## Community Newsletter



February 9th, 2024



Happy Friday!! It's National PIZZA day,
National CHOCOLATE day, and National Bagel and Lox
day!! ... and much more!



February 19: FCPS Holiday (President's Day)
February 20: LCES Family Science Night







### **GRAND OPENING**

INOVA CARES CLINES FOR CHILDREN
WALK IN SICK CLINES

#### **OPENS JANUARY 8, 2024!**

Inova Cares Clinic for Children will be opening a sick clinic on the lobby level of 6400 Arlington Blvd., Falls Church, VA. It is near the medical lobby entrance. We will see patients starting at 0830 Monday through Friday.





#### WALK IN CLINIC:

This is a walk in clinic. Patients are seen on a first-come, first-served basis. There are limited appointments based on the number of providers on a given day.

#### FIRST COME, FIRST SERVED:

When you come to the walk- in clinic, if all appointments for the day have filled up, then you may be directed to an urgent care or the emergency department. In some instances, you may be able to return on the next business day.





THE WALK IN CLINIC IS FOR PATIENTS WHO ARE REGISTERED AS INOVA CARES PATIENTS ONLY!

If you already have a Primary Care Provider, you should seek care with them. If you are not registered with Inova Cares, you will need to register on the first floor prior to being able to be

### ONLY CERTAIN MEDICAL CONDITIONS CAN BE TREATED IN THE WALK IN SICK CLINIC. SEE REVERSE SIDE FOR DETAILS.



#### DON'T MEET CRITERIA?

Patients who do not meet medical criteria to be seen in the walk in sick clinic may be directed to an urgent care or the emergency department.

https://www.inova.org/our-services/inova-cares-clinic-children

### WHERE SHOULD I TAKE MY CHILD?

### SAME DAY SICK APPOINTMENT AT INOVA CARES CLINIC FOR CHILDREN



- · cough or sore throat
- · congestion, sinus pain, runny nose
- ear infection symptoms (drainage from ear, ear ache, pulling on ear)
- pink eye (red, inflamed eye with or without drainage)
- · sprained ankle or wrist
- · vomiting or diarrhea or mild dehydration
- · minor accident or fall
- · minor wound or injury
- · mild breathing difficulty
- · fever in children over 1 month old
- flu-like symptoms
- · mild to moderate back pain/problems
- · skin rash/infection
- · urinary tract infection symptoms

SAME DAY SICK CLINIC AT INOVA CARES CLINIC FOR CHILDREN 6400 ARLINGTON BLVD., LOBBY LEVEL, FALLS CHURCH, VA

- · WALK INS WELCOME!
- . MONDAY- FRIDAY: OPENS AT 0830

#### **EMERGENCY ROOM**

- · difficulty breathing, fast breathing, gasping for air
- fever of 100.4 degrees F in a child under 1 month old
- · cuts or abrasions that might require stitches
- if child is making a "whooping" sound when breathing in after coughing
- · severe allergic reaction (anaphylaxis)
- · suspected poisoning
- · serious injuries after a car accident
- seizures
- · serious head trauma
- · vomiting blood
- broken bone- especially if the bone is poking through the skin
- deep cut that does not stop bleeding after 15 minutes of pressure
- · deep cut on face
- · fainting
- · inability to speak, walk, or move
- · rapid heartbeat that doesn't slow down
- · serious burn
- · severe dehydration- especially in newborns
- · stiff neck with headache or fever
- suspected physical or sexual abuse
- change in mental state, such as confusion or sleepiness



### GRAN INAUGURACIÓN

LA CLÍNICA PARA NIÑOS INOVA CARES UNA CLÍNICA SIN CITA PREVIA

#### ABRE EL 8 DE ENERO DE 2024!

La Clínica para Niños Inova Cares abrirá una clínica para leve enfermedades en el vestíbulo de 6400 Artington Bitvd., Falis Church, VA. Está cerca de la entrada del vestíbulo médico. Atenderemos a los pacientes a partir de las 08.30 de lunes a viernes.





#### Esta es una clínica sin cita previa.

Los pacientes son atendidos por orden de llegada. Hay citas limitadas dependiendo de cuanto proveedores están disponible.

#### Los pacientes son atendidos por orden de llegada.

Ein los momentos cuando viene a la clánica sin cita previa, y todas las citas del día se han llenado, es posible que le dirigiran a un centro de atención de urgencia o al departamento de emergencias. En algunos casos, es posible que pueda regresar el siguiente día para una cita.





