



COASTAL HEALTH & WELLNESS

GOVERNING BOARD

9850-A.106 Boardroom Emmett F. Lowry Expressway, Texas City

AGENDA

Thursday, December 5, 2024 12:30 PM

CONSENT AGENDA: ALL ITEMS MARKED WITH A SINGLE ASTERICK (*) ARE PART OF THE CONSENT AGENDA AND REQUIRE NO DELIBERATION BY THE GOVERNING BOARD. ANY BOARD MEMBER MAY REMOVE AN ITEM FROM THIS AGENDA TO BE CONSIDERED SEPARATELY.

PROCEED TO BOTTOM OF THIS DOCUMENT FOR APPEARANCE & EXECUTIVE SESSION GUIDELINES

In accordance with the provisions of the Americans with Disabilities Act (ADA), persons in need of a special accommodation in order to participate in this proceeding should, within two (2) days prior to the proceeding, request necessary accommodations by contacting CHW's Executive Assistants at 409-949-3406, or via email at trollins@gchd.org or ahernandez@gchd.org

ANY MEMBERS NEEDING TO BE REACHED DURING THE MEETING MAY BE CONTACTED AT 409-938-2288

REGULARLY SCHEDULED MEETING

Meeting Called to Order Pledge of Allegiance

- Item #1 Comments from the Public
- *Item #2**ACTION** Excused Absence(s)
- *Item #3**ACTION** Consider for Approval Minutes from November 7, 2024 Governing Board Meeting
- *Item #4**ACTION** Informational Report
 - a) Proposed 2025 Board Meeting Dates
- *Item #5**ACTION** Informational Report: Credentialing & Privileging Committee Reviewed and Approved the Following Providers Privileging Rights
 - a) Cami Stastny, DC
 - b) Jordyn Sons -Graham, PA
- Item #6**ACTION** Consider for Approval October 2024 Financial Report Submitted by Ruth Cable
- Item #7**ACTION** Consider for Approval Bad Debt Write-Off in the Amount of \$8,051,331.92 Submitted by Ruth Cable
- Item #8 Coastal Health & Wellness Updates
 - a) Organizational Updates Submitted by Executive Director
 - b) Community Engagement Updates Submitted by Director of Community Engagement and Strategic Partnerships
 - c) Dental Updates Submitted by Dental Director
 - d) Medical Updates Submitted by Medical Director
 - e) Human Resources Updates Submitted by Human Resource Manager
- Item #9 Comments from Board Members

Adjournment

Next Regular Scheduled Meeting: January 23, 2025

Appearances before the Coastal Health & Wellness Governing Board

A speaker whose subject matter as submitted relates to an identifiable item of business on this agenda will be requested by the presiding officer to come to the podium where they will be limited to three minutes (3). A speaker whose subject matter as submitted does not relate to an identifiable item of business on this agenda will be limited to three minutes (3) and will be allowed to speak before the meeting is adjourned. Please arrive prior to the meeting and sign in with Galveston County Health District staff.

Executive Sessions

When listed, an Executive Session may be held by the Governing Board in accordance with the Texas Open Meetings Act. An Executive Session is authorized under the Open Meetings Act pursuant to one or more the following exceptions: Tex. Gov't Code §§ 551.071 (consultation with attorney), 551.072 (deliberation regarding real property), 551.073 (deliberation regarding a prospective gift or donation), 551.074 (personnel matters), 551.0745 (personnel matters affecting Coastal Health & Wellness advisory body), 551.076 (deliberation regarding security devices or security audits), and/or 551.087 (deliberations regarding economic development negotiations). The Presiding Officer of the Governing Board shall announce the basis for the Executive Session prior to recessing into Executive Session. The Governing Board may only enter into Executive Session if such action is specifically noted on the posted agenda.

**Coastal Health & Wellness
Governing Board
November 7, 2024**

Board Members:

Donnie VanAckeren
Dr. Tello
Elizabeth Williams
Rev. Jones
Sergio Cruz
Cynthia Darby
Flecia Charles
Dr. Campbell

Staff:

Philip Keiser, MD, Executive Director
Chris Garcia, MD, Medical Director
Hanna Lindskog, DDS, Dental Director
Tiffany Carlson, RN
Virginia Lyle
Liz Lentz
Gretchen Gray, RN

Brittany Rivers
Samuel Sharp
Laura Norman
Judie Olivares
Erdest Jenkins
Ashley Sciba, RN
Anthony Hernandez

Excused Absence: Dr. Hall and Kevin Avery

Unexcused Absence: Ivelissa Caban and Victoria Dougharty

Items#1 Comments from the Public

There were no comments from the public

Items#2-6 Consent Agenda

A motion was made by Sergio Cruz to approve the consent agenda items two through six. Dr. Tello seconded the motion, and the Board unanimously approved the consent agenda.

Item#7 Consider for Approval Final Budget for 2024-2025 Submitted by Ruth Cable

Donnie VanAckeren, Board Chair, requested that item seven be deferred to a later meeting since the final budget had not yet been finalized. A motion to defer item seven was made by Rev. Jones. Sergio Cruz seconded the motion, and the Board unanimously approved.

Item#8 Coastal Health & Wellness Updates

- a) Organizational Updates Submitted by Executive Director
- b) Community Engagement Updates Submitted by Director of Community Engagement
- c) Dental Updates Submitted by Dental Director
- d) Medical Updates Submitted by Medical Director
- e) Human Resources Updates Submitted by Human Resource Manager

Dr. Keiser, Executive Director, presented the organizational updates. Dr. Keiser introduced the new HR Director, Liz Lentz, Laura Norman as the Emergency Management Coordinator, and Ashley Sciba as the Chief Nursing Officer.

Brittany Rivers, Director of Community Engagement and Strategic Partnerships, updated the Board on all outreach events.

Community Outreach:

Community Outreach

Events CHW/GCHD Hosted:

- Seasoned Saints Health & Resource Fair
- GCHD/CHW Fall Fest (Trunk or Treat)

Community Partner Events/Meetings Attended:

- SFISD Tribe's Closet Meeting
- SFISD Tribe's Closet Shopping Event
- YMCA Community Partner Meeting/Check-in
- Healthy Living Expo Planning Meeting w/ TCISO, UTMB, Rho Nu
- Galveston County Gulf Coast Homeless Coalition Meeting
- AMOCO FCU Check-in
- Santa Fe ISD DEI Committee Meeting
- TCLM-Young Professionals Lunch and Learn
- UTMB Community Health Worker Project Meeting
- Texas City ISD SHAC Meeting
- Brittaney Jenkins Public Health Consulting Community Engagement Check-in/Update
- Commissioner Holmes Backyard Barbecue-958

Dental Updates:

Hanna Lindskog, DDS, updated the Board on Dental services in the Coastal Health & Wellness Clinic.

- Visit Numbers – Based on “FQHC Qual Enc” in NextGen
 - October Visit Numbers Deferred to December Board Meeting
- Dental Charges
 - October Charges Deferred to December Board Meeting
- Current projects, plans, department overview for dental
 - Dr. Lindskog continues to serve on the COM Hygiene School Advisory Board.
 - Head Start
 - October – 6 dental visits at SBHC
 - One of the six children seen at SBHC returned for dental visit at CHW on 10/31/2024 and has made CHW their primary dental provider
 - Future Dental visits on November 6th and December 4th
- Outreach Activities
 - Trunk or Treat in the GCHD/CHW Parking Lot – October 26th
 - College of the Mainland Health Fair – October 12th
 - We are currently planning a Sealants with Santa event for December 7th.

