

Community Newsletter

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We're Celebrating our 40th Anniversary!

Have you heard? Thunder Bay has been operational for forty years this year!

Our story actually begins in 1980—when Garnet Tripp, Jan Matthias, Henry Herlick, Sylvia Cummings and citizens of the Hillman community had the vision to establish a primary care facility for residents of

Montmorency & Western Alpena County.

Starting out as an informal group concerned about access to medical services, they developed a plan, and formed a non-profit corporation called Thunder Bay Community Health Service, Inc.

Incorporated January 7, 1980, Jan Matthias and her husband Jack donated a large parcel of vacant land in their desire to see the clinic become a reality.

And for the last 40 years we've been serving our

communities and growing to bring primary care, dental, behavioral health, optometry, pharmacy, SUD and other services to rural communities throughout Northeast Michigan.



TBCHS News & Events

We're Hiring—Join Our Team

You can always search Thunder Bay Community Health Service on Indeed.com for a full and current listing of job openings.

Right now we are seeking behavioral health therapists, dentists, dental assistants, dental hygienists, pharmacy technicians, medical support staff, opticians, and more! **Visit us on Indeed.com to apply today!**



Learn More about our Patient Assistance Program

Our patients may be eligible for relief from the high cost of some medications, through the TBCHS Sliding Fee Program. Other assistance for relief from high costs may also be available directly through Manufacturer Patient Assistance Programs.

For more information about either of these options, please give us a call at (989) 742-4583 to talk with one of our front office staff.



This Month We're Focusing on Colon Health!

Colorectal cancer is the 3rd most commonly diagnosed cancer in both men and women. More than 140,000 Americans are diagnosed each year. 1 in 10 of those people are diagnosed before the age of 50 and colorectal cancer is the 2nd deadliest cancer in America—50,000 people die each year.

There's no sure way to prevent colorectal cancer. But there are things you can do that might help lower your risk

- get regular colorectal cancer screening done. You should start screening at age 45.
- Eat a diet that is high in vegetables, fruits, and whole grains, and low in red and processed meats.
- Get active! Regular moderate to vigorous activity can lower your risk for colorectal cancer.
- Maintain a healthy weight
- Stop smoking
- Limit your alcohol intake. If you do drink, women should have no more than 1 drink per day and men should have no more than 2 drinks per day.

Call TBCHS today at (989) 742-4583 to schedule a screening to prioritize your colon health!

Health & Wellness Resources



Spring Cleaning to Improve your Health

Spring cleaning can have a number of positive benefits on your health—from supporting your immune system to improving your mental health. "When we envision spring-cleaning as a time to rejuvenate our inner and outer world, the cleanup process can be incredibly enlivening rather than being a tiresome chore," says Carla Marie Manly, PhD, a clinical psychologist quoted in this great article from Healthline. [Click here to read the full article, "Here Are 5 Ways Spring-Cleaning Can Make You Healthier."](#)

Staying Safe while you Travel

Around this time of early spring and late winter, many people take vacations to warmer spots than Northern Michigan. If you're traveling, make sure you're up to date on the latest guidelines and recommendations for COVID-19

- [Click here for comprehensive guidance on domestic travel from the CDC.](#)
- [Click here for comprehensive guidance on international travel from the CDC.](#)

March is National Nutrition Month!

Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month and this year the theme is "Celebrate a World of Flavors." Every year this campaign encourages people to make informed food choices and develop healthy eating habits. This year the campaign is also focusing on how you can increase your nutrition AND still celebrate your heritage with delicious food. [Check out their website for more information and ideas to increase your nutrition.](#)



The Benefits of Getting Your Steps in Every Day

The U.S. Department of Health and Human Services recommends 150 minutes a week of moderate-intensity exercise, such as brisk walking. Now that the weather is beginning to warm up and the days are longer, getting outside for that walk is a lot more approachable. Most Americans walk between 3,000 and 4,000 steps a day but getting that number up to 10,000 steps a day (even increasing it by 1000!) can reduce your risk of heart disease, obesity, diabetes, high blood pressure, and depression. [Check out this article from the Mayo Clinic to learn more!](#)