

# health fitness & Wellness

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## Free clinic answers Medicaid, ACA dental coverage gap

The media is buzzing with stories about the Affordable Care Act and expanded Medicaid. The good news: more Americans are insured than ever before. The bad news: dental care is still largely inaccessible.

Individuals without dental insurance do not seek dental care until problems are severe, painful and unbearable. According to a recent study from Stanford University, patients without access to a dentist turn to hospital emergency rooms, where physicians can only provide pain medication and antibiotics, but not the kind of care that prevents dental problems from returning. New service delivery models need to be established to meet the dental care needs of vulnerable populations.

The oral health care provided by HealthLink Dental Clinic prevents costly emergency department visits. Located on Street Road in Southampton, Health-

Link provides free dental care to eligible working adults living in Bucks and Montgomery counties.

What qualifies an individual to receive free care? An adult (between the ages of 18 and 65) must be the resident of Bucks or Montgomery County, working (full-time, part-time, or seasonally), and have a household income at or below 250 percent of the Federal Poverty Guidelines.

Dental care is provided by a small, dedicated staff and by local professional volunteers. Primary dental services include preventative and restorative care, oral exams, dental hygiene, X-rays, fillings, simple extractions, and patient education. Referrals are made for patients who need more comprehensive care. Because HealthLink recognizes the inter-relationship between good oral health and a patient's overall well-being, blood pressure and blood glucose level (diabetes risk) screenings are performed at

each exam. Referrals for ongoing medical care are made, if needed.

"It is our goal to increase our patients' awareness of the link between good oral and medical health. Patient education is an essential component of everything that we do here at HealthLink," said Bela Amado, dental clinic coordinator and staff hygienist.

Renovations converting four medical exam rooms into new dental operatories are underway. This expansion will allow HealthLink to serve an even greater number of local patients who do not have access to dental care. HealthLink remains open during the renovations; and appointments are available for eligible adults.

To schedule an eligibility appointment or learn more about HealthLink Dental Clinic, call 215-364-4247. Additional information is also available at healthlinkdental.org.

## Neurosurgeon provides specialized services to Aria Health patients

Dr. James Barrese, a neurosurgeon providing deep-brain stimulation (DBS) and other highly specialized treatments for movement-related disorders, pain and epilepsy, has joined Drexel Neurosciences Institute (DNI) and will provide services to patients at Aria Health.



DR. JAMES BARRESE

A functional neurosurgeon, Barrese will lead DNI's Aria Health Neurosurgery Program and will expand these specialized services to make them available to Philadelphia area and Bucks County area patients with Parkinson's disease, tremor, dystonia and other movement disorders as well as intractable pain and

epilepsy. He also will explore the use of DBS to treat psychiatric

conditions, such as intractable obsessive-compulsive disorder, depression and obesity.

Barrese is among a handful of functional neurosurgeons on the East Coast trained to surgically treat these complex neurological conditions. He completed a Functional Neurosurgery Fellowship at Stanford University in Palo Alto, Calif., one of the world's leading centers of the specialty.

Barrese is primarily based at Aria Health, an affiliate of DNI. The relationship brings state-of-the-art neurological and neurosurgical care to area patients as well as access to the latest clinical trials and neuroscience research.

## The Birches holds stroke presentation in Newtown

The Birches at Newtown will hold a special presentation on strokes 6 p.m. Thursday, Sept. 17.

Dr. Farhan Siddiq of St. Mary Medical Center, will present "Stroke: New Advances in Care and Treatment," a special presentation for seniors and caregivers to provide insight into the care and treatment of strokes and steps you can take to prevent one from happening.

Siddiq holds dual specialization in neurology and neurosurgery with additional training in endovascular procedures.

While visiting, guests are invited to tour the community. This event is free and open to seniors; however, seating is limited.

RSVP by calling Michele Schreck, marketing director, at 215-497-7400.

The Birches is at 70 Durham Road, Newtown.

## CHC offers free childbirth classes for young parents

Child, Home and Community (CHC) will present Focus on Motherhood - the agency's free childbirth and newborn care program for expectant young parents - starting in late September.

During this upbeat 12-week

program, young expectant moms and dads will learn what to expect during labor and delivery and how to care for a newborn baby.

Focus on Motherhood will take place weekly at the following area locations: Doylestown Hospital, 7 to 9 p.m. Sept. 21 to Dec. 7; Grand

View Hospital, 7 to 9 p.m. Sept. 22 to Dec. 8; Lower Bucks Hospital, 6:30 to 8:30 p.m. Sept. 24 to Dec. 17; St. Mary Medical Center, 6:30 to 8:30 p.m. Sept. 21 to Dec. 7.

To register for one of CHC's Focus on Motherhood programs, call CHC at 215-348-9770 or register online at chcinfo.org.

## Family education program on addiction resumes meetings at Deep Run

The Anna Straw Initiative - Our Family Education Program on Addiction resumes Sept. 14.

Classes meet 7 to 9 p.m. Mondays in the Red School House at the Presbyterian Church of Deep Run in Bedminster Township.

Each month, the meetings cover - week 1: "Addiction: Understanding the Disease"; week

2: "Impact on the Family"; week 3: "Overcoming Next Steps"; week 4: "Opioid Overdose Training (there will be no Opioid Overdose Training in September due to Labor Day)."

Call The Council of Southeast Pennsylvania at 800-221-6333 to register or for information or visit annastrawinitiative.org.