La clínica ambulatorial con sita del mismo dia es para pacientes que ya están registrados con Inova Cares.

Si ya tiene establecido un medico primario, debe buscar atención con él. Si no está registrado en Inova Cares, deberá registrarse en el primer piso antes de poder ser atencido.

#### SÓLO CIERTAS CONDICIONES MÉDICAS PUEDEN SER TRATADAS EN LA CLÍNICA AMBULATORIA. VEA EL REVERSO PARA MÁS DETALLES.



#### ¿NO CUMPLE CON LOS CRITERIOS?

Pacientes con condiciones afuera de los criterios médicos para ser atendidos, pueden ser dirigidos a un centro de atención de urgencia o al departamento de emergencias.

https://www.inova.org/our-services/inova-cares-clinic-children

### ¿DÓNDE DEBO LLEVAR A MI HIJO?

#### CLÍNICA DEL MISMO DIA PARA ENFERMEDADES LEVES EN INOVA CARES PARA NINOS:



- · Tos o dolor de garganta
- congestión, dolor sinusal, secreción nasal
- sintomas de infección de oído (drenaje del oído, dolor de oído, halando de oreja)
- · ojo rojo e inflamado con o sin secreción
- · tobillo o muñeca trocida
- · vómitos o diarrea o deshidratación leve
- · accidente menor o caída
- · herida o lesión menor
- · dificultad respiratoria leve
- · Fiebre en niños mayores de 1 mes
- síntomas parecidos a la gripe
- · dolor/problemas de espalda leves a moderados
- · erupción de la piel/infección
- · Síntomas de infección urinario

CLÍNICA DEL MISMO DIA PARA ENFERMEDADES LEVES EN INOVA CARES PARA NINOS, EN EL VESTÍBULO DE 6400 ARLINGTON BLVD., FALLS CHURCH, VA.

- ¡BIENVENIDOS PACIENTES SIN CITA!
- . LUNES A VIERNES: ABRE A LAS 08.30

#### SALA DE EMERGENCIAS

- dificultad para respirar, respiración rápida, dificultad para respirar
- fiebre de 100,4 grados F en un niño menor de 1 mes;
- cortes o abrasiones que podrían requerir puntos
- si el niño emite un sonido de "grito" al inhalar después de toser
  - reacción alérgica grave (anafilaxia)
  - sospecha de envenenamiento
  - · lesiones graves tras un accidente automovilístico
  - convulsiones
  - · traumatismo craneoencefálico grave
  - vómitos de sangre
  - hueso roto, especialmente si el hueso atraviesa la piel
  - corte profundo que no deja de sangrar después de 15 minutos de presión
  - · corte profundo en la cara
  - desmayo
  - · incapacidad para hablar, caminar o moverse
  - · latidos cardíacos rápidos que no disminuyen
  - · quemadura grave
  - deshidratación severa- especialmente en recién nacidos
  - rigidez de cuello con dolor de cabeza o fiebre
  - sospecha de abuso físico o sexual
  - cambio en el estado mental, como confusión o somnolencia







### Affordable Health Care for You and Your Entire Family

We provide comprehensive affordable medical, dental and behavioral health care for people of all ages. You do not have to have health insurance or an income to become a patient at HealthWorks.

#### **Medicaid and Medicare patients** are always welcome.

We will assist you with registering as a new patient, scheduling your first appointment and seeing if you qualify for our Sliding Fee Discount Program, which provides a discount on our fees based on your annual income and family size.

To Schedule Your Appointment: 703-443-2000



www.hwnova.org

**Our Services** 

#### Become a patient and benefit from these services:

- Newborn, Infant & Well Child Care
- Pediatric Sick Visits
- Immunizations
- · Routine Physical Exams
- · Women's Health & Gynecology
- · Family Planning
- Employment, School & Sports Physicals
- · Chronic Illness Management
- · Health Care for Older Adults
- Dental Care
- Behavioral Health, including Psychiatry
- Medication Assistance
- Lab Services
- Family Support & Case Management
- Enrollment Assistance in Health Insurance

Leesburg Center 163 Fort Evans Road NE Leesburg, VA 20176





Reston Center 11484 Washington Plaza West Suite 300 Reston, VA 20190

Herndon Center 1141 Elden Street,3rd Floor Herndon, VA 20170

703-443-2000







### Cuidado de Salud Asequible para Usted y su Familia

Ofrecemos servicios comprensivos y de bajo costo de atención médica, dental, y de salud de la conducta para gente de todas las edades, sin importar su capacidad de pagar, incluyendo personas que no tienen aseguranza o no tienen suficiente aseguranza.

