

Oct. 15, 2013



402-463-5687 www.hastingsfamilyplanning.com

HFP offering free personal care items

For the past year, Hastings Family Planning has been enrolled in a program with Direct Relief, an international non-profit, non-partisan organization that seeks to provide medical assistance and supplies to people around the world who have been affected by poverty, natural disasters, and civil unrest

HFP is able to be involved in the program because the agency serves many low-income men and women.

Each month, HFP receives a shipment of items from Direct Relief such as cough drops, sunscreen, hand lotion, eye drops, motion sickness medication, diaper rash cream, baby lotion, cleaning products and more. The products vary each month.

HFP staff package Direct Relief donations into gift bags that are distributed to all patients as they come into the clinic. When there is a surplus of items, HFP Community Educator Betsy Herrman has also given them out at educational presentations.

Surplus items also have been donated to various non-profits in the Hastings area such as the Crossroads Center Rescue Mission, Horizon and Unity Houses, WIC, Healthy Beginnings, SASA, the Maryland Living Center, the Kensington and more.

Diaper rash cream and bars of soap from Direct Relief were handed out during the 2013 Project Homeless Connect event.

"It's great to be able to offer

a little something extra to our patients," Herrman said. "Everyone loves a free gift, and the items we receive are really high quality. We're able to help our patients save money and live better lives because of this program."

Direct Relief's assistance programs are tailored for the particular circumstances and needs of those who have suffered from the effects of natural and man-made disasters. Direct Relief also establishes partnerships with local organizations to provide health services to people in rural areas of a country that are poor and lack basic healthcare infrastructure.

Stop by Hastings Family Planning to receive your free gift today!

Oct. clinics

Thursday, Oct. 17
11:45 a.m. to 12:45 p.m.
Barbara Peckham, CNM

Wednesday, Oct. 23
11 a.m. to 1 p.m.
Barbara Peckham, CNM

Thursday, Oct. 24
11:45 a.m. to 12:45 p.m.

Wednesday, Oct. 30
11 a.m. to 1 p.m.
Barbara Peckham, CNM

Thursday, Oct. 31
11:45 a.m. to 12:45 p.m.
Barbara Peckham, CNM



HFP participates in Every Woman Matters party

Hastings Family Planning staff were part of an effort earlier this month to spread the word about the Every Woman Matters program.

South Heartland District Health Department and Mary Lanning Healthcare hosted an EWM enrollment party Oct. 5 at First St. Paul's Lutheran

Church in Hastings. The purpose of the event was to increase awareness of the program, which pays for cervical and breast cancer screenings for women over age 40 who are uninsured and qualify for the program.

The event included demonstrations on healthy

cooking, Zumba and chair yoga. There were also talk on health screenings and breast cancer survivors shared their stories.

HFP staff had a table at the event and talked to women in attendance about the agency's services and how EWM can work for them.

HFP Receptionist Mixa

Guillen also gave a Spanish presentation on why pap smears are important, what happens during a pap smear and how to be prepared for the exam.

While attendance was low, staff said the event was a good opportunity to talk to the women who did attend.

Sexually Transmitted Infection of the month: HIV

HIV is the Human Immunodeficiency Virus. It is the virus that leads to AIDS. It is a virus that attacks and weakens the immune system.

HIV is transmitted through four body fluids: blood, semen, vaginal fluid and breast milk. It can be transmitted through oral, anal or vaginal sex with an infected partner. It can also be spread through blood exposure, such as sharing injection equipment with an infected partner.

It is estimated that more than one million people are

living with HIV in the United States. One quarter of those people living with HIV are unaware of their infection. Every 3 1/2 days someone in Nebraska is infected with HIV.

Each person with HIV has different signs and symptoms as their infection progresses. At first, many develop flu-like symptoms followed by a period of no symptoms at all. Later, some people may have severe or prolonged: swollen lymph glands, fatigue, weight loss, fevers and night sweats, diarrhea, yeast infections, skin rashes, and short term memory

loss. A person who has HIV can look and feel healthy and pass the virus to others.

There is no cure for HIV or AIDS, but there is treatment available that can improve the lives of those who have the disease, and make it more difficult to transmit HIV to partners.

If left untreated, HIV may develop into AIDS. An infected person may experience opportunistic infections—diseases that take advantage of the body's weakened immune system. These might include

pneumonia and certain types of cancer that are rare in uninfected people.

The best way to prevent HIV is to abstain from sex. A person can also choose to be monogamous with an uninfected partner. Condoms also can greatly reduce the risk of getting chlamydia.

If someone has had unprotected sex or has used injection drugs, it is very important to get an HIV test. It is also important to discuss HIV and protection with any new partners.

Hastings Family Planning

Promotes the well being of families, responsible behavior, and healthy babies.

Prevents unintended pregnancies through education, including abstinence and contraceptive services.

Allows planning and timing of pregnancies.

Remember

We have free latex and non latex male condoms available as well as female condoms and lubricant. We also sell name brand condoms for as low as 25 cents each.

Hastings Family Planning

422 N. Hastings Ave.
Suite 204
Hastings, NE 68901



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