Medical Updates:

Chris Garcia, MD, updated the Board on Medical services in the Coastal Health & Wellness Clinic.

School Based Clinic: Total September visits: 43 October visits by Oct 30: 54

Students: 16 15

Staff: 2 3

Telehealth: 25 36

Telehealth/Doxyme: Total September visits: 220 October visits: 263

CHW Clinic visits: September visits: October visits by Oct 30:

Kept: 2168 2231

Scheduled: 2864 3197

No-shows: 689 966

No Show Rate:	24%	30%
Total charges:	\$528,894.07	
Retinal scans:	6	40

Clinic Updates:

We offered the position of Physician Assistant to a candidate, and she has accepted, her anticipated start date is 12/4.2024.

We continue to partner with UTMB and St Vincent on improvement of diabetic control. We have started having weekly meetings to go over barriers/issues and successes patients are having.

We are working with the principal and school nurse at Calvin Vincent school (TCISD) to get more of the eligible students in the Head Start program in for their annual exams.

Item #9 Comments from Board Members

None

The meeting was adjourned at 12:57p.m.

Chair

Secretary/Treasurer

Date

Date

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Governing Board 2025 Meeting Dates

January 23, 2025

February 27, 2025

March 27, 2025

April 24, 2025

May 22, 2025

June 26, 2025

July 24, 2025

August 28, 2025

September 25, 2025

October 23, 2025

November 13, 2025

December 11, 2025

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Governing Board

December 2024

Item #5

Informational Report: Credentialing & Privileging Committee Reviewed and Approved the Following Providers Privileging Rights

- a. Cami Stastny, DC
- b. Jordyn Sons-Graham, PA

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COASTAL HEALTH & WELLNESS

Governing Board



FINANCIAL SUMMARY

For the Period Ending

October 31, 2024

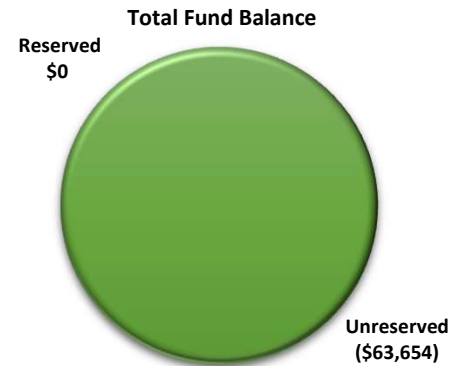
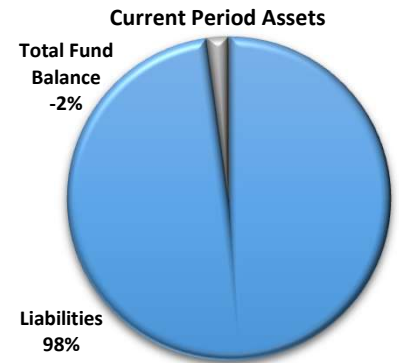
GCHD Board Room | 9850-A Emmett F. Lowry Expy. | Texas City, TX 77591

December 2, 2024

CHW - BALANCE SHEET

as of October 31, 2024

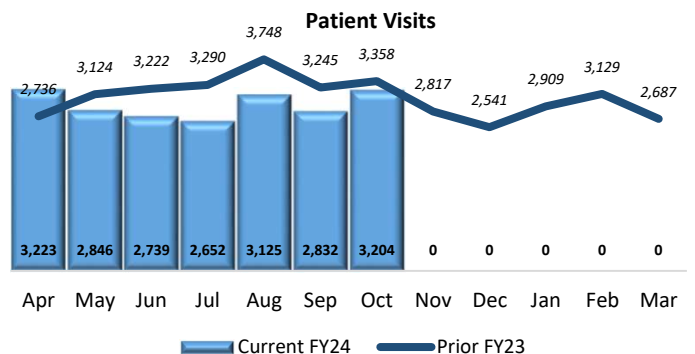
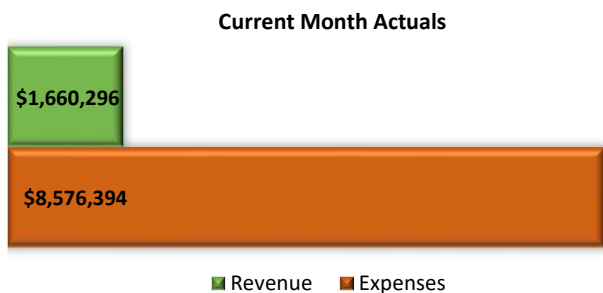
	Current Month Oct-24	Prior Month Sep-24	Increase (Decrease)
ASSETS			
Cash & Cash Equivalents	(\$794,576)	(\$396,151)	(\$398,425)
Accounts Receivable	3,352,849	8,767,063	(5,414,214)
Allowance For Bad Debt	(537,032)	(1,238,838)	701,806
Pre-Paid Expenses	1,729,757	1,653,403	76,354
Due To / From	(986,399)	(196,875)	(789,524)
Total Assets	\$2,764,599	\$8,588,602	(\$5,824,003)
LIABILITIES			
Accounts Payable	\$847,404	\$1,035,130	(\$187,726)
Accrued Expenses	1,002,627	1,397,283	(394,656)
Deferred Revenues	978,222	(706,388)	1,684,611
Total Liabilities	\$2,828,254	1,726,025	\$1,102,229
FUND BALANCE			
Fund Balance	\$8,847,856	\$8,847,856	\$0
Current Change	(8,911,510)	(1,985,279)	(6,926,232)
Total Fund Balance	(\$63,654)	\$6,862,577	(\$6,926,232)
TOTAL LIABILITIES & FUND BALANCE	\$2,764,599	\$8,588,602	(\$5,824,003)



