

## Two new obstetricians meet growing demand

One of the busiest places in our busy health center is the OB/GYN department. Last year 524 babies were born to our patients, and this fall we hired two new obstetricians to meet the ever growing demand.

Dr. Kalinda Dennis grew up in Baltimore, completed her medical degree at Meharry Medical College in Nashville, TN, and returned to Baltimore for her residency at University of Maryland Medical System. "I knew from a very young age that I would be an OB/GYN—ever since my mother and I had 'the talk' when I was 8 years old. I have always been fascinated with pregnancy and childbirth," she says. During her residency, she spent time each week in a community health clinic in Baltimore. A stark contrast to the large hospital where she worked the rest of the week, she was inspired by the patients she saw there. "As chaotic as the clinic could be, at the end of each session I really felt like I had given a service and fulfilled a need."

Dr. Kristen Cotter came to medicine through work in international community development and public health during her college years. After two years in a small village in Indonesia, she realized that while she loved the work, she wanted to do something more tangible. "I realized that there is nothing more tangible than the human body. It is the same the world over," she said. Her interest in international women's health led her to pursue both a medical degree at the University of Pittsburg and a Masters of Public Health at Tulane University. She completed her residency at Women and Infant's Hospital of Rhode Island. Lynn, she says, is a perfect place to bring together all of her interests. "The world is here," she said. "I am able to work with a wonderful, diverse, international population, and work in a state of the art medical facility. What a great opportunity!"

Dr. Cotter and Dr. Dennis join a team of three other OB/GYN physicians to provide comprehensive obstetrics and gynecology services to our patients. Dr. Alexy Kochowiec, Dr. Joyce Prophete, Dr. Marcus Gordon, and two midwives, Regan

Crowley and Sara Golden complete the team at 269 Union St. Two family practice providers Dr. Anna Rabkina and Dr. Nick Mayper at our Market Square site provide maternity care for our West Lynn patients.

All providers are affiliated with North Shore Medical Center. Deliveries are performed at Salem Hospital.

"We have an amazing team of physicians," says Lori Abrams Berry, Executive Director of the Lynn Community Health Center. "Our patients come from a wide range of cultures and backgrounds, and our providers all go the extra mile to ensure that they understand them. I recently stopped in to see one of our physicians. He was looking at a map of Africa to research the customs and beliefs of the country where his next patient came from."



*Dr. Kalinda Dennis and Dr. Kristen Cotter join the Lynn Community Health Center OB/GYN team.*

## Executive Director Lori Abrams Berry honored by the Mass League

The Massachusetts League of Community Health Centers bestowed its highest honor on LCHC's Executive Director at its annual awards ceremony in June.

The Founder's Award is presented each year to an individual who has rendered outstanding service to the community health center movement, and who protects and promotes health care access as a right for all rather than a privilege for some. Past recipients of the award include Dr. H. Jack Geiger, one of the founders of the first two community health centers in the nation, and Senator Edward M. Kennedy, recognized as the nation's chief congressional advocate and supporter.



*Lori Berry with Host Karen Holmes Ward of Channel 5, League Chair Frances M. Anthes, and League CEO James W. Hunt.*

Lori Abrams Berry has had a long career in community health, including 12 years as the Executive Director of the Lynn Community Health Center. In a video tribute her colleagues described her as energetic, passionate, and a relentless advocate for meeting the needs of the community. "What she has done with this health center—the dental clinic, the pharmacy program, clinics in all three high schools, two middle schools, and an elementary school—it's unheard of," said congressman John Tierney. "She has brought this health center to something that reaches out and touches everyone in this community."

"Lori has educated many people in state government, and certainly at Partners and North Shore Medical Center, about the need to look at the patient in a complete and holistic way," said Matt Fishman, Vice President of Community Health at Partners Health Care.

## Barnes & Noble Saugus holds 3rd annual book drive for Reach Out and Read

On November 1, 2008, the Saugus Barnes & Noble store will launch its third annual book drive for the health center's Reach Out and Read Program.

This is a terrific program that is organized and promoted by the staff of the Saugus store. Throughout the store signs will invite customers to purchase a book to donate to ROR. Booksellers will compile a list of recommended titles in both English and Spanish, although customers may purchase any book they like for the program. More than 1500 books were collected last year.

