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Issue  
April

A Monthly Insight into your local Health and Community Centers

# The Lifeline



Birthday shout outs >>>

## April Birthday

*Happiest Birthday to our one and only front desk receptionist, we hope your day is special like you.*

April 13- Terry Perez



## What is happening? Neighborhood and Community Center News

### COVID-19 Hits Arizona

Tired of being quarantined? Kids driving you up the wall? Check out some ways on how to keep your children occupied and safe all at

the same time. As most school aged kids have been kept home due to the spread of COVID-19 or better known as the coronavirus, parents are in search of ways to keep their children safe and entertained. Schools around Arizona are sending school assignments home in attempt to keep school age kids caught up with class assignments, while other schools look to launch online classes. If you have access to the internet from home and a computer many educational sites have free age appropriate learning activities, like Scholastic ["learn at home" website](#). [Brain Pop](#) offers free access to learning activities related to the corona virus. Tired of learning activities?

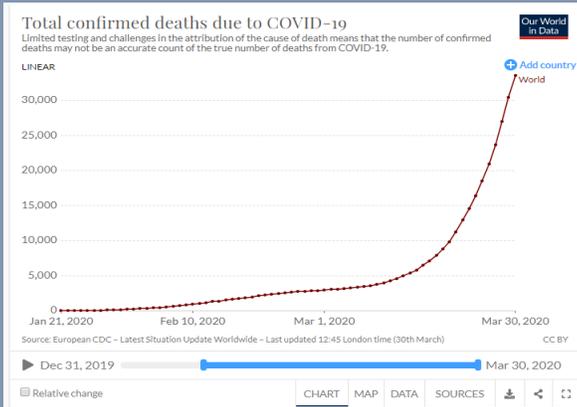
Why not try a virtual field trip to [The Louvre](#), the [Great Wall of China](#) or [The Houston Zoo](#). Encourage the family to stay active with online

Together We  
Empower Positive  
Change

Work-outs like Cosmic kid yoga a youtube channel dedicated to getting your young ones up and moving with tips on relaxation and mindfulness. There are also many free apps that give free exercises like Nike Training Club, 8fit and Home training.

Into the arts? Take a free class to learn a new instrument from [imusic](#) or a free drawing class from [Jerry's Artarama](#). If you need to dance the coronavirus blues away check out Lady Gaga's former dancer Mark Kanemora for dance sessions on his [instagram](#). Most importantly please stay healthy and safe during this pandemic, let's work as a community to prevent the spread.

# Quality Measurements



## Arizona numbers

The outbreak continues in Arizona with numbers rising daily as more and more people get tested. Here is a look at the COVID-19 in numbers as of 3/31/2020 . Reported 1289 cases,

788 of those cases are here in local Phoenix area. There have been a total of 24 deaths. The amount of Phoenixians being tested has sky rocketed to 19,371, with only 6% of those results coming back positive for COVID-19.

## Telemedicine: is it Helping?

With the outbreak wreaking havoc on the world Telemedicine is taking a front seat in healthcare becoming an effective and sustainable solution for precaution, prevention and treatment to stem the spread of COVID-19. Allowing patients to stay home and communicate with their clinicians, this helps reduce the number of people on the streets and decreases the spread of the virus. Hospitals are even implementing telecommunication with isolated patients infected with COVID-19.

## Reporting

CMS has placed a halt on reporting quality measures from healthcare facilities amid the COVID-19 pandemic and is supporting all healthcare clinicians in the fight against the coronavirus.

## Social Distancing 101 >>>

# Social Distancing

Social distancing only works if we all participate. And slowing down or preventing the spread of the virus will save lives.

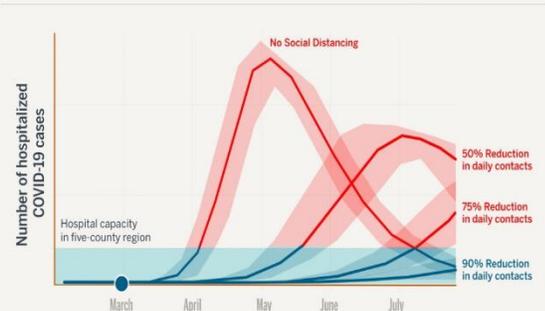


We all are responsible for protecting those at higher risk.

While many are saddened by the closure of restaurants and movie theaters and the cancellation of sporting events, there is a public health reason for these measures. The main focus of social distancing is to STOP the spread of COVID-19.

The idea behind social distancing is to help stop the spread of a disease, especially at times like this when a large number of people become very sick or infected. The influx of patients over a few days has the ability to overwhelm our hospitals and facilities causing a shortage of healthcare staff and beds to be available to treat everyone. With the assistance from the public this can be prevented with simple guidelines provided.

