



# Heartbeat

## Serving Up Dental Care NSCHC Opens a New Dental Clinic

In keeping with our mission to provide whole-person care to the uninsured and underserved, NSCHC officially opened our Dental Clinic for Northside residents and patients of the health center.

“The opening of the dental office has been met with so much enthusiasm, we are open five days a week. Providing accessible and affordable oral health services to our underserved community is just another step NSCHC is taking to become the Medical Home for Northside residents.” stated Floyd Cephas, Executive Director.

Our dental services include fillings, crowns, bridges, partial and full dentures, extractions, root canals, and minor oral surgery, within our scope of expertise. When other dental services are required, our dental staff will provide patients a list of specialists.

Sick patients are scheduled for same day appointments in our main community health center and the on-site health center at Northview Heights and as a Federally Qualified Health Center, all dental and medical services are available on a sliding fee scale to income eligible, uninsured patients. We also welcome Medicaid and private employer based insurance for adults and children. For low income, uninsured community residents with dental emergencies, we accept state general assistance vouchers.



Dr. Lucia Covato, D.M.D at NSCHC Dental Clinic

NSCHC is working hard to raise awareness of the need for oral health and dental services to improve the health of our patients. Improvement to oral health is extremely pertinent, as it is reflective of the need for oral health services throughout our entire health center population and the local community in general. We are proud to offer this low-cost dental service in our clinic as we are the only Center in the entire service delivery area to offer dentistry to uninsured patients.

NSCHC also initiated a program to increase awareness and visits for pediatric patients. “Many parents have advanced dental caries and do not consider oral health an important part of overall health. For a holistic approach, as we apply fluoride varnish, we speak with parents about obtaining dental services and try to increase awareness among patients regarding importance of oral hygiene and preventative dental care.” said Dr. Lucia Covato, D.M.D.

NSCHC set a goal to increase the percentage of pediatric patients who are seen by a dentist or had preventative dental services. In 2011, we exceeded our goal for oral health care in early childhood treating 65% pediatric patients aged 1-5. Roughly 15% of the dental visits have been pediatric patients.

The use of verbal, visual, and printed resources to both educate and increase dental care referrals has allowed NSCHC to engage parents in the current intervention programs that create pathways to encourage better oral health for the entire family and prepare us to be able to provide oral health and dental care successfully on an ongoing basis.

**Meet our Dentist**—Dr. Lucia Covato is a contemporary General Dentist with fourteen years of professional experience. She came to NSCHC in 2011 to head the Dental Clinic as the Director and on-site Dentist. Dr. Covato’s role at the Health Center includes clinical treatment of patients, managing dental department operations and staff, as well as overseeing community outreach dental programs for the dental clinic.

Prior to joining NSCHC, Dr. Covato served as an Independent Contractor with several private and publicly owned establishments, in addition to operating a successful private practice. We are blessed to have such a talented Doctor of Medical Dentistry on our staff. **“Welcome Dr. Lucia Covato”**

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## Exciting News!

### Three Leading Regional Foundations Announce Support

**The North Side Christian Health Center receives three considerable grants to help support our mission.**

**The Richard King Mellon Foundation** recently awarded NSCHC a two-year grant in the amount of \$500,000. This generous grant from the Foundation will support the Center's capacity building and sustainably efforts.

The Richard King Mellon Foundation has provided grants totaling over \$1.7 million to NSCHC since 1999, allowing the Center to continue in the fulfillment of our mission of providing whole-person medical care to uninsured and underserved residents of Pittsburgh's Northside and surrounding communities. The NSCHC is proud to be the recipient of the Foundation's generous support.

**The Highmark Foundation** recently awarded NSCHC a two-year grant in the amount of \$250,000 to support the integration of oral health and primary care. The grant will enable NSCHC to improve efficiencies and increase the number of patients served through the hiring of medical and dental professionals.

"Integrating oral health into primary care allows patients to be seamlessly scheduled for both services," said Highmark Foundation President, Yvonne Cook. "Improving service delivery systems is a key area of focus for the Highmark Foundation and we are proud to support the excellent work NSCHC is providing to the community at large."

**The DSF Charitable Foundation** has provided NSCHC a two-year \$80,000 grant to support uninsured patient care.

The DSF Charitable Foundation is the charitable-giving organization of the David Scaife family and has been a long-time supporter of NSCHC. Since 2005, the Foundation has provided financial contributions totaling \$295,000 in support of our mission.

NSCHC is blessed to have such wonderful and committed partners ensuring that residents of the Northside and surrounding communities have access to quality holistic healthcare.

## Fundraising with a New Twist

**D**id you know there are an estimated 5,239 residents in the NSCHC service area that lack health insurance, including children, youth, adults and homeless individuals? On average it costs NSCHC over \$400 per person to provide the holistic medical care that improves and sustains a patient's health.

There's no doubt that the need is huge! This year NSCHC is launching our first annual "**Healthy Life for a Healthy Community**" campaign to support care

for our uninsured patients.

Our goal for this year is to raise \$750,000 in donations, which will allow NSCHC to serve over 1,800 uninsured individuals.