## Advice & Advocacy for the Older Adult

**REPRESENTATION:** Social Security Benefits  
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## JACK J. HETHERINGTON

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**Al-Anon Men's Group**, meets 7 p.m. every Tuesday at Livengrin Foundation, Suite 101, 350 S. Main St., Doylestown, 215-348-2690.  
**Al-Anon (Adult Children) Group** meets 7:30 p.m. Mondays at St. Paul's Lutheran Church, 211 N. Main St., Doylestown. Enter on Spruce St., parish building.  
**Alcoholics Anonymous** group meets 7 p.m. Tuesdays at Point Pleasant Baptist Church, 35 River Road, Point Pleasant, 215-257-3117.  
**Alcoholics Anonymous** meets 8 p.m. Wednesdays and 8:30 p.m. Saturdays at St. Luke's United Church of Christ, 212 Old Durham Road, Ottsville, 610-847-2633.  
**Alcoholics Anonymous of Upper Bucks**, If you want to drink, that's your business. If you want to stop, that's ours. Call 215-721-3656.  
**Alzheimer's Support Group**, presented by Seniors Helping Seniors, 7 p.m. third Tuesday of the month at St. Paul's Lutheran Church, 301 N. Main St., Doylestown. RSVP: 215-262-0030, bmarat@zbsbs.com.  
**Bedminster Nar-Anon Family Group**, for family and friends with loved ones struggling with addiction, meets 7:30 p.m. Tuesdays, at Deep Run West Menonite Church, 1008 Deep Run Road, Perkasie, bedminster.naranon@yahoo.com.  
**Brain Injury Family, Spousal, Partner Support Group**, 6-8 p.m. third Monday of the month at First United Church of Christ, Church Parlor, Fourth and Park Avenue, Quakertown, 215-538-3488, 610-558-1326.  
**Bucks County Levy Body Dementia Support Group Meeting**, sponsored by Home Instead Senior Care Plumsteadville, 1:30-3:30 p.m. third Tuesday of the month at The Manor at York Town, 2010 York Road, Jamison. For information or to RSVP: cmarcat65@verizon.net, 215-766-8929.

**Dinner with the Docs**, presented by Wellness Solution, 7-9 p.m. Sept. 14 at Applebee's, 2 West Road, Newtown. Program will explore ways to improve health through a 10-day detoxification program. Register: http://bit.ly/10DayDetoxProgram.  
**Doylestown Nar-Anon**, for family and friends of those who have loved ones that suffer from addiction, 6 p.m. Wednesdays at Summit Behavioral Health, 702 Hyde Park,

Doylestown. Information: naranon.org.  
**Grand View Health**, Prenatal Yoga 6-7 p.m. Sept. 14, 21 and 28 at Sellerville Outpatient Center, 915 Lawn Ave., Sellersville, register: 215-453-4300; Joint Health 101, 11:30 a.m.-12:30 p.m. Sept. 18 at Sellerville Outpatient Center, 915 Lawn Ave., Sellersville. Thinning the Bulge: Tips to Trim Unwanted Fat 8-9 a.m. Sept. 21 at Club EZ Fit, Souderton, register: 215-453-4300.  
**GRASP (Grief Recovery After Substance Passing)**, support group for those grieving the loss of a loved one due to drugs, meets 7-8:30 p.m. first and third Thursdays at Southern Bucks Recovery Center, 1286 Veterans Highway, Bristol, grasp-buckscounty@gmail.com.  
**Lower Bucks Lyme Disease Support Group**, meets 4 p.m. Sept. 20 at Middletown Municipal Building, 3 Municipal Way, Langhorne, 215-741-5902, evelyn@lowerbuckslyme.org.  
**Narcotics Anonymous Drug Problem?**, we can help. Call 424-3779, or 424-624-3575, epama.org.  
**Overtakers Anonymous** meets 10 to 11 a.m. Thursdays (babysitting available) at West Swamp Menonite Church, 2501 Allentown Road, Quakertown; 610-762-3779, oa.org.  
**Overtakers Anonymous** meets 7:30 to 8:30 p.m. Tuesdays at First United Church of Christ, 151 S. Fourth St., Quakertown. Information: 610-295-3860, oa.org.  
**Overtakers Anonymous**, 8 p.m. Fridays (newcomer meeting starts at 7:45 p.m.) at Redeemer Lutheran Church, 246 Hulmeville Ave., Penderel, Info: oa.org, 215-638-1822.

**Pennsylvania Polio Survivors Network**, information and inspiration for survivors and their families, including support group listings. 215-858-4643, papolionetwork.org.  
**Steps To Serenity**, 10-11 a.m. **Anonymous Meeting**, 10-11 a.m. Mondays at St. Andrews United Methodist Church, 999 York Road, Marston, 215-918-3370.  
**WomenHeart**, national organization that supports women living with heart disease, meets 7-9 p.m. Sept. 21 in conference room G/H of Doylestown Hospital, 595 W. State St., Doylestown. Information: 215-431-0705.

**"Clearing the Air" offers tips for quitting smoking**  
The "Clearing the Air: Smoking Cessation" program will be offered at Doylestown Hospital from 7 to 8:30 p.m. in Conference Rooms G/H. The classes will take place Wednesdays, Sept. 16, 23 and 30 and Oct. 7 and 14.  
"Clearing the Air" is a five-session program supported by the

SEPA Regional Tobacco Project. It teaches how smoking affects health, how to modify the behavior and how to move beyond cravings.

This is a free program. Registration is required. Visit DoylestownHealth.org or call 215-345-2121 to register.

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