



HAPPENINGS

SPECIAL EDITION: COVID-19

www.nearnorthhealth.org

Issue 3

NEAR NORTH INTRODUCES DRIVE-UP COVID-19 TESTING SERVICE



Komed Holman Health Center, located at 4259 S. Berkeley Avenue in Chicago, hosts Near North's new drive-up COVID-19 testing service.

Near North Health Service Corporation is working to make a healthier community by now offering drive-up COVID-19 testing at Komed Holman Health Center located at 4259 S. Berkeley Avenue in Chicago.

Drive-up testing is available Monday through Friday between 9-12 p.m. and 1-4 p.m. No appointment is required to receive a test, and testing will be available rain or shine. If you have COVID-19 symptoms, please call the health center before arriving. Near North wants to be prepared for your arrival and minimize possible transmission to others.

Visitors are asked to drive-up to the parking lot entrance on the East side of Berkeley Avenue where Near North staff will be available to administer tests. Once you have been tested, Near North will call with the results in approximately 4 days.

For more information on the drive-up testing service, please call (773) 268-7600.

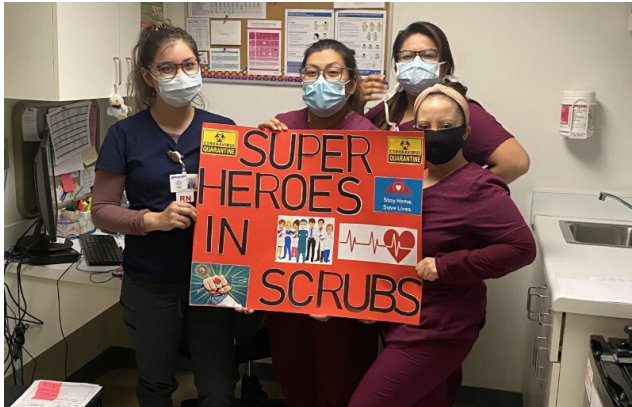
STAYING ACTIVE AT HOME: ZUMBA EDITION

Near North's Director of Nursing and Certified Zumba Instructor Crystal Flowers shares her tips for staying active with Zumba during quarantine



- If you are new to Zumba, start by trying one or two moves at a time before diving into a 30-minute to hour long class. Many classes, especially advanced ones, don't come with much instruction. But if you are feeling up to it, you can try the long class right away too!
- Remember there's no right or wrong way to do Zumba. A Zumba workout is nothing more than a series of Latin inspired dance steps strung together to form a routine. Combine routines and you will have a fun, effective workout. Some of the dances you will see used frequently in Zumba include salsa, merengue, reggaeton and cumbia.
- Wear comfortable, loose fitting clothes that will allow you to move freely and have a water bottle handy. Zumba is all about flavor, so feel free to add some fun accessories like bracelets, a headband or a hat, even if you're just working out in your living room!
- A short bout of movement, even for a few minutes, is better than no movement at all. We could avoid weight gain by burning just 100 extra calories a day. That means taking a brisk walk around the neighborhood after dinner, taking the stairs instead of the elevator, working in your garden for half an hour, or popping on a few quick Zumba workout videos. Once you get going, I bet you will feel an increased sense of motivation to continue!
- Most importantly, have fun! If you mess up the steps, don't worry, just keep moving. With time and practice, you will master the routines and be able to add your own personal touch and style!

#GIVINGTUESDAYNOW AT NEAR NORTH



Near North's nursing staff with one of the signs they created in an effort to support one another's hard work and dedication to fighting COVID-19.

As an emergency response to the unprecedented need caused by COVID-19, the GivingTuesday Movement created #GivingTuesdayNow, a new global day of giving that seeks to cultivate the power of giving in support of communities and nonprofits across the globe.

On Tuesday, May 5, 2020, Near North Health Service Corporation participated in the first ever #GivingTuesdayNow by encouraging supporters to give toward Near North's mission to provide all patients with access to high quality health care regardless of their inability to pay, and Near North's ongoing fight against COVID-19.

On this day, Near North received donations from all kinds of supporters. Near North would like to thank everyone who gifted, and all of Near North's health care professionals who willingly continue to work hard on the front lines to provide health care services to Chicago's communities during this challenging time.

WANT TO GIVE BACK TO NEAR NORTH?

If you would like to make a donation in support of Near North's mission and efforts to combat COVID-19, please take one of the following actions:

Visit our website at www.nearnorthhealth.org/making-contributions and donate by credit card through PayPal

Mail your check or money order made payable to Near North Health Service Corporation to:

Chief Executive Officer Berneice Mills-Thomas
Near North Health Service Corporation
1276 N. Clybourn Ave.
Chicago, IL 60610

TELEDENTISTRY SERVICES AT NEAR NORTH

Near North Health Service Corporation introduced Teledentistry services in April as part of Near North's response to COVID-19. Near North is using Teledentistry to maintain contact and services with patients while social distancing practices continue.

Teledentistry allows Near North dental providers to consult patients on their dental health through e-visits while providing basic advice, triage and emergency services as well as prescribing medications as needed. Near North is also providing limited in-person services for patients facing emergency dental issues in an effort to keep them out of hospitals.

The implementation of Teledentistry services allow Near North patients to maintain communication with their dental health provider and receive care while staying home. If you would like to make an appointment, please call (312) 337-1073 or visit www.nearnorthhealth.org.

NEAR NORTH HEALTH CENTERS

Cottage View Health Center
4829 S. Cottage Grove Ave.,
Chicago, IL 60615
(773) 548-1170

Komed Holman Health Center
4259 S. Berkeley Ave.,
Chicago, IL 60653
(773) 268-7600

North Kostner Health Center
1520 N. Kostner Ave.,
Chicago, IL 60651
(312) 216-8020

Sunnyside Health Center
4501 N. Sheridan Rd.,
Chicago, IL 60640
(773) 878-8098

Denny Health Center
30 W. Chicago Ave.,
Chicago, IL, 60610
(312) 741-8554

Louise Landau Health Center
800 N. Kedzie Ave.,
Chicago, IL 60651
(773) 826-3450

Reavis School-Based Health Center
834 E. 50th St.,
Chicago, IL 60615
(773) 358-6767

Winfield Moody Health Center
1276 N. Clybourn Ave.,
Chicago, IL 60610
(312) 337-1073