



# SPECTRUM

## HEALTH CARE

August 20, 2021 – Columbia, Missouri

### SLOW PROGRESS IS STILL PROGRESS!

Rome was not built in a day, as the saying goes. That saying could not be truer than right now. When we talk about the ongoing efforts to end the COVID pandemic, our efforts have taken us far, but we have miles to go. We have vaccinated only 57% of the American population; if this were a test, we would be getting an F. Since we have so much more work to do, Spectrum Health Care will continue to require masking and social distancing for all of our encounters. We encourage everyone to ask about virtual visits for patients or set up a virtual meeting with staff.

We are still planning to be out in the community and participate in events, but our participation will be COVID-safe. Our booths will be marked with social distancing measurements, we will have screens between the public and us, and we will require vaccination proof or a negative test to attend our future fundraising events. We are doing this because we value health – your health, our health, and our community's collective health!

We hear the calls to return to "normal," so if you want "normal," then there are things you have to do. First, get the vaccine. Second, wear your mask. It is simple, two things, and minimal effort. If we do these two things, we will get back to business as usual much faster.

As of August 18, 2021 the CDC has announced that booster shots for full vaccinated persons are to be administered eight months after the original vaccination cycle. You will need to get a booster of the same vaccine type as your original shot. Those who are immunocompromised are recommended to get a booster as soon as possible and not wait eight months. [#CovidProgress](#) [#BetterHealth](#)

---

### MEDICAID EXPANSION FINALLY ARRIVES IN MISSOURI!



In July 2021, [Missouri Foundation for Health](#) awarded Spectrum Health Care an 18-month grant to provide outreach, education, one-on-one enrollment assistance, and provider referrals for consumers across the region. It is estimated that 275,000 additional Missourians will qualify for free or low-cost health insurance through this expansion which will significantly reduce those who are not insured.

This continues the CHWs' role in our agency and the communities we serve, to help educate and assist with ensuring every resident has access to quality health care and insurance. [#MFH](#) [#MedicaidExpansion2021](#) [#AccessForAll](#)

# MID-MISSOURI PRIDEFEST 2021 RETURNS!

It is that time of year again in mid-Missouri and we are pleased to return as a Rainbow sponsor of Mid-Missouri PrideFest 2021 on August 28 & 29, 2021! This year will be a little different – we will be creating the safest space possible for our volunteers, staff, and all visitors to the event. It will be a great time for all and spanning 2 days!



August 28-29, 2021 • 12pm-10pm  
Rose Music Hall • Columbia, MO

Spectrum will be onsite both day from 12pm to 6pm and then enjoy the entertainment and other festivities with everyone else! We'll have staff on site to offer valid information with validated information on your need for including PrEP in your safer-sex practices, Missouri Medicaid Expansion and assistance getting you enrolled, and birth control options through [The Right Time](#) initiative. We will have SHC branding items including t-shirts, pins, masks, cooling towels, and new to SHC, aluminum water bottles! All items will have a **PRIDE** discount!

Check out social media and the PrideFest website for all the details! Hope to see you there as we share our pride! More info may be found on social media using [@midmopride](#) and the Mid-Missouri PrideFest website at [www.midmopride.org](http://www.midmopride.org).

Please stop by and visit with us, grab a cooling towel and learn how we can help make you the healthiest version of yourself. We can help manage your transition or help you achieve any health goal. [#HappyPride](#) [#Inclusion](#) [#Equality](#) [#&Proud](#)

---

## WELCOME NEW STAFF!



**Tomiko "Miko" Surenler, BA/CMA**  
*Patient Service Coordinator*

Miko joined Spectrum Health Care as the newly-created *Patient Service Coordinator*

position for our Clinic in 2021. Miko's skill-set from a diverse work history including the medical field and front-office patient/client interaction makes her a perfect fit for the agency as we expand our client and patient services.

In her spare time, Miko enjoys working on her "Eclectic Blacklight Abstract Art", Spinning Poi, and spending time with her friends and family.



**Laura Ellenberger, MPH**  
*Prevention Outreach Coordinator*

Laura joined the Spectrum team in August of 2021 as a *The Right Time* Educator (contraception program) and *Prevention Outreach* Coordinator. She also fills the roll as the Internship Coordinator and brings a specific understanding to this position as she was an intern for Spectrum prior to joining our staff.

In her spare time, Laura enjoys trying out new dessert recipes, and gardening on her balcony with her cat.

# CARNIVAL OF THE OBSCURE – OCTOBER 28, 2021 • 6:00 PM

Get your costumes ready! Get your carnival game skills primed! Get ready to dance like it is 1985 again with live entertainment from Members Only 80s tribute band! This is going to be one awesome evening! All this as you support Spectrum Health Care and our mission to help everyone achieve better health, and gain better access to health services and providers.