#### Pacientes de Medicaid y Medicare son siempre bienvenidos.

Le ayudaremos a registrarse como paciente nuevo, programar su primera cita y ver si reúne los requisitos para nuestro Programa de descuento de tarifa móvil, que ofrece un descuento en nuestras tarifas en función de su ingreso anual y el tamaño de su familia.

Para programar su cita: 703-443-2000



24/7 Doctores de Turno

www.hwnova.org

#### **Nuestros Servicios**

#### Conviértase en paciente y beneficio de estos servicios:

- Exámen fisico para niños
- Exámenes para recién nacido y lactante
- Visitas enfermos pediátricos
- Vacunas
- Medicina general
- Salud de la mujer y ginecología
- · Planificación familiar
- Chequeos físicos, para el empleo, la escuela y los deportes
- · Exámenes físicos de rutina
- Cuidado de enfermedades crónicas
- Cuidado de salud de la tercera edad
- Cuidado dental
- · Consejería de salud mental y psiquiatria
- Asistencia para medicamentos
- · Servicios de laboratorio
- Coordinación de cuidados
- Asistencia en la inscripción para un seguro de salud

Leesburg Center Leesburg, VA 20176







Reston Center 11484 Washington Plaza West Suite 300 Reston, VA 20190

Herndon Center 1141 Elden Street, 3er piso Herndon, VA 20170

703-443-2000



The Medical Care for Children Partnership (MCCP) program offers lowincome families a reduced-cost health care program for children up to age 18.



#### Eligibility

tart Healthy, Stay Healthy

Your child may qualify to receive MCCP medical care if you:

- · Live in Fairfax County or the Cities of Fairfax or Falls Church.
- · Meet income guidelines.
- Do not have affordable health insurance through an employer or the Marketplace.
- Do not qualify for Medicaid (FAMIS Plus) and FAMIS.
- · Cannot pay for doctor visits or medicine for your children.

Citizenship not required.

Have questions or need more information? Call 703-324-7315, TTY 711.

#### Services and Care Coordination

- Medical Care (Primary Care, Laboratory Services, Well Child Care, Pharmacy, Physical Exams, Immunizations, Eye Exams, Radiology, Physical Therapy, Mental Health, Specialty Services)
- · Routine Dental Care (X-rays, Dental Cleanings, Fluoride Treatment, Fillings)
- Case Management (Transportation Arrangements, Counseling, Information and Referral, Advocacy, Coordination, Linkups to other needed service)

Co-payments are required for services. The partnership includes health care providers throughout Fairfax County.

Have questions or need more information? Call the MCCP Foundation's Care Coordinator at **571-550-7855**.

#### **More Information**

Have questions or need more information before applying? Call 703-324-7315, TTY 711.

MCCP children are enrolled in a medical home with access to regular check-ups, physicals, sick child visits, pharmacy, x-rays and lab work. Enrolled children also receive limited services for specialty care and dental care. Hospitalization and emergency room visits are not covered by the program. MCCP is not health insurance.

MCCP is a program of the Fairfax County Department of Family Services, administered by the Health Access Assistance Team (HAAT) under the Public Assistance and Employment Services division, and is a collaboration between Fairfax County Government, the MCCP Foundation, and the medical and business communities.

https://www.fairfaxcounty.gov/familyservices/public-assistanceemployment-services/medical-care-for-children? utm\_medium=email&utm\_source=govdelivery

For more information please contact me



### **€** INOVA

#### **Inova Cares Clinic for Families**







Inova Cares Clinic for Families (ICCF) provides comprehensive primary care services to the culturally diverse Northern Virginia community. Our clinics serve as medical homes for patients of all ages who qualify for Medicaid, FAMIS or Inova's Financial Assistance program, as well as people who are uninsured.

