



CHARLES B. WANG  
COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心

A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.



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OB/GYN (718) 886-1287  
Pediatrics (718) 886-1222

Health Education Department (212) 966-0461

Social Work Department  
Manhattan (212) 226-1661  
Flushing (718) 886-1212

Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Chinatown Health Clinic Foundation, 268 Canal Street, New York, NY 10013 or visit [www.chinatownhealth.org](http://www.chinatownhealth.org). Donations are deductible to the extent allowed by law.

**STAY HEALTHY.  
GET A  
CHECK UP.  
MAKE AN  
APPOINTMENT!**

## What Do You Know About the Affordable Care Act?

If you don't have health insurance, it can be overwhelming to find a health insurance plan that is affordable and meets your needs. You may feel like it is best to just have no insurance at all. The good news is, under the Affordable Care Act, health insurance will be more affordable and easier to find and enroll in for the millions of qualified New Yorkers who are uninsured.

New York State has established a health insurance marketplace, called the New York State of Health. You will be able to search and compare insurance plans that are best for you, your family or your business. Basically, you will be able to find many different insurance options all in one place—like a market. Insurance options will be available at more affordable prices to those who are now uninsured. If you cannot afford to pay for health insurance, you may be eligible for financial assistance to reduce the cost of coverage.

All health insurance options available through the New York State of Health will offer comprehensive services—including office visits, maternity care, hospitalization and emergency room care, and preventive services. You will not be denied health insurance because you have a pre-existing condition. To be eligible for enrollment, you must be under 65 years of age, live in New York State, and be lawfully present in the United States.

Enrollment began on October 1, and the first date of coverage will be effective January 1, 2014. As part of the new law, all eligible people must have health insurance in 2014, or they may have to pay a fine. If you are uninsured, make sure to enroll!

The Health Center is here to help you learn about this new law, and to help you enroll. We have bilingual speaking staff who will assist you to enroll and answer any questions you may have.

**NEED HEALTH INSURANCE? WE CAN HELP!**

**Call us at 212-226-8339 or 718-886-7355**

*To learn more about the New York State of Health, visit*

**[www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)**

# Alzheimer's Disease

## Know the 10 Signs

This November is National Alzheimer's Disease Awareness Month. Alzheimer's is a very common disease. It affects the brain by lowering one's ability to learn and remember. The early stages can start as young as 40 to 50 years old, but this disease mostly affects seniors over the age of 65.

Some people start to show different behaviors when they age, such as being forgetful. Many times, this is natural and normal. The best way to know whether these behaviors are normal or if they are symptoms of Alzheimer's is to go to a doctor. The Alzheimer's Association has identified 10 early signs of Alzheimer's disease. Understanding the signs of Alzheimer's disease is important so that you and your loved ones can receive the care and support that they need. If you notice these signs in a loved one, contact a doctor.

### 10 Signs of Alzheimer's Disease

#### 1. Memory loss that disrupts daily life.

Memory loss is a common sign of Alzheimer's disease. This includes forgetting important dates and events, not just forgetting where you have left your keys or the bills.

#### 2. Challenges in planning or solving problems.

Making a plan, such as cooking a meal, can be a challenge. Activities that take some planning or concentration may be difficult.

#### 3. Difficulty completing tasks at home or at work.

Alzheimer's disease affects one's ability to perform everyday tasks. One may have difficulty remembering how to use appliances like microwaves or remote controls.

#### 4. Confusion with time or place.

A person living with Alzheimer's disease may forget the time and days of the week. They might forget where they are, or how they arrived there.

#### 5. Trouble understanding visual images and spatial relationships.

One of the signs of Alzheimer's disease is vision changes. This can cause difficulty reading, judging distance and seeing color.



#### 6. New problems with words in speaking or writing.

Following or joining a conversation is a problem for people with Alzheimer's disease. They may stop in the middle of a conversation because they forgot what they said. They may also repeat themselves a lot.

#### 7. Misplacing things and losing the ability to retrace steps.

Alzheimer's disease can cause you to forget what you just did. They may place things in unusual places. It is common for people with Alzheimer's disease to accuse people of stealing because they cannot find where they placed items.

#### 8. Decreased or poor judgment.

Alzheimer's disease affects the ability to make judgments. They may find it challenging to manage their money.

#### 9. Withdrawal from work or social activities.

Another sign of Alzheimer's disease is when a person removes themselves from work, family, and hobbies. They may forget how to do their hobbies or play their favorite sports. They may get tired easily around people—even family and friends.

#### 10. Changes in mood and personality.

A person living with Alzheimer's disease may develop changes in their mood and personality. They can get easily upset when they are doing a new activity or going to a new place.

By recognizing Alzheimer's disease early, you can get the help and support you need from your health care provider. Schedule an appointment today if you have family members who have these symptoms. Your doctor can provide you with guidance and resources available for you and your family.

## Patient Portal is Now Available

Managing your health is about to get very easy. The Health Center has recently launched an online patient portal. The portal will provide you with your own personal health page online, where you can see your important health information from your own computer. You can have access to much of your medical information at anytime, anywhere, by just logging on to your page online. This page will not be open to the public—it will only be available to you.

### Step One

Register with one of our Front Desk patient service representatives here at the Health Center. All you need is an email address! You will receive a temporary password, and an email from the Health Center with instructions on how change your password and use your account.

### Step Two

Once you have signed up, you will have access to your page by going to **patientportal.cbwchc.org** and logging in with your email address and password. You can do this from any computer with internet, at any time.

### Step Three

You will now be able to request an appointment or specialist referral, view your lab results and summary of your health records, have your prescription re-filled, and send a message to your medical practice team. You will be able to view this information now in English, and the portal will be available in Chinese within several months.

**Take control of your health. At your next doctor's appointment, talk to a Patient Service Representative to help you sign up for the patient portal!**

### Meet Dr. Allan Ho

*Chief of Obstetrics/Gynecology*

Dr. Allan Ho is an American Board certified OB/GYN. He earned his medical degree at New York Medical College and completed his residency at Maimonides Medical Center. He also received a MPH at Columbia University. Dr. Ho has been practicing medicine for 15 years.



*"I think the Health Center is a gem of a healthcare establishment. The degree of organization and professionalism is impressive. As an immigrant myself, my family received care from the Health Center over thirty years ago. It's gratifying to be able to return and give back to our community."*

### Patient Corner

With great emotion I express my gratitude towards the Health Center's staff, and Ms. Nancy Chen, a care manager, who helped me tremendously. She helped me receive early breast cancer treatment. I was very grateful that cancer patients like me who can't afford expensive health insurance, received treatment and assistance so quickly. In addition, I was fortunate to have such comprehensive services from a professional care team that is highly trained at your Health Center. I sincerely express my gratification toward your Health Center and Ms. Chen. It is a blessing to meet you and receive services here.

*Patient of The Charles B. Wang  
Community Health Center*