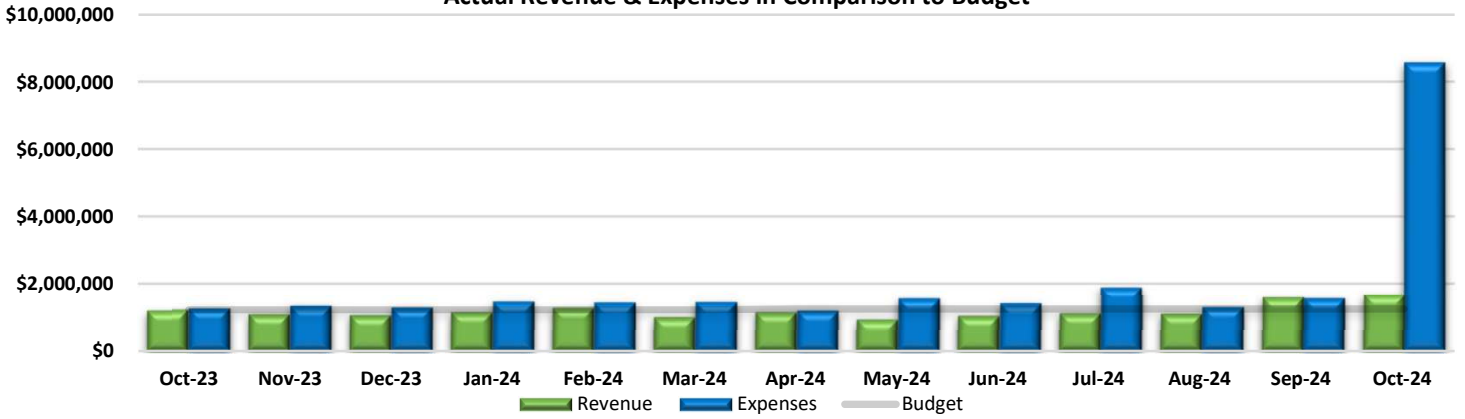
CHW - REVENUE & EXPENSES

as of October 31, 2024

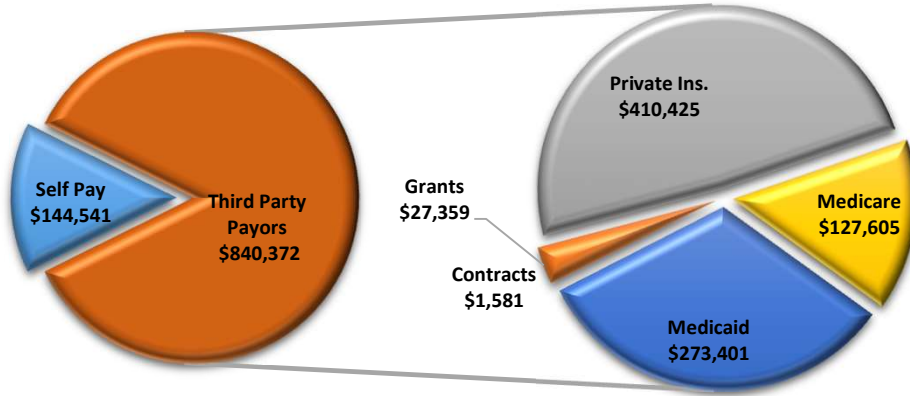
	MTD Actual Oct-24	MTD Budget Oct-24	MTD Budget Variance	YTD Actual thru Oct-24	YTD Budget thru Oct-24	YTD Budget Variance
REVENUE						
County Revenue	\$440,586	\$244,556	\$196,031	\$2,641,586	\$1,711,889	\$929,697
HHS Grant Revenue	246,792	269,783	(22,991)	1,776,925	1,888,483	(111,558)
Patient Revenue	957,702	701,772	255,931	3,884,342	4,912,403	(1,028,062)
Other Revenue	15,215	29,500	(14,285)	213,221	206,500	6,721
Total Revenue	\$1,660,296	\$1,245,611	\$414,685	\$8,516,074	\$8,719,276	(\$203,202)
EXPENSES						
Personnel	\$987,795	\$1,017,304	\$29,509	\$6,559,836	\$7,121,125	\$561,290
Contractual	266,396	99,740	(166,657)	1,677,919	698,177	(979,742)
Supplies	103,634	140,969	37,334	1,146,527	986,781	(159,746)
Travel	1,386	2,017	631	13,209	14,117	908
Equipment/Capital	1,380	0	(1,380)	89,830	0	(89,830)
Bad Debt Expense	7,129,382	57,536	(7,071,846)	7,247,892	402,752	(6,845,140)
Other	86,421	141,845	55,424	683,181	992,913	309,732
Total Expenses	\$8,576,394	\$1,459,409	(\$7,116,985)	\$17,418,394	\$10,215,864	(\$7,202,530)
CHANGE IN NET ASSETS	(\$6,916,098)	(\$213,798)	(\$6,702,300)	(\$8,902,320)	(\$1,496,588)	(\$7,405,732)



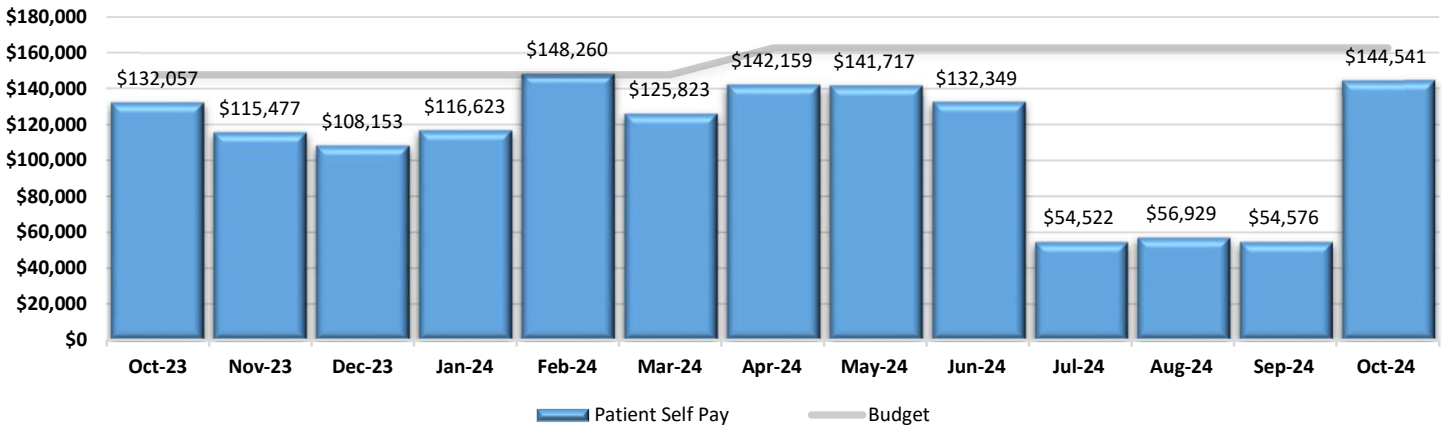
Actual Revenue & Expenses in Comparison to Budget



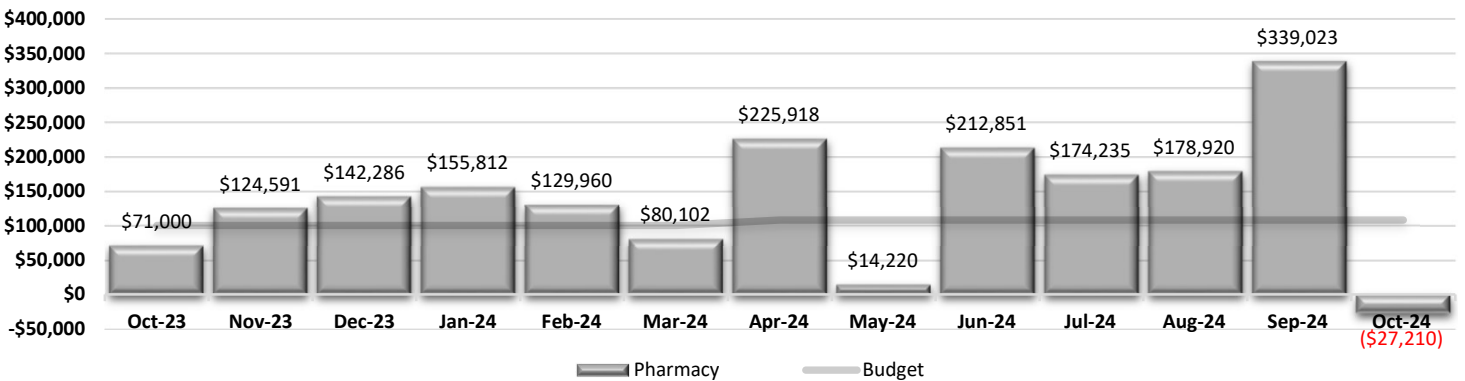
Current Period Patient Revenue with Third Party Payor Contributions Identified