#### ICCF's services include:

- · Healthcare for adults:
  - Regular physicals, ongoing health maintenance and checkups (e.g., routine lab tests, prescription refills, vaccinations, health screenings)
  - Education and counseling for disease prevention
  - Chronic disease management (e.g., diabetes, high blood pressure, high cholesterol)
  - Care coordination for specialist referrals and other medical services
  - Nurse case management
  - Behavioral health management (e.g., depression, anxiety)
- · Healthcare for children:\*
  - Well-child visits
  - Sick visits
  - School and sports physicals
  - Home Tomorrow visits for recently discharged newborns with bilirubin check
  - Childhood immunizations (as recommended by current American Academy of Pediatrics guidelines)
- Medicaid and financial assistance (charity care) application help

#### Eligibility

Our clinic accepts the following plans and payment types:

- Medicaid
- · Medicaid MCO, except Kaiser plans
- · FAMIS plans
- Pending Medicaid (application must be submitted and approved)
- Inova's Financial Assistance program (application must be submitted and approved)
- · Self-pay

#### **Medicaid and Charity Care Enrollment**

Working closely with our Partnership for Healthier Communities colleagues, our team assists patients who qualify for Medicaid with the enrollment application process. For patients who do not qualify for Medicaid, we will explore the possibility of charity care with the patient.

Clinic patients who do not fit into either category may choose a self-pay option.

Please call one of the clinics for more information about eligibility.

\*Please call to check availability, as services may not be available at all sites.

For more information please contact me



#### Frequently Asked Questions (FAQs)

#### How do I establish care with ICCF?

Please call the clinic to schedule an initial well-adult or well-child visit. If you need to apply for Medicaid or financial assistance, please make an appointment with an eligibility worker one hour before your medical visit and bring the necessary paperwork.

### Once I am an established patient, how do I make an appointment?

Please call the clinic to schedule an appointment. Only established patients can be seen for a same-day or sick visits.

#### When should I arrive?

Once you are an established patient, please arrive at least 15 minutes before your scheduled appointment. If you need to meet with an eligibility worker before your appointment, please arrive one hour in advance with the necessary paperwork.

#### What if I am late?

If you are more than 15 minutes late, we may not be able to see you or your appointment may be shortened based on provider and appointment availability.

#### **Inova Cares Clinic for Families Locations**

#### Alexandria

4700 King St., Suite 100 Alexandria, VA 22302 Phone: 571.665.6599

Hours: Monday - Friday, 8:30 a.m. - 5 p.m.

#### Annandale

7617 Little River Tpke., Suite 850

Annandale, VA 22003 Phone: 571.665.6636

Hours: Monday - Friday, 8:30 a.m. - 5 p.m.

#### Manassas\*

8051 Sudley Rd. Manassas, VA 20109 Phone: 571.719.4180

Hours: Monday - Friday, 8:30 a.m. - 5 p.m.

#### Sterling\*

46440 Benedict Dr., Suite 208

Sterling, VA 20164 Phone: 571.665.6526

Hours: Monday - Friday, 8:30 a.m. - 5 p.m.

All clinics are accessible using public transportation.

\*Clinic locations that serve both adults and children.

For more information, please visit inova.org/ICCF or call your preferred clinic location.

G38159/7-20





## FAIRFAX COUNTY Talentup

Elevating Opportunities, Empowering Talent

### VIRTUAL INFORMATION SESSION

Are you looking for a job with better opportunities?

Do you want to break into the high-demand fields but lack the industry experience or education credentials typically required?

Talent Up Fairfax is the solution!

#### PROGRAM SERVICES

- · Paid work experience.
- Career guidance/job coaching.
- Job placement assistance.
- Entry to mid-level career opportunities in high demand fields.

Visit TalentUpFairfax.com to download the application.

#### **ELIGIBILITY**

- · 18 years or older.
- Be eligible to work in U.S.
- Primary residence in Fairfax County (excluding residents of City of Falls Church and City of Fairfax).
- Demonstrate COVIDrelated employment challenges.
- Meet the job qualifications of posted internship opportunities.



FRIDAY FEBRUARY 23, 2024 11:00AM - NOON

Learn More! REGISTER by scanning the QR code or at: bit.ly/TU\_InfoSession







NORTHERN REGION



This project is supported, in whole or in part, by American Rescue Plan Act Coronavirus State and Local Fiscal Recovery Funds awarded to Fairfax County by the U.S. Department of the Treasury.

EQUAL OPPORTUNITY EMPLOYER/PROGRAM. AUXILLARY AIDS AND SERVICES ARE AVAILABLE UPON REQUEST TO INDIVIDUALS WITH DISABILITIES.

