



# Healthcare Moment...

"A Conversation About You And Your Family's Health"

August 2006

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## Remember To Put Your Health First...Start Smart For Back To School, College, Work, or Just Because!

We are always in a rush...too busy to take care of our health. Well, your friends at The Martin Luther King, Jr. Family Clinic are reminding you to make your appointment today for all of your family needs. Remember the following immunizations for children:

- Diphtheria, tetanus, and pertussis (DTaP).
- Polio (inactivated poliovirus vaccine, or IPV).
- Measles, mumps, and rubella (MMR).
- Chickenpox (varicella).
- Hepatitis B (Hep B).
- Hepatitis A (Hep A).
- *Haemophilus influenzae* type b (Hib).
- Pneumococcal vaccine (PCV) for children younger than 5 years of age. Influenza (flu). The flu vaccine is not given to children younger than 6 months of age. It is recommended for:
  - **All** children 6 through 23 months of age.
  - Children 24 months and older with certain medical conditions (such as asthma, chronic heart or lung disorders, or an impaired immune system).
  - Close contacts, including household contacts and out-of-home caregivers, of children 23 months of age and younger and of children 24 months and older who are at high risk for complications of the flu.

Have questions about your child's immunization needs or other healthcare concerns?...Call us at 214-426-3645.

## Parenting Tips...How To Make The First Day Of School Easier!

- Remind your child that many students are uneasy about the first day of school, and the teachers will make sure everyone feels comfortable.
- Point out how school will be fun, and he or she may see old friends and meet new ones.
- Find another child in the neighborhood your child can walk to school or ride with on the bus.
- If you can, walk with your child to school and pick up your child on the first day.

We're Online Now! [www.mlkfamilyclinic.org](http://www.mlkfamilyclinic.org)

## Making A Difference...!

Join us during the **MONTH of AUGUST... "BACK TO SCHOOL HEALTHCHECK & MORE!"**

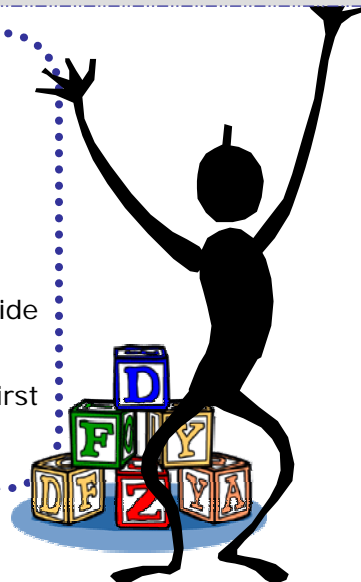
**Mayor's** Back To School Fair at **Fair Park** For **FREE** screenings!

**August 12th FREE** screenings at the "**Tony B Foundation Back To School Block Party**", KR&B RADIO.

**August 7, 8, 9, 10, 11 National Health Center Week** Open House, Tours and Refreshments.

Welcome members of the **National Medical Association (NMA)**.

**LET'S HEAR FROM YOU** - Complete a **Client Satisfaction Form**, return it in the box, and be entered into our drawing for a gift. Your ideas can help improve how we deliver care to **YOU!**



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# CELEBRATING 20 YEARS OF SERVICE 1986 - 2006

**MLK Family Clinic now has 10 providers!  
Meet our newest providers to join the group!**



David R. Maxwell,  
General Dentist DDS



Chao-ying Wang, FNP  
Family Nurse Practitioner



Cheletta Watkins, MD  
Family Practitioner  
Asst. Medical Director



Stormee Williams, MD  
Pediatrician



Fangling Zheng, FNP  
Family Nurse Practitioner

## MARK YOUR CALENDAR!

**Tuesday, September 12<sup>th</sup>;  
11:30; Belo Mansion,**

**Former Dallas Cowboy Ron Springs  
shares how he lives with Diabetes.**

**MC: John McCaa (Channel 8)**

**Support MLK Family Clinic at its  
Annual "Take A Loved One For A  
Checkup" Luncheon.**

### NEW ON-GOING SERVICES COMING SOON:

**Centering Pregnancy®**

**Group Prenatal Care**

Assessment · Education · Support

**Stork's Nest Program**

Healthcare, Nutrition, Parenting  
Classes, Car Seat, Diapers and more!

**8-Week Nutrition Sessions**

More affordable ways to eat well and  
live a healthy lifestyle.

***GREAT INCENTIVES FOR  
COMPLETING THESE PROGRAMS!***

**SIGN UP AND BRING  
SOMEONE WITH YOU!**