An African proverb states, "It takes a village to raise a child". In the spirit of that concept, NSCHC believes it takes a community to help foster healthy lifestyles. Please partner with NSCHC to bring quality medical care to those in need.

To learn more about the "Healthy Life for a Healthy Community" campaign and ways you can help, contact the Development Office via email at [tiffanyj@nschc.org](mailto:tiffanyj@nschc.org) or call **412-482-6827**.

You can also donate online at [www.nschc.org](http://www.nschc.org) or use the self-addressed return envelope to mail your donation to NSCHC. United Way contributors can designate their gifts to NSCHC using our **United Way Code #9106**.

## NSCHC Joins the Social Media Revolution

NSCHC is pleased to announce that we have moved into the 21st Century. **Want to be in the know? Here's how you can stay connected.** You can know "like us" on **Facebook** and "Follow us" on **Twitter** at **NSCHC**.

You can also register your email address to receive, the "**Heartbeat**" our quarterly e-newsletter and our weekly "**Hot Health Topic**" e-blast or visit our "Blog Spot" at [www.nschc.org](http://www.nschc.org) to read and add your voice the our weekly topic of discussion.



[www.nschc.org](http://www.nschc.org)



## Meet our Medical Director

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Dr. Jerome Gloster, NSCHC Medical Director

Let's welcome Dr. Jerome Gloster, Medical Director of the North Side Christian Health Center. Dr. Gloster is only the second Medical Director of the North Side Health since its inception in 1993.

With over 17 years of experience in Pediatric Medicine, Dr. Gloster's accomplishments include an appointment to the Pennsylvania Chronic Care Commission Governor's Office of Health Care Reform as Co-Chair of the Community Practice Redesign Committee; Board of Directors of Area Health Education Centers (AHEC) of Southwestern PA; Physician Consultant for the Wilkesburg School District and is also currently the Medical Director for the Healthy Start Program in Allegheny County. He served five years as Chief Medical Officer and Medical Director for Primary Care Health Services and

its 13 Health Centers, supervising a medical staff of 35 providers.

At NSCHC, Dr. Gloster directly supervises a multi-specialty group of eight medical providers for both our Community Health Center sites including; one Pediatrician, three Family Medicine Doctors, one Internal Medicine Doctor, a Doctor of Medical Dentistry and two Certified Physician Assistants. He also manages the over 15 nursing, medical assistants and front and back office staff.

**Welcome to the NSCHC Family  
Dr. Gloster!**

## Health Topics in the News!

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Despite ongoing debate about the benefits of Prostate-Specific Antigen (PSA) testing for men-at-risk for prostate cancer, and recent research on the best course of treatment for those who have been diagnosed, the U.S. Senate recently passed a resolution acknowledging that awareness and prevention of the disease is as critical as it's ever been for African American men.

According to The Hill, the Senate resolution urges federal agencies to address what they're now calling an "epidemic" by supporting education, awareness outreach and research

specifically focused on how prostate cancer affects black men.

"Prostate cancer is an epidemic -- it kills every 16 minutes," Sen. John Kerry said in a press release. Each year, some 504 in 100,000 African American men are diagnosed with prostate cancer, the National Cancer Institute reports. And while the disease is curable when detected early, it remains the second most lethal cancer in men, killing over 30,000 men each year, a disproportionate number of which are black.

**To read more on this article visit:  
[www.huffingtonpost.com](http://www.huffingtonpost.com)**

*NSCHC encourages our patients to be informed and actively involved in their healthcare choices.*



*Talk to your healthcare provider to learn if Prostate-Specific Antigen (PSA) testing is right for you.*

## NSCHC Board of Directors / Physicians

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The NSCHC has grown sustainably in the past year and we would like to take a moment to acknowledge our board members and physicians.

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Jerome Gloster, M.D., Medical Director

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## Message from the Executive Director

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**T**he North Side Christian Health Center is in the throes of blessings beyond compare. The faithfulness of our Lord has been evident at every turn. His provisions have been awesome and we give to Him all the praise, honor and glory.

The Center continues to provide first class healthcare to our patients in our Federally Qualified, NCQA Level 3 Medical Home. We have been fortunate to receive a generous grant from the Highmark Foundation to help us integrate primary healthcare and dental care. This joining of patient care will have a dramatic effect on the health of our patients. As we pursue the fulfillment of our Strategic Plan and seek to reach the capacity necessary to care for our underserved patients, we are so blessed to have alongside us many faithful supporters from foundations, churches and individuals. The Richard King Mellon Foundation has awarded the North Side Christian Health Center a substantial grant to help us fulfill our goals of providing care to the underserved unwaveringly while maintaining a focus on sustainability. Additionally, the DSF Charitable foundation has provided a much needed grant that will help fill the gap for uncompensated care.

We are so appreciative of the dedicated service of our staff and the wisdom and direction provided by our Board of Directors. Please continue to pray for us as we enter into this new season of healthcare provisions for the North Side Community.

Blessings,

Floyd A. Cephas,  
Executive Director