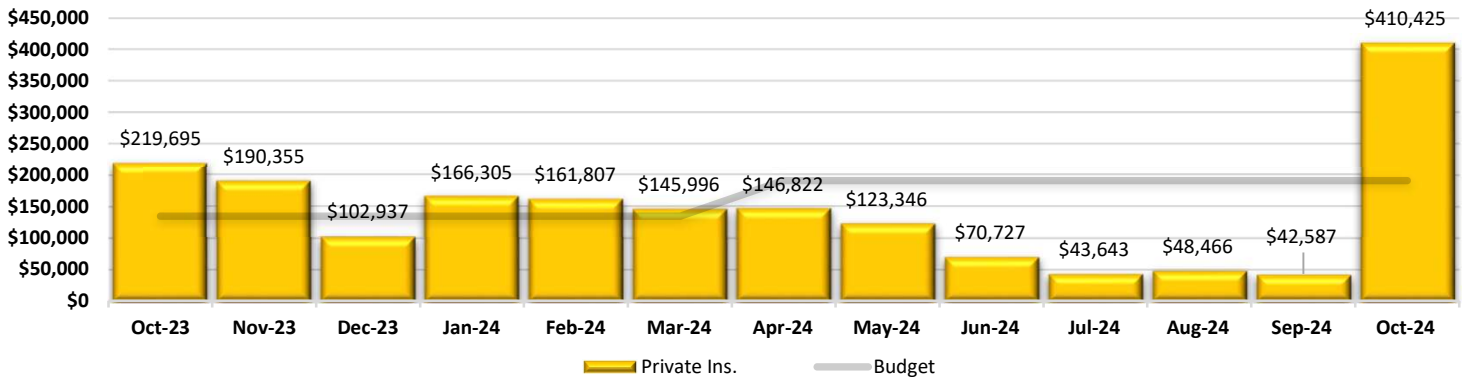
Patient Self Pay Revenue with Budget Line Comparison



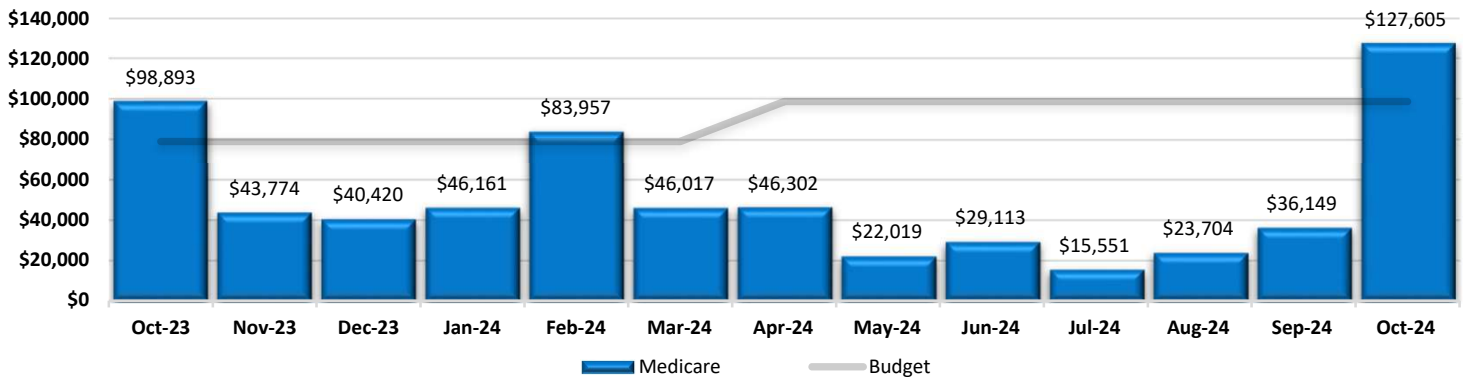
Pharmacy Revenue with Budget Line Comparison



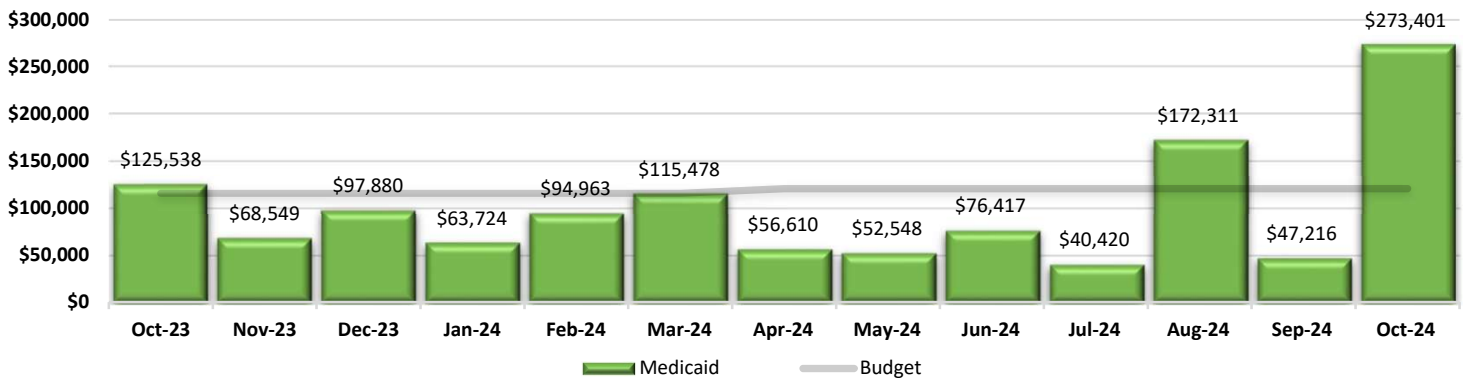
Private Insurance Revenue with Budget Line Comparison



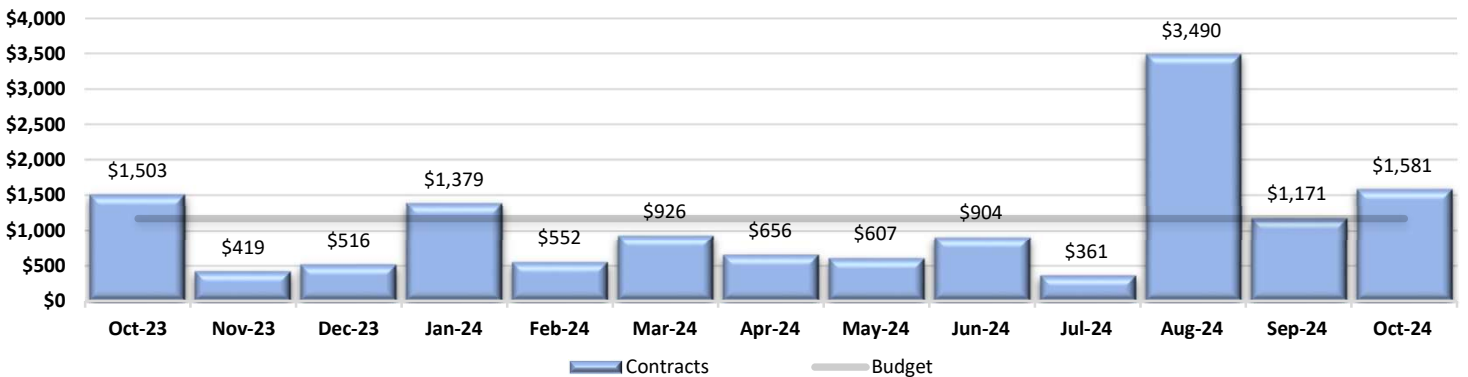
Medicare Revenue with Budget Line Comparison