#### **QUESTIONS?**

CONTACT SUZANNE BOUDREAUX AT 703-397-6577 OR ANNA BRICENO AT 703-397-7799 (VA RELAY: 711); OR EMAIL TALENTUPFAIRFAX@VCWNORTHERN.COM

For more information please contact me



# Talent UP FAIRFAX

An Initiative of Fairfax County Government

### Fairfax County Job Seekers

#### Are you looking for a new career! We can help!

Talent Up Fairfax is a work-based learning initiative that can help job seekers find employment in high-demand industries such as IT, Healthcare, Finance, Sales, and more!

If you have experienced an employment-related challenge due to the effects of COVID-19, such as being laid off, furloughed, or having a difficult time finding a job, Talent Up Fairfax can help you achieve gainful employment.

For more information visit www.talentupfairfax.com, email talentupfairfax@vcwnorthern.com, or call 703-827-3782 (VA Relay: 711).



#### PROGRAM SERVICES

- · Subsidized Work Experience
- · Career Guidance
- · Job Coaching
- Case Management
- · Placement Assistance

#### **ELIGIBILITY**

- Minimum age of 18 years.
- Primary residence in Fairfax County.
- Can demonstrate COVID-related employment challenges.
- · Eligible to work in the U.S.
- Resume or application that meets basic qualifications for a posted internship position.









## Virtual Parent Cafés A Community of Support for Parents



Join a community of support among others handling similar parenting situations. Parent Cafés are virtual and free and meet monthly during the school year. They're a great way for parents or guardians of children 0-18 years old to learn from each other as they grow in their parenting skills. Join us for a Virtual Parenting Cafe Tuesday, Feb. 13 from 6:30-8 p.m. to discuss Helping Children Manage Their Anger. This is an open forum discussion covering the importance of parents and caregivers modeling how to be angry, the three rules of anger, and other helpful tips and tools. Fairfax County parents or guardians with children ages 0-18 years old are welcome. Sign up for any Virtual Parent Café by sending an email to: BuildingStrongerFamilies@fairfaxcounty.govor calling 703-324-7720 at least one business day before the Parent Café date listed. We look forward to you joining us!





### WEEKLYENGLISHCLASSES

Students are still welcome to join now. Classes are on Monday nights, January 22 - April 22, 2024, from 7:30-9PM. Childcare is provided.

While classes are completely free, workbooks can be purchased for \$13.



### where?

4390 Pleasant Valley Road, Chantilly, VA 20151

For more information please contact me





Chantilly Bible Church is hosting a <u>Generosity Feeds</u> event happening on Saturday, February 24th. Where they plan to pack 10,000 meals. Each box has 50 meals (25 pouches with 2 meals each).



4390 Pleasant Valley Road, Chantilly, VA 20151

If you are interested in receiving meals please let me know and I will be glad to help you!

For more information please contact me





## Family Resource Center February 2024 Webinars



Register Online

2 FEB

### Meet the Author Series: Mind in The Making with Ellen Galinsky

Looking for research-based advice for families on how to raise their children to be well-rounded and achieve their full potential, helping them learn to take on life's challenges, communicate well with others, and remain committed to learning? These are the "essential life skills" that Ellen Galinsky has spent her career pursuing.

9 FEB

#### 8:30 A.M. - 3:30 P.M.

10-11:30 A.M.

#### Youth Mental Health First Aid In-Person All Day Workshop

Join us, in-person to learn how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10 - 11:30 A.M.

**16** FEB

#### Behavior Solution Series Proactive Strategies for Elementary Families

Join staff from the FCPS Behavior Intervention Services Department as they provide tools for families that encourage positive communication and behavior at home.

10 - 11:30 A.M.

23 FEB How to Handle Disappointing Grades: Ways to Uncover the Reasons Behind Your Child's School Performance and How to Help with Ann Dolin

Join Ann Dolin as she discusses how disappointing grades are not always a fair indication of how hard your child is trying, how much they're learning, or what their potential for success is later on in life (especially for those with ADHD and other learning differences).

6:30 - 8 P.M.

**29** FEB

#### FBA/BIP

Does your child have concerning behaviors at school? Did you know that there is a process to identify and support your child at school? Join us to learn about the FBA and BIP process and how it used in FCPS to support any student who experiences behavioral challenges.

For more information please contact me