This new event for Spectrum Health Care will be held at the new Farmers Market Pavilion (MU Health Care Pavilion – 1769 West Ash, Columbia). We have designed this event to be an outdoor-focused event with COVID safety protocols in place as needed. This is a spooky and fun carnival affair with games and prizes! Tickets available for games with prizes primarily being gift cards and other items from local businesses. For your \$25 admission ticket you will have access to non-alcoholic beverages, popcorn, funnel cakes, and cotton candy to make you feel like you are at the carnival of your youth! Local food trucks will be on site for more substantial meal desires. For those wanting some adult libations, Arch and Column Pub will be on site pouring for you! *\*Please note: food truck purchases and adult beverage purchases are not included in admission ticket price.*

Sponsorships still available to cover the cost of this event and ensure that our Agency programs and clinic continue to thrive and provide quality services to our community. Please reach out if you would like to donate or provide a sponsorship for this event! Depending on level of sponsorship, additional benefits and perks may be included! Message or call us for more information. (573) 875-8687 #SpookyForACause #80sBand #Carnival

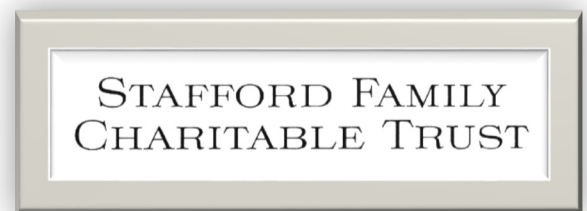


## ADDITIONAL CLINIC FUNDING

Spectrum Health Care is so fortunate to have received two grants to purchase equipment for our Primary Health Care clinic. With these additional funds, we will update current healthcare equipment and purchase new items needed to better serve our patients. #CommunitySupport #BetterHealth



Thank you so much  
*Boone Electric Community  
Trust* and *Stafford Family  
Charitable Trust*! Without you,  
our patients would not be as  
well-served!



*Your Health In Full Spectrum!*



## CALL FOR BOARD MEMBERS



Are you looking for a unique leadership opportunity? If you are committed to our mission: of addressing health disparities and inequalities, to achieve optimal health outcomes for and marginalized individuals and families throughout our large 33-county service region in North Central Missouri, then

**WE ARE LOOKING FOR YOU!**

We are striving to increase the diversity of our Board, which includes having more members throughout our Region. Your time commitment is approximately five hours per month for meetings and committee work, with some additional hours in the months which we hold events.

Since 1993, our volunteer board has been the strategic heart of our organization, ensuring that in our work for clients and patients deliver real results, respond to changes in our community and always deliver the highest ethical standards to be worthy of public support. Won't you consider joining our team and help us make a difference in the health and lives of Missouri residents? [Message](#) or call us today! [#BetterHealth](#) [#SHCmo](#) [#AccessForAll](#)

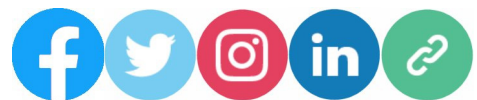
## SAVE THE DATE! CHARITY POKER IS BACK!

**ELKS LODGE #594**  
CBO EVENT CENTER  
4747 E. ELK PARK DR.  
COLUMBIA, MO 65201

**ACES UP**  
FOR **BETTER HEALTH**

**SATURDAY, APRIL 23, 2022**  
3PM - DOORS OPEN  
4PM - EVENT START  
RAFFLES, PRIZES & MORE!

Many details will start to roll out in coming months... STAY TUNED! Sponsorships are available! Our **Presenting Sponsor** benefits will include: Premiere placement on all advertising and marketing materials, ads, etc. with linkage to your website or other contact information; 8 single-entry buy-ins (valued at \$50/each); 8 all-you-can-eat buffet passes (drinks not included); tabling option to promote your business or organization; and MORE!! We have sponsorship levels \$100 and up (benefits increase with level of sponsorship). If interested, feel free to [Message](#) us or give us a call at (573) 875-8687! [#AcesUpCharityPoker](#) [#BetterHealth](#)



Copyright © 2021 Spectrum Health Care  
All rights reserved.

You are receiving this email because you opted in via our website, signed up an event, or are a partner or other contact with our staff.

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

[Add us to your address book](#)

1123 Wilkes Boulevard, Suite 250  
Columbia, Missouri 65201-4774

P: 573-875-8687

F: 573-875-8659

TF: 800-785-2437

[www.spectrumhealthcare.org](http://www.spectrumhealthcare.org)