Reach out and Read promotes early childhood literacy through pediatric primary care. New books and advice about the importance of reading aloud are incorporated into pediatric visits for children 6 months to five years old. Volunteers also read aloud and distribute more than 12,000 donated new and used books each year to children in the Center's five waiting rooms.

**BARNES & NOBLE**

## Mark Your Calendars

LCHC Annual Meeting  
October 29, 2008

Baby's First Christmas  
December 19, 2008

Health In Bloom  
Annual Gala  
May 2, 2009

## Come See US!

Tour the health center  
every third Tuesday  
of the month at 2:00 p.m.

Please RSVP to Laurine  
781/596-2502 x 769.

## Contact Us

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## Health Center Pharmacy Collaborative ensures access, improves outcomes for patients

The Lynn Community Health Center will team up with Eaton Apothecary and Northeastern University School of Pharmacy to establish a new pharmacy at 12 Market Square, and develop a Clinical Pharmacy Program that will help patients better manage chronic conditions. A grant from the Health Resources Services Administration (HRSA) will fund this new project. A team of representatives from the three organizations will also participate in HRSA's Pharmacy Collaborative, a national program studying leading practices in patient safety, clinical pharmacy services, and health outcomes.

"For years the Lynn Community Health Center has worked tirelessly to provide a full range of primary care, behavioral health, and social services for its low income and uninsured patients," said Congressman John F. Tierney (D-MA). "I am pleased that funds have been awarded to the health center to develop a Medication Therapy Management Program in conjunction with Northeastern School of Pharmacy and, together with Eaton Apothecary, to add a new pharmacy to provide affordable and accessible prescription drugs. As the cost of health care continues to rise, now more than ever, we must work to ensure access to affordable health care for all Americans. I applaud the work of the health center."

The Lynn Community Health Center has partnered with Eaton Apothecary since 2000 to give its patients access to low cost prescription drugs through the Federal Government's 340B program. Last year over 94,000 prescriptions were filled at Eaton's on Union St. for health center patients.

Eaton's new site in Market Square is also affiliated with Lynn Community Health Center, and will give patients in West Lynn the same access to low cost prescription medicines.

In addition to improving access, the health center is establishing a Clinical Pharmacy Program in conjunction with Northeastern University School of Pharmacy that will focus on improved outcomes and patient safety.

Patients with chronic conditions, such as diabetes, asthma, hypertension, heart disease, HIV/AIDS, and depression most often require multiple medications. It has been well documented that failure to adhere to medication regimes results

in increased hospitalizations and poor outcomes. The Clinical Pharmacy Team will work with patients and their medical and behavioral health providers to evaluate current medication regimes, offer counseling and education, assist in accessing low-cost prescriptions, document all medications, and ensure medication regimes are fully understood.

"This program will greatly reduce the potential for over-medication or medication errors," says David Dumouchel, of Eaton Apothecary. "Around the country we have seen that the programs that dramatically improve patient outcomes all have clinical pharmacy programs."

"Providing affordable prescription drugs to our community will significantly improve health outcomes," says Dr. Mark Alexakos, the health center's new Director of Behavioral Health. "We want to go one step further to make sure that every medication a patient takes is a great fit for their needs and is safely used."



*Left to right: Dave Dumouchel R.Ph. MBA, Director of Pharmacy, Eaton Apothecary; Kathy Bungay, PharmD. MS, Assistant Professor and Clinical Pharmacy Specialist, at Tufts Medical Center in Boston and Adjunct Faculty at the Northeastern University School of Pharmacy; Mark Alexakos, MD, LCHC Director of Behavioral Health Services.*



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## Health Center outreach efforts result in more patients with a health care plan

In 2004 the Lynn Community Health Center, through grants from Blue Cross Blue Shield of Massachusetts and MassHealth, expanded its enrollment staff to reach out to uninsured patients and connect them with a health care plan. In 2007, as more people became eligible for health insurance, the percentage of patients with health care coverage saw its highest level in years. Last year we assisted over 18,000 people enroll in a health care program.