Medicaid Revenue with Budget Line Comparison



Contract Revenue with Budget Line Comparison





COASTAL HEALTH & WELLNESS

GOVERNING BOARD

9850-A.106 Boardroom Emmett F. Lowry Expressway, Texas City

Governing Board

December 2024

Item #7

**Consider for Approval Bad Debt Write-Off in the Amount
of 8,051,331.92 Submitted by Ruth Cable**

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Community Engagement

Community Outreach

Health Screenings (4 locations, 47 conducted)

Date	Event	# of attendees/engaged
11.4.2024	Dickinson Senior Center	9
11.8.2024	Bayside Senior Center	11
11.21.2024	Wayne Johnson Senior Center	9
11.22.2024	Wright Cuney Community Center Health Screenings	18

Health Education Classes (7)

Date	Event	# of attendees/engaged
11.4.2024	Hitchcock Head Start	92
11.5.2024	Hitchcock Head Start	72
11.6.2024	Greater St. Matthews	3
11.16.2024	Healthy Living Men's Breakout Sessions	23
11.18.2024	Hitchcock Head Start	93
11.19.2024	Hitchcock Head Start	73
11.20.2024	Greater St. Matthews	3

Health/Resource Fairs (Attended and/or Hosted) (8)

Date	Event	# of attendees/engaged
11.5.2024	Galveston Goodwill	17
11.5.2024	League City Goodwill	23
11.6.2024	Galveston College Student & Veterans Resource Fair	23
11.7.2024	Calder Road Elementary Fall Fest	122
11.14.2024	League City Goodwill	20
11.16.2024	Healthy Living EXPO & Fun Run	
11.19.2024	League City Goodwill	26
11.22.2024	Wright Cuney Bingo Event	80

Presentations: (3)

Date	Topic	# of attendees/engaged	Why was this event held?
11.8.2024	Phase II HUT Presentation	10	Accessing Healthcare and Stress Management
11.21.2024	La Marque High School Nerdy Girl Success	26	Speak to teenage girls getting ready to enter the workforce about understanding their paycheck
11.27.2024	ADA House		Share our services with the women who are underserved within the facility

Partnership Meetings and Check-ins

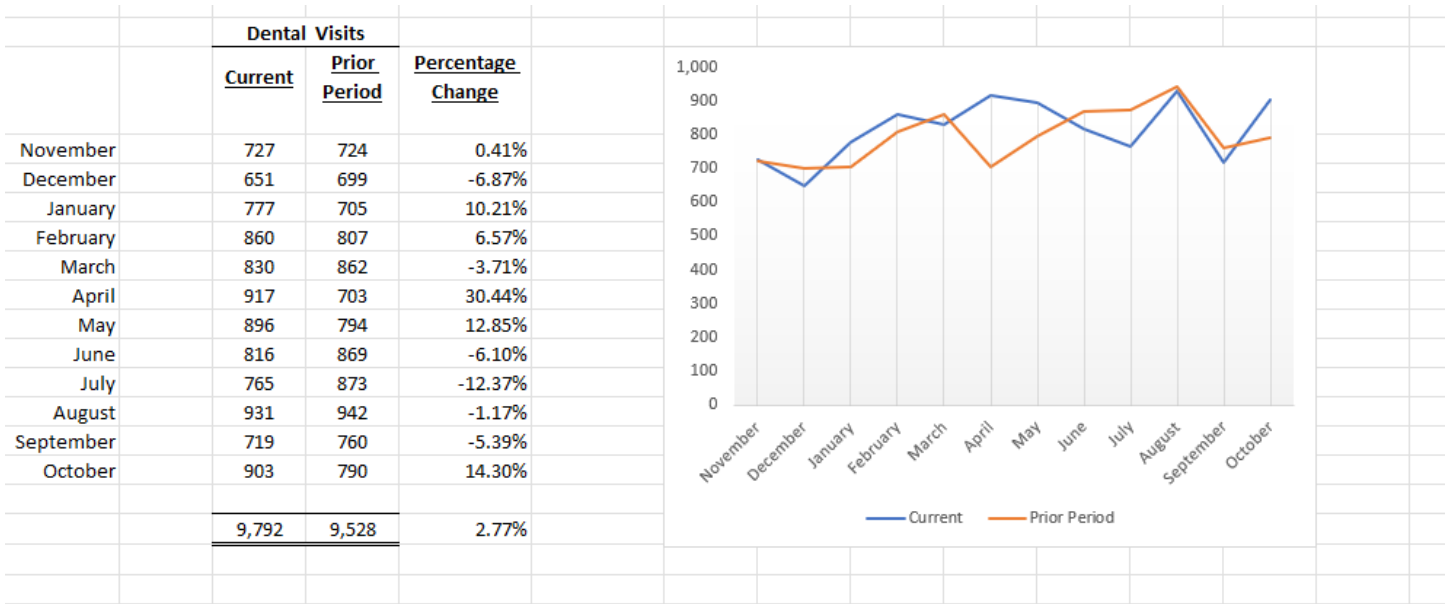
- City of La Marque 2050 Meeting
- Wellby Financial 2025 Planning Meeting
- Amoco FCU 2025 Planning Meeting
- Hitchcock ISD Counselors/Social Workers Meeting
- Texas City ISD Shac Meeting
- BAHEP Healthcare Committee Meeting
- Edward Jones

