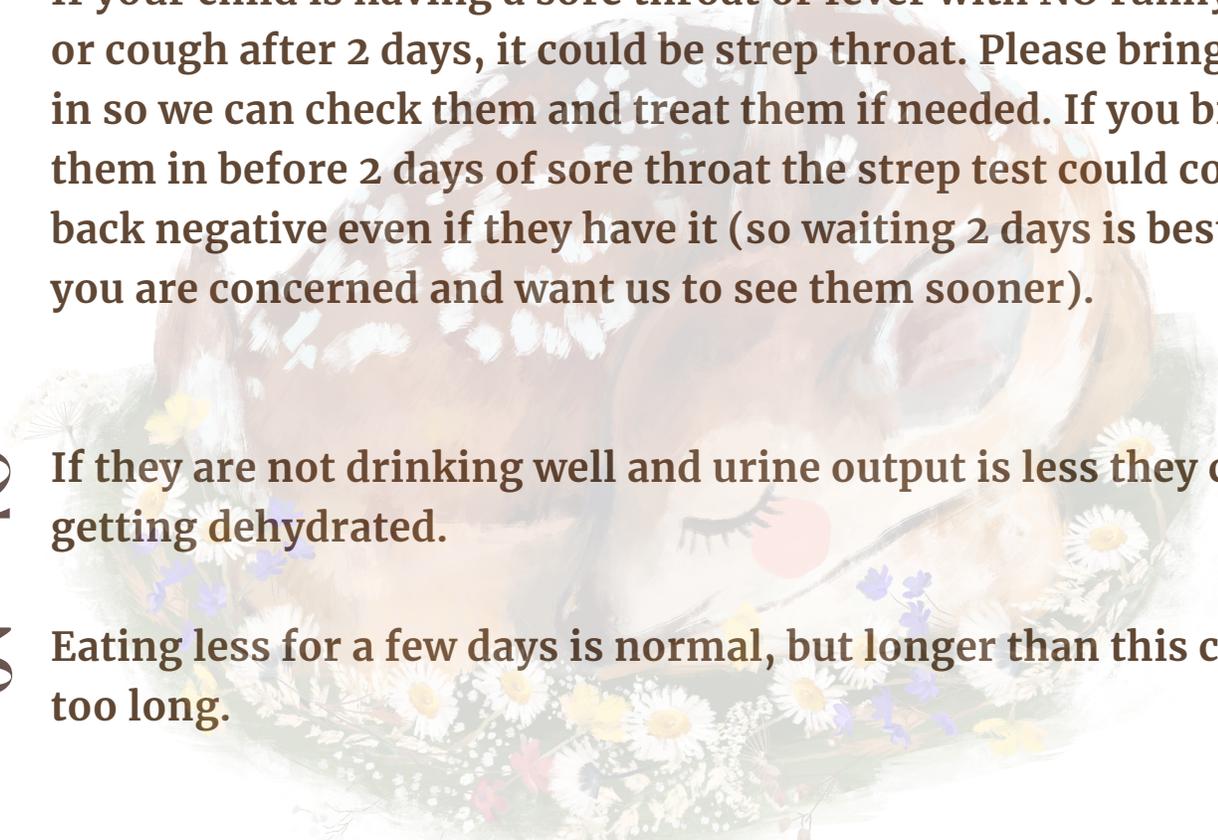
weeks out of the year more or less.

This is so much!

Common colds typically start with a sore throat and a high fever >100.5 and last for 2-3 days, followed by a low fever, 99-100, that can last up to 9 days total; this is normal.

Fevers are okay. This is how the body cleans itself of the viruses that aren't supposed to be there. Don't let the fever get too high though. If your child's temperature gets to 101 it would be a good idea to give them some Tylenol (Acetaminophen) or Motrin (Ibuprofen). These medications are weight based so if you don't know how much to give please call us, we can help you.