## COVID-19 HOSPITALIZATIONS



**COVID-19 SOCIAL DISTANCING OUTSIDE**

**✓ YES**

Maintain at least **6 FEET** between you and others outside your family unit

After returning home, **WASH HANDS** with soap and water for at least 20 seconds

**✗ NO**

Congregating in groups of **10 OR MORE**

**TEAM SPORTS** or sports requiring sharing of equipment

**CLOSE CONTACT** with individuals outside your family unit

OKLAHOMA State Department of Health | HEALTH | THD | INFORMATION + UPDATES | CORONAVIRUS.HEALTH.OK.GOV | CALL CENTER: 877-215-8336 OR 2-1-1

## Social Distancing Guidelines

- Cancel events likely to draw a crowd of more than 10 people
- Stay at least 6 feet away from others
- Work from home if possible
- Wash hands and cover cough and sneezes
- Avoid sharing household items
- Cancel non-essential appointments
- Quarantine yourself if you are experiencing symptoms

# Meet the Providers

*I solemnly pledge to consecrate my life to the service of humanity...I will practice my profession with conscience and dignity; the health of my patient will be my first consideration. -Hippocratic Oath*



## Wendy Redford, DNP

Dr. Redford is the Medical Director here at Wesley Health Centers, she can be found practicing out of both of our locations usually on Monday, Tuesday, Thursday and Friday.

A native of Chicago, Wendy Redford attended Arizona State University, graduating summa cum laude with a bachelor's in nursing.

She worked as a registered nurse at St Joseph's Hospital and Medical Center in the departments of orthopedics and trauma, before returning to Arizona State to complete her doctorate in nursing.

She has particular interests in pediatric care, women's health and education of future nurse practitioners. Wendy is fluent in Spanish and in her spare time she enjoys camping and traveling with her husband, their son and dog Toby. We appreciate all the hard work Dr Redford does for both her patients and the clinical team.

Arizona 2018 National Rankings

4<sup>th</sup> highest for Congenital Syphilis

5<sup>th</sup> highest for Symptomatic Syphilis

16<sup>th</sup> highest for Chlamydia

19<sup>th</sup> highest for Gonorrhea

## STDs in Arizona all time high

*STDs have been rising in Arizona since 2000 rising from 18,789 to 57,027 reported cases as of 2018. Our major concerns are the rise in congenital and symptomatic syphilis, national rankings puts Arizona at number 4 for congenital and 5<sup>th</sup> for symptomatic.*

## Syphilis in Women Increase

With the number of syphilis cases increasing, Arizona is hard at work trying to prevent congenital syphilis and deaths with the use of early detection and screening of pregnant women. Since 2015 the cases of syphilis have increased by 325%, and the number of babies born with syphilis has doubled since 2016. Of 63 babies born in 2018 with congenital syphilis, 10 died. As of 2019 of 107 babies born with syphilis 6 have died. 3<sup>rd</sup> trimester testing can prevent infant death.

## Protect Yourself

Use a condom  
Minimize number of sexual partners  
Regular STI checking

### Ask the doctor >>>

**Q:** *Where can I get tested for coronavirus?*  
**A:** *Banner Health*

Banner Health has now launched testing sites in Arizona, there are four sites 3 being located here in Phoenix and 1 site in Tucson. Patients will not need a doctor's order but will need to call to speak to a Banner clinician in order to schedule screening. Number to call 1-844-549-1851 line is open from 7am-6pm Monday through Thursday and 7am-5pm Friday.



# health center...

Due to the outbreak in Arizona Wesley's Health Centers have worked hard to keep doors open to serve our community and patients during this time. In an effort to keep our community safe and with the practice of social distancing the health center has moved to telemed visits. Patients can still schedule appointments and a clinician will call them at the time of their scheduled appointment. Patients in need of family planning services, some procedures and prenatal visits will still be seen in clinic if they have passed screening. Please call for any questions or to schedule a telemed visit.

The following programs and services have been suspended until further notice due to the coronavirus outbreak.

- After-school childcare program
- Zumba classes
- Tax Assistance
- Education programs
- Senior Programs
- Gym Programs and rentals
- Diabetic programs

The center is still able to help you with the following:

- Prenatal Appointments
- Sick child visits- may be scheduled as telemed visit
- Sick adult visits-may be scheduled as telemed visit
- All other type of visits will be either scheduled as telemedicine visit or postponed to a later date
- WIC services
- Assistance on guidance for COVID-19 help and screening



coming soon >>>

## In The Next Issue

*Updates on COVID-19*

*Ask the Doctor*

*Nurses Week*

*Meet The Providers*



Contact us at **602-257-4323**

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