Event Highlights

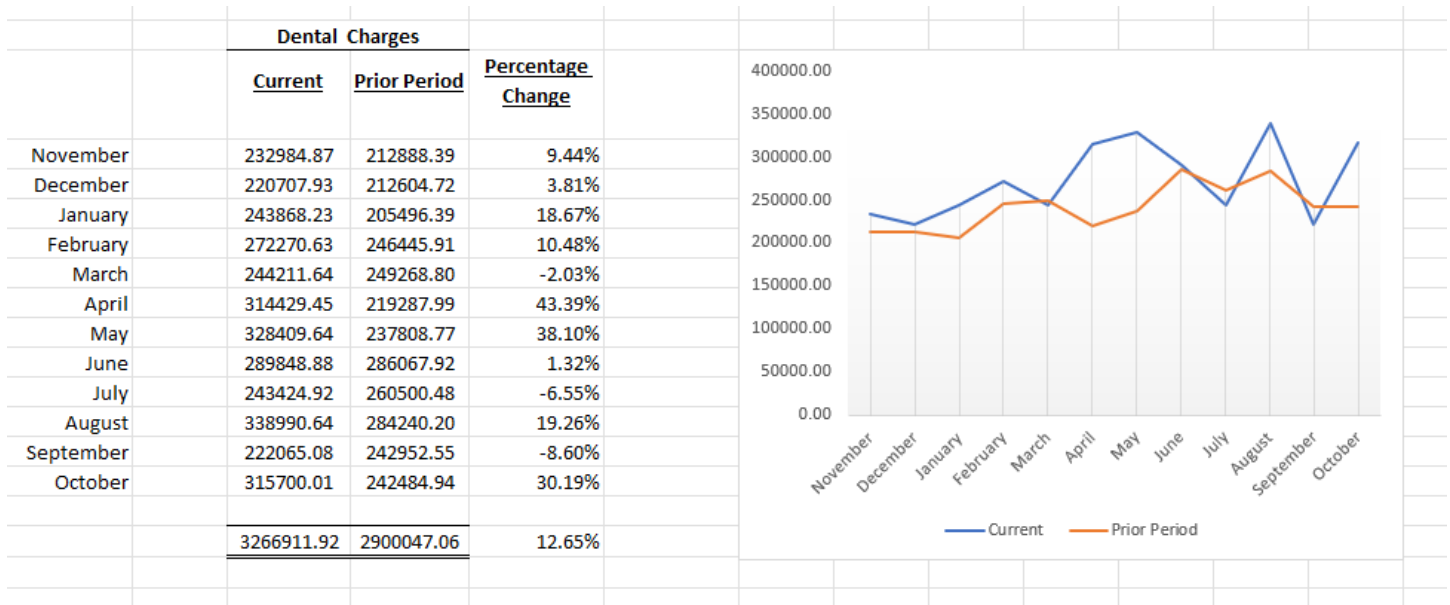


Dental Clinic Board Update – December 5, 2024

- Visit Numbers – Based on “FQHC Qual Enc” in NextGen
 - We continue to see walk in patients in pain as we can fit them into our schedule.
 - We continue to release comprehensive exams on the 15th of every month.
 - For October 2024, the Dental Clinic had an in qualifying encounters of 14.30% compared to October 2023.
 - The Dental Clinic had an increase of 2.77% in qualifying encounters when comparing November 1, 2023 – October 31, 2024, with November 1, 2022 – October 31, 2023.



- Dental Charges
 - For October 2024, we had an increase in charges of 30.19% compared to October 2023.
 - The Dental Clinic had an increase of 12.65% in charges when comparing November 1, 2023 – October 31, 2024, with November 1, 2022 – October , 2023.
 -



- Current projects, plans, department overview for dental
 - Dr. Lindskog continues to serve on the COM Hygiene School Advisory Board.
 - Head Start
 - Continuing to work with Calvin Vincent to complete packets for any remaining dental exam

- Outreach Activities
 - Sealants with Santa – December 7th
 - Free sealants ages 6-12
 - Visits with Santa
 - Hot cocoa station

Governing Board December Meeting

School Based Clinic: November visits by Nov 26

Students: 5

Staff: 1

Telehealth: 37

Telehealth/Doxyme: October visits November visits by Nov 26

263 196

CHW Clinic Visits: October visits November visits (not full month data)

Kept: 2356 1834

No Shows: 847 619

No show rate: 26% 25%

Retinal scans: 45 27

Total charges: \$584,937.35 \$377,774.89

Comments: Variance in numbers from October to November likely due to vacation days taken by providers, as well as clinic being closed for Thanksgiving

Clinic Updates:

Physician Assistant to start 12/4/2024

We continue to partner with UTMB and St Vincent on study to improve diabetic control. We continue with our weekly meetings to go over results from patients enrolled in study from CHW

We have installed spirometer equipment at both Texas City and Galveston clinic. We will be training staff on use; this should help with evaluating and monitoring respiratory diseases

Retinal cameras are going well

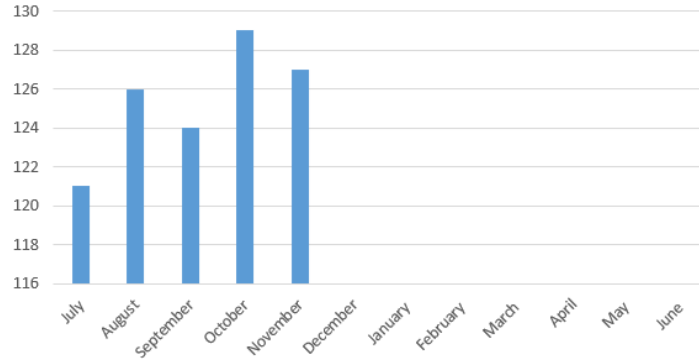
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Human Resources

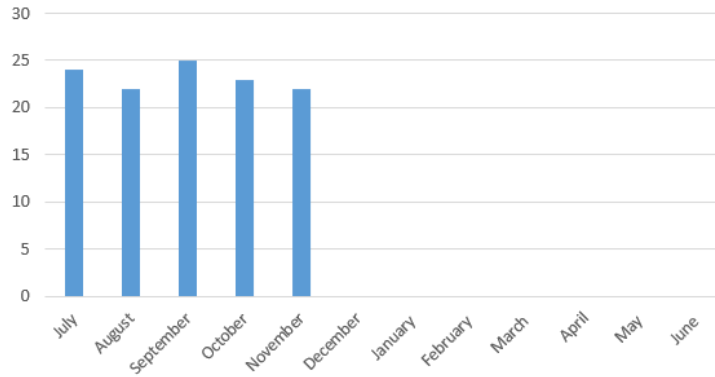
	Active EE Count	Hired EE's for Month – November	Termed EE's for Month – November	Active EE Count for Prior Year November 2023	Hired EE's for Month – November 2023	Termed EE's for Month – November 2023
CHW	127	2	2	123	5	1

Open Positions	11/27/2024
CHW	22

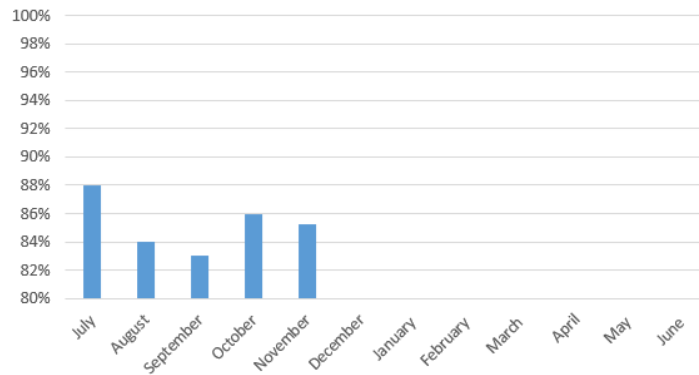
2024 Active Employees



2024 Vacant Positions



2024 Fill Rate



Turnover Rate

Month	Number of Separated Employees	Average Number of Employees	Monthly Turnover Rates (Percentage)	Quarterly Turnover Rates	Annual Turnover Rate
January	3	106	2.8%	10.7%	26.8%
February	2	107	1.9%		
March	7	116	6.0%		
April	2	116	1.7%	3.3%	
May	0	123	0.0%		
June	2	126	1.6%	8.8%	
July	6	125	4.8%		
August	1	126	0.8%		
September	4	124	3.2%	3.9%	
October	3	129	2.3%		
November	2	127	1.6%		
December	0	1	0.0%		

