



***HASC Diagnostic and Treatment Center
Blanche Kahn Medical Center
Healthy Highlights Newsletter!***



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December 2015/January 2016

Dear Friend,

Welcome to the HASC Diagnostic and Treatment Center, *Healthy Highlights* newsletter. See inside for the most up to date news from our medical center, and what we are doing to better service you!

Primary Care Hours Available Friday Mornings at the Medical Center



For the past month the Medical Center has been offering Primary Care hours on Fridays. The patients are thrilled with the additional hours which offers them convenience and the opportunity to address their medical needs in a timely manner. Hours begin at 9:30 am- call today to schedule your appointment!

Workplace Safety and Handwashing Awareness Week

Did you know that the December houses "Hand Washing Awareness Week"? Coinciding this year with "Hand Washing awareness week"- the BKMC held our annual OSHA training on December 1st 2015, updating all staff on safe workplace practice.

According to the CDC, keeping hands clean is one of the best ways to prevent the spread of infection and illness. Hand washing can prevent the spread of illness in all settings ranging from hospitals to homes and everything in between.

The CDC recommends the following rules for proper hand washing:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Stay healthy everyone and remember your proper hand washing protocol.

Services Available

Medical Services:

Primary Care, Endocrinology, Dermatology, Neurology, Psychiatry, Podiatry, Women's Health

Therapy Services:

Occupational Therapy, Physical therapy, Speech Therapy (Device specialist on staff), Psychotherapy, Psychological and Psychosocial Evaluations

**Evening and Sunday Hours Available!
For an appointment please call:
718-434-4600**

Wishing Everyone a Happy New Year !



On behalf of the entire staff, I'd like to wish everyone a happy and healthy new year.

Sincerely,

Shaina Rosenfeld, MPA
Administrator

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Blanche Kahn Medical Center

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