

Pregnancy in a Pandemic



**“The OB Team and other CHCB staff made
being pregnant feel glamorous.”**

- Lindsay Whitaker, CHCB Patient

■ When Lindsay Whitaker began receiving care at CHCB, she knew she had found the right health care home. “I could shout from the rooftops to sing the praises of CHCB. You cover the whole gamut – a million providers, mental health, dental health, all in one place – it’s like a health care buffet,” she laughs when asked about her experience as a CHCB patient.

Lindsay first came to us for medical care in 2016, and was referred to social worker Kara Fauth, who Lindsay describes as a “national treasure,” for counseling after speaking to her provider about difficulties she was experiencing in a toxic work environment. “It was an area of support that I had no

idea I needed, but getting it elevated my own self-confidence and self-advocacy,” Lindsay shared. “It was so great to have my primary care provider be so in the loop with my mental health provider.”

Thanks to her established trust in CHCB, Lindsay knew she was in capable hands when COVID-19 arrived during her first pregnancy. As part of our organizational response, all Maternal/Child Health appointments, including prenatal screenings, were moved from the Riverside Health Center to the South End Health Center. As a South End resident, the change wasn’t a problem for Lindsay, but she recognized and greatly appreciated the OB Team’s flexibility. “For them to hopscotch around to

different locations and continue to provide great care was terrific.”

When asked if she was nervous about entering a medical office during a global pandemic, Lindsay said any concerns she had were short-lived. “Once I was in the swing of my appointments and saw the protocols in place – temperature checks, screening questions, hand sanitizer everywhere – it reinforced that this is a safe place; it was safer than any of the places you may be going. And I was almost always the only person in the waiting room, like a queen. It was such a great level of care. The OB Team and other CHCB staff made being pregnant feel glamorous.”

Lindsay and her husband are now proud parents to baby Cyrus, who will continue to grow and thrive as a CHCB pediatric patient.

A Note from Jeff

"I'm proud of Vermonters for taking responsibility and keeping each other safe."

-Jeff McKee, PsyD
CEO



Over the past year, all of our lives have been impacted in ways that will linger long after this pandemic is over. Thankfully, spring always brings a sense of hopefulness, and this year more than ever. As the sun is starting to warm the days, the snow banks recede and the grass can again be seen, bringing with it a palpable hopefulness that we have not experienced in more than year.

I hope you are as proud as I am of our staff at CHCB who have answered the call to respond to this crisis, from swiftly transitioning to new methods of care, to providing outreach testing and delivering vaccinations to the

pockets of our community that we are so uniquely positioned to serve. We continue to work with state and local government as well as community partners to expand access to these services to some of our most vulnerable community members. I'm very much looking forward to CHCB becoming part of the broader vaccine distribution plan when the time comes.

For all of the hardships we have faced over the last twelve months, it has also presented us with opportunities to strengthen our relationships with our patients, our community partners, and each other.

I'm proud of Vermonters for taking responsibility and keeping each other safe, and grateful for the support of donors like you who have shown an outpouring of generosity and concern throughout this time.

As CHCB enters our 50th year as a vital service provider, it remains abundantly clear that when our community needs us, we are here – always!

— Jeff McKee

Celebrating Fifty Years

As CHCB enters its 50th year of serving our community, we are



1970's

The People's Free Clinic opened, using entirely donated doctor and nurse time and supplies.



The City of Burlington and Fletcher Allen Health Care provided support to establish a non-volunteer clinical model for primary care services.

1980's



A new federal program gave funding to develop a Homeless Health Care Program, still the only one in the state.

Funding from becoming Vermont's second Federally Qualified Health Center, plus a new sliding-fee 1990's scale payment plan, allowed for a financially sustainable model of care.



A congressional earmark, lead gift from Robert and Cynthia Hoehl, and a volunteer committee with dedicated community members like Hilton Wick, made the dream of the Building Renewal Project (now Riverside Avenue's flagship location) a reality.

Free Masks Help Community Breathe Easy

■ Despite the hardships that come with a global pandemic, these circumstances have also seen an outpouring of community support amongst our friends and neighbors. Mellisa Cain of Iceberg Consulting, LLC, is already familiar to the folks in Burlington's Old North End, where she has volunteered much of her time to community organizing and ensuring those in need of vital resources have access to them.

Mellisa first connected with CHCB to donate masks through her ONE Mask Initiative over the summer. This fall, with funds from the Vermont Department of Health, she partnered with us to purchase and distribute over 9,000 CDC-approved masks throughout the community. She co-founded the website



"No one should have to worry about their safety because they don't have a mask during a pandemic."

- CHCB Patient and Community Organizer, Mellisa Cain

NewAmericansInVermont.com to provide COVID-19 information and community resources in over a dozen languages, and the masks were given out with a specific focus on reaching BIPOC and those with Limited English Proficiency.

"No one should have to worry about their safety because they don't have a mask during a pandemic," Mellisa shared. "I'm thankful for this partnership with CHCB and financial support of the Department of Health to help neighbors stay as healthy as possible."

We're grateful to Mellisa for her hard work and for sharing our mission of 'meeting people where they are at' to expand access to critical human needs!

of Community Health

celebrating the support that has made our success possible!



2000's

CHCB donors chipped in to create the Pearl Street Youth Health Center for at-risk or homeless youth. Annual donors like Bruce and Lillian Venner continually contributed to our Wish List to help fill the gaps in these specialty programs.

Our "Open Wide" campaign was established to pay off a city loan which supported the merger with the Dental Clinic and created our own dental center. Federal expansion funds were also used to establish our School-Based Dental Center.



2010's

A HRSA Facility Improvement Project award and hundreds of donations contributed to the community match required to complete the new Riverside Avenue building. Philanthropic giving and foundation grants allowed for renovations of our South End Health Center.

2020's

As we entered this new decade with unforeseen challenges, federal, state and private funding has supported our ability to continue offering quality services uninterrupted. We look forward to a future of continued growth!





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Online auction: www.bforg.com/CHCBVT

Community Health Centers of
Burlington's Eighth Annual

Salud

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Online Wine Auction Open April 9-16
Live Virtual Event Friday, April 16 at 5:30 pm

The Community Health Centers of Burlington is a 501(c)(3) non-profit and Federally Qualified Health Center funded in part through a grant from the U.S. Department of Health & Human Services and generous community support. CHCB is a Health Center Program grantee under 42 U.S.C. 254b, and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n).

All CHCB programs and services are accessible to people with disabilities. This newsletter is available in alternative formats upon request.

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