As of 11/27/24

2024 New Hires & Upcoming

Hire Date	Department	Job Title	Position #
1/4/2024	CHW Dental Providers	Dentist	CHW-DP-002
1/4/2024	CHW Patient Services	Patient Access Specialist	CHW-PS-011
1/4/2024	CHW Patient Services	Patient Access Specialist	CHW-PS-020
1/4/2024	CHW Patient Services	Patient Access Specialist - Schedule Coordinator	CHW-PS-022
1/11/2024	CHW Providers	Behavioral Health Counselor	CHW-MP-010
1/25/2024	CHW Med Admin	Pharmacy Program Specialist	CHW-RX-002
1/25/2024	CHW Providers	Behavioral Health Counselor	CHW-MP-009
02/15/24	CHW Lab	Phlebotomist (was Lab & X-Ray Technician)	CHW-MDX-003
2/15/2024	CHW Providers	Midlevel - NP (locum)	N/A
2/15/2024	CHW Nursing	Medical Assistant	CHW-MA-015
2/29/2024	CHW Case Management	Patient Care Coordinator	CHW-CM-006
3/7/2024	CHW Nursing	Medical Assistant	CHW-MA-008
3/7/2024	CHW Dental Providers	Dentist	CHW-DP-006
3/28/24	CHW Providers	Midlevel - NP	CHW-MP-006
3/28/2024	CHW Dental Assistants	Dental Assistant	CHW-DA-003
4/18/24	CHW Providers	Midlevel - NP	CHW-MP-014
4/18/2024	CHW Nursing	Medical Assistant	CHW-MA-004
5/9/2024	CHW Providers	Midlevel - PA	CHW-MP-005
4/18/2024	CHW HIM	Bilingual Health Information Specialist	CHW-HIM-003
4/18/2024	CHW Patient Services	Patient Access Specialist - Bilingual	CHW-PS-005
4/22/2024	CHW Patient Services	Patient Access Specialist	CHW-PS-025
5/30/2024	CHW RCM	RCM Billing Specialist	CHW-RCM-003

5/30/2024	CHW RCM	RCM Billing Specialist	CHW-RCM-011
5/30/2024	CHW RCM	RCM Billing Specialist	CHW-RCM-008
5/30/2024	CHW Lab	Lab & X-Ray Tech	CHW-MDX-009
5/30/2024	CHW Lab	Lab & X-Ray Tech	CHW-MDX-004
5/30/2024	CHW RCM	RCM Billing Specialist	CHW-RCM-009
5/30/2024	CHW Dental Admin	Dental Office Manager	CHW-DO-001
5/30/2024	CHW RCM	RCM Billing Specialist	CHW-RCM-010
5/30/2024	CHW RCM	RCM Financial Counselor	CHW-RCM-013
6/20/2024	CHW Enabling Services	Outreach, Eligibility & Enrollment Specialist - Bilingual	CHW-OEE-007
6/20/2024	CHW RCM	RCM Billing & Coding Manager	CHW-RCM-007
6/20/2024	CHW RCM	RCM Billing Specialist	CHW-RCM-012
6/20/2024	CHW Nursing	Medical Assistant	CHW-MA-006
7/18/2024	CHW Providers	Pediatric Midlevel - NP	CHW-MP-015
7/18/2024	CHW Patient Services	Patient Access Specialist Lead	CHW-PS-003
7/18/2024	CHW Patient Services	Patient Access Specialist - Bilingual	CHW-PS-018
7/18/2024	CHW Med Admin	Manager - Galveston Clinic	CHS-ADM-008
8/1/2024	CHW Nursing	LVN	CHW-MN-007
8/1/2024	CHW Enabling Services	Manager - Enabling Services	CHW-OEE-001
8/1/2024	CHW Med Admin	Special Programs Manager	CHW-ADM-009
8/22/24	CHW HIM	Bilingual Health Information Specialist	CHW-HIM-003
8/22/24	CHW Patient Services	Patient Access Specialist - Bilingual	CHW-PS-019
8/22/24	CHW RCM	Insurance Verification Specialist	CHW-RCM-005
09/12/24	CHW RCM	RCM Billing Specialist	CHW-RCM-010
09/12/24	CHW Dental Assistants	Dental Assistant I – Bilingual	CHW-DA-008
09/12/24	CHW Nursing	Medical Assistant I	CHW-MA-018
09/12/24	CHW Patient Services	Patient Access Specialist I	CHW-PS-013
09/12/24	CHW Pharmacy	Pharmacy Program Manager	CHW-RX-001
10/03/24	CHW Dental Administration	CHW Dental Access Specialist I – Bilingual	CHW-DO-004
10/03/24	CHW Nursing	LVN I	CHW-MN-007
10/24/24	CHW Lab & X-Ray	Lab & X-ray Manager	CHW-MDX-001
10/24/24	CHW Dental Assistants	Dental Assistant	CHW-DA-005
11/07/24	CHW Patient Services	Patient Access Specialist Lead (internal hire)	CHW-PS-003
11/14/24	CHW Enabling Services	Home Based Community Health Worker	CHW-HB-002
11/14/24	CHW Patient Services	Patient Access Specialist	CHW-PS-025
Pending 12/5/24	CHW Dental Providers	Dental Hygienist	CHW-DH-004
Pending 12/5/24	CHW Providers	Midlevel	CHW-MP-008
Pending 12/5/24	CHW Patient Services	Patient Access Specialist (internal hire)	CHW-PS-006

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Sealants with Santa

Get into the holiday spirit with Sealants with Santa! This festive event offers free dental screening exams for children ages 6-12, along with dental sealants if needed to help protect those pearly whites. Dental screenings are an important step in maintaining good oral health, as they can identify potential issues early, preventing more serious problems down the road. In addition to the screenings, there will be a hot cocoa station to warm up and pictures with Santa to capture the holiday magic. Don't miss out on this great opportunity for both smiles and holiday cheer!

When?

Saturday, Dec. 7, 2024 from 8 a.m. to 11 a.m.

Where?

Coastal Health & Wellness
9850-C Emmett F. Lowry Expy
Texas City, TX 77591



Sealants with
SANTA

SEALANTS | PHOTOS WITH SANTA

- Free screening exam and sealants (if needed) for ages 6-12
- Photos with Santa (any age)
- Warm up at our hot cocoa station

Plus, exciting surprises await!

-  **Saturday, December 7, 2024**
8 A.M. - 11 A.M.
-  **CHW Texas City Dental Clinic**
9850-C Emmett F Lowry Expy, Texas City, TX 77591
-  For more information, visit **COASTALHW.ORG**

Coastal Health & Wellness is a community health center under the Galveston County Health District. 

 **COASTALHW.ORG**

Don't wait to sign up for Marketplace Insurance

In need of affordable health insurance for you and your family? You've still got time to sign up for coverage through Marketplace Insurance. You can enroll by Dec. 15 for coverage that starts Jan. 1.

If you don't have health insurance through your job, Medicare, Medicaid, the Children's Health Insurance Program (CHIP) or another source that provides qualifying health coverage, Health Insurance Marketplace can help you get coverage.

All offered plans cover essential health benefits, pre-existing conditions and preventive services including maternity care, mammograms and other preventive care services. You cannot be denied health coverage for having pre-existing conditions such as diabetes, hypertension and cancer.