WHEN TO BE CONCERNED AND HAVE YOUR KIDS BE SEEN:

- 1 If your child is having a sore throat or fever with NO runny nose or cough after 2 days, it could be strep throat. Please bring them in so we can check them and treat them if needed. If you bring them in before 2 days of sore throat the strep test could come back negative even if they have it (so waiting 2 days is best unless you are concerned and want us to see them sooner).
 - 2 If they are not drinking well and urine output is less they could be getting dehydrated.
 - 3 Eating less for a few days is normal, but longer than this could be too long.
 - 4 If fever is around 99-100 and then jumps up to >100.4 after 4 days it could be:
 - a. The start of another cold
 - b. An ear infection
 - c. Pneumonia
- 



WHAT YOU CAN DO TO KEEP YOUR KIDS COMFORTABLE:

- **If older than one year-old you can give honey with tea to soothe sore throat. You can give this before meals to help with food intake (DO NOT give honey to a child under the age of one as this can cause botulism).**
- **For toddlers and infants you can play or read a book on the floor in a hot steamy bathroom before bed - this helps open up the lungs so they can breath better.**
- **You can put also a humidifier in the room, this helps in the same way.**
- **Ensure lots of rest and fluids to help flush out the virus and bone broth daily**
- **Give 1000 IU vitamin D daily with vitamin K2 for all ages if you haven't had a level checked. We encourage you to get your child's levels checked because they may benefit from a higher dose.**
- **Cut out the sugar, including sugary beverages and processed seed oils (vegetable oils) - cutting this out prior to getting sick can also be helpful to decrease inflammation.**
- **No cough medicine before 6 years old, especially with Tylenol, this can cause overdose.**

EQUIPMENT TO HAVE AT HOME:

- A thermometer - please check their temperature regularly
- For younger kids and infants: a Nose Frida or similar to suction their nose out, keeping their nose clear can help prevent ear infections, you can suction their nose out with saline drops
- If you don't live close to us, it may be worth having an ear camera if you get stuck at home in the snow - we can do a telemedicine appointment for ear pain if you have one of these:





Closed
for
Thanksgiving

Thursday
11/24/22

Friday
11/25/22

Dr. Duke's

PREVENTATIVE MEDICINE CLASS

TRANSITIONING TO
UPPER RESPIRATORY
HEALTH MANAGEMENT
AT HOME

JOIN US MONDAY, DECEMBER 5TH

5:00 - 6:30 PM

AT HEART OF HOPE HEALTH

MEMBERS: FREE

NON-MEMBERS: \$10

RSVP: MORIAH@HEARTOFHOPEHEALTH.COM



We Are Hiring

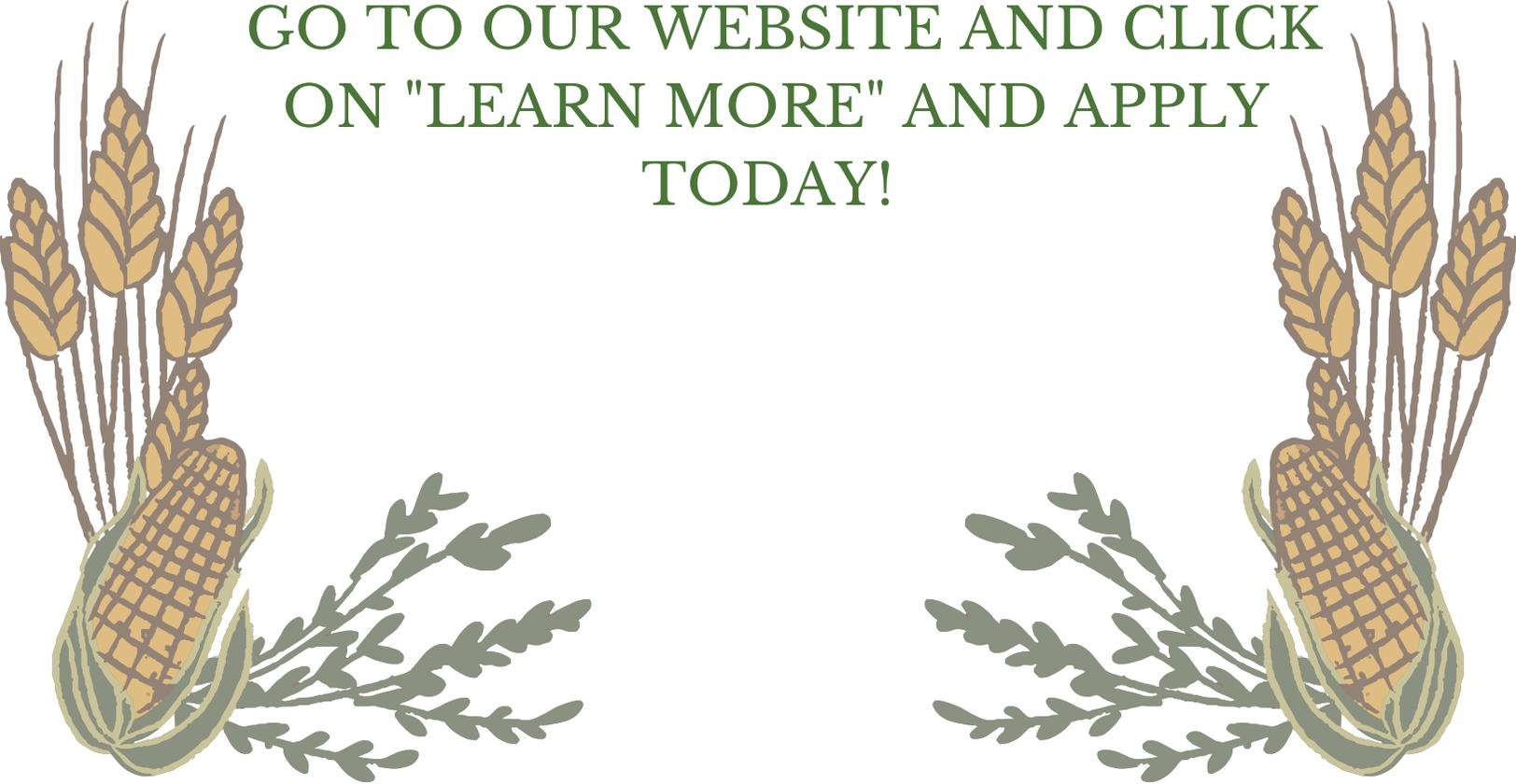
FULL-TIME MEDICAL ASSISTANT
OR CLINICAL NURSE ASSISTANT

and

PART-TIME RADIOLOGY TECH

for urgent care

GO TO OUR WEBSITE AND CLICK
ON "LEARN MORE" AND APPLY
TODAY!



The background of the entire page is a close-up photograph of numerous white pumpkins. The pumpkins are piled together, with some showing their stems and others showing their smooth, slightly ribbed surfaces. The lighting is soft and even, highlighting the texture of the pumpkins.

Small Businesses

HEART OF HOPE CAN HELP YOU WITH YOUR BENEFIT PACKAGE FOR YOUR EMPLOYEES.

PLEASE CONTACT MORIAH AT MORIAH@HEARTOFHOPEHEALTH.COM TO SET UP AN APPOINTMENT WITH YOUR SMALL BUSINESS TO DISCUSS BENEFITS OF HEART OF HOPE HEALTH MEMBERSHIPS FOR YOUR EMPLOYEES TO HELP RETAIN OR INCREASE EMPLOYMENT FOR YOUR BUSINESS.

WE LOOK FORWARD TO MEETING WITH YOU TO CONTINUE TO MAKE THIS BUSINESS COMMUNITY STRONG.



DUE 12/1/22



Christmas Cards

Service Members

THANK YOU FOR YOUR SERVICE!

Deployments are difficult, especially during the holidays. We have several service members that are from the PNW that are deployed during the holidays this year.

Please fill out a card (your own or pick one up from our clinic) and write a letter to remind them they are not forgotten during this season. If you are interested in donating items to be sent in care packages here are some things that would be greatly appreciated:



- GUM
- GAMES
- BEEF JERKY
- SLIM JIMS
- CANDY BAGS
- SMALL BOOKS
- PLAYING CARDS
- TRAVEL SIZE TOILETRIES
- INDIVIDUAL TUNA POUCHES
- SHELF STABLE INDIVIDUAL SNACKS



Heart of Hope Health FOUNDATION

The Heart of Hope Health Foundation was formed to help our community have access to affordable medical care they trust.

We are a Christ-centered organization who believes that by removing healthcare barriers to the medically underserved, we are honoring God.

Our goal is to create a paradigm shift in healthcare that prioritizes patient's medical freedom.

SPONSORSHIPS

Are funded by the generous donations of our community members. Our sponsorship program provides hope for those in need of medical care.

WHEN YOU GIVE

- It allows us to employ more local healthcare providers
- New location expansion
- Increase our services
- Provide sponsorship for those in need
- Obtain needed equipment
- Prepare for a future treatment center



SCAN ME

**SCAN THE QR CODE TO
DONATE TODAY AND
HELP MAKE A
DIFFERENCE!**