The certified application counselors at Coastal Health & Wellness are here to assist Galveston County residents apply for coverage in the 2025 Marketplace. Give us a call at 409.949.3439 for assistance.

Enroll by Dec. 15 for coverage that starts Jan. 1. Enroll Dec. 16-Jan. 15 for coverage that starts Feb. 1.

[Learn more about Open Enrollment for 2025 Marketplace.](#)



Avoid the flu this holiday season

It's not too late to get your flu vaccine! Dec. 2-6 marks National Influenza Vaccination Week, and serves as a reminder for everyone ages 6 months and older to get their annual flu vaccine if you haven't already.

The flu vaccine is the best way to prevent becoming sick with the seasonal illness, and now is the time to get vaccinated.

Children who need two doses of vaccine to protect against the flu should start the process soon since the two doses must be given at least four weeks apart. People 6 months and older should be vaccinated against the flu. Vaccination is especially important in high-risk groups including those ages 65 and older, pregnant women, young children and those with chronic health conditions who are at higher risk for complications or even death if they get the flu.

Call us today at 409.938.2234 to schedule your flu vaccine appointment. [Learn more about this flu season.](#)



Celebrating National Radiologic Technology Week, Nov. 3-9

In honor of National Radiologic Technology Week, we want to recognize the vital work of our radiography team. Radiologic technologists play a crucial role in diagnosing and treating patients by providing accurate imaging that guides physicians in their care decisions.

A special thank you to Samuel Sharp, Cherree Windham, Jessica Rodriguez, and Sasha Hampton for their expertise, dedication, and compassion. Their attention to detail and commitment to patient safety make a tremendous impact on our community, ensuring that each patient receives the highest standard of care.

Thank you for all you do! Happy National Radiologic Technology Week!



INTERNATIONAL DAY OF RADIOGRAPHY

National Radiologic Technology Week



Samuel Sharp



Cherree Windham




Jessica Rodriguez



Sasha Hampton

Thank you to our Coastal Health & Wellness
Radiography Team for everything you do for
our patients!

Coastal Health & Wellness is a community health
center under the Galveston County Health District.

 [COASTALHW.ORG](https://www.coastalhw.org)

Understanding the Importance of Responsible Antibiotic Use

Antibiotic Awareness Week, observed annually from Nov. 18–24, aims to raise global awareness about the importance of using antibiotics responsibly and the growing threat of antimicrobial resistance (AMR). During this week, health organizations and communities around the world come together to educate the public on how antibiotics work, their proper use, and how misuse can lead to serious consequences.

Why Are Antibiotics Important?

Antibiotics are powerful medications that treat bacterial infections, saving countless lives. They have revolutionized healthcare, enabling doctors to successfully treat conditions ranging from pneumonia to sepsis. However, antibiotics are only effective against bacterial infections, not viral infections like the flu or common cold.

What is Antimicrobial Resistance (AMR)?

AMR occurs when bacteria evolve to resist the effects of the drugs designed to kill them. When antibiotics are overused or misused—such as taking them for viral infections or not completing the full course of treatment—bacteria can develop resistance. This makes infections harder to treat, leading to longer hospital stays, more expensive treatments, and an increased risk of death.

How Can We Help Prevent AMR?

1. Only use antibiotics when prescribed by a healthcare professional.
2. Never share antibiotics or use leftover prescriptions.
3. Always complete the full course of antibiotics, even if you start feeling better.
4. Practice good hygiene (like washing your hands regularly) to prevent the spread of infections.



Connecting Community with Resources

Coastal Health & Wellness was proud to participate in Homeless Navigation Day 2024, hosted by the Texas City Mayor's Task Force on Homelessness. Our dedicated staff provided information on the wide range of services we offer, helping connect individuals in need with the resources and support they deserve. This important event brought together essential services all under one roof to support the unhomed population in our community.



Celebrating National Nurse Practitioner Week, Nov. 10-16

This National Nurse Practitioner Week, we recognize the vital role nurse practitioners (NPs) play in providing high-quality, compassionate healthcare to our communities. From conducting exams and diagnosing conditions to prescribing medications and developing treatment plans, NPs are key members of the healthcare team, often serving as primary care providers for many patients.

NPs bring a unique combination of advanced education, clinical expertise, and a patient-centered approach to care. They are dedicated to improving patient outcomes, focusing on prevention, and promoting overall wellness. Their ability to offer personalized care and build strong relationships with patients makes them invaluable in enhancing the healthcare experience.

Thank you to all the nurse practitioners at Coastal Health & Wellness - Lisa Cashiola, MSN, FNP-BC; Swarna Lam, BSN, MSN, APRN, FNP-BC; Solange Noubissie, FNP-C; and Ashley Strain, MSN, CPNP-PC - for their hard work, dedication, and tireless commitment to patient care.

Happy National Nurse Practitioner Week!

HAPPY NATIONAL NURSE PRACTITIONER WEEK
NOV 10 - NOV 16

Lisa Cashiola, MSN, FNP- BC

HAPPY NATIONAL NURSE PRACTITIONER WEEK
NOV 10 - NOV 16

Swarna Lam, BSN, MSN, APRN, FNP-BC

HAPPY NATIONAL NURSE PRACTITIONER WEEK
NOV 10 - NOV 16

Solange Noubissie, FNP-C

HAPPY NATIONAL NURSE PRACTITIONER WEEK
NOV 10 - NOV 16

Ashley Strain, MSN, CPNP-PC

\$20 sports physicals available at CHW School-Based Clinic

Coastal Health & Wellness School-Based Clinic is offering sports physicals for a flat fee of \$20 Monday through Friday, 8 a.m. to 11 a.m. The clinic is located at the Calvin Vincent Early Childhood Center, 1805 13th Ave North, Texas City. Call us at 409-916-0264 to reserve your spot. Walk-ins welcome.




SPORTS PHYSICALS
AVAILABLE **\$20**

MONDAY-FRIDAY
8 AM - 11 AM

CALL TO RESERVE YOUR SPOT!
409-916-0264

Located at Calvin Vincent
Early Childhood Center
1805 13th Ave North, Texas City, TX 77590

WALK-INS WELCOME!

 Coastal Health & Wellness is a community health center under the Galveston County Health District.

COASTALHW.ORG

Telehealth visits offer convenient care

Did you know Coastal Health & Wellness offers Telehealth patient visits to better serve you?

As your trusted Primary Care Medical Home, we strive to do all we can to ensure the health and safety of our patients and providers.

Telehealth visits are an easy, convenient way for you to talk with your provider without having to leave your house or travel to the clinic. It is a secure, internet application that allows you to privately discuss your concerns with your provider.

Learn more about our telehealth visit service or call us at 409.938.2234 if you have any questions.

Early Closure on Dec. 13

Coastal Health & Wellness clinics will close at 2 p.m. on Dec. 13, 2024.



[Click here to learn more about CHW services.](#)

[Click here to learn more about becoming a patient.](#)

[Click here to meet our CHW providers.](#)



COASTAL HEALTH & WELLNESS

GOVERNING BOARD

9850-A.106 Boardroom Emmett F. Lowry Expressway, Texas City

**Governing Board
December 2024
Item #9
Comments from Board Members**

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