



The Pulse

Olde Towne
MEDICAL & DENTAL CENTER

January 2021 | Issue 5



5249 Olde Towne Road
Williamsburg, VA 23188
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www.oldetownemedicalcenter.org

January Health Highlights

National Blood Donor Month

Glaucoma Awareness

National Birth Defects Prevention Month

Cervical Health Awareness



~From the desk of the Executive Director

Welcome to 2021

Greetings!

As the first month of the year winds down, Olde Towne Medical & Dental Center continues our Mission of *“Assuring Access to Quality Health and Wellness Care to the Residents and Workforce of the Greater Williamsburg Community.”*

I'm happy to report that 97% of our staff has scheduled or received the Coronavirus Vaccine to date. We appreciate Riverside Doctor's Hospital for facilitating this opportunity. It allows us to continue our laser focus on patient care and quality outcomes. The pandemic continues to have the majority of our attention, and although there is light at the end of tunnel, we must maintain extreme diligence and compliance to “Stop the Spread” by wearing our masks and maintaining social distancing.

Our Dental Department has increased their visits, and they are working exceptionally hard to provide superior care to their patients.

We look forward to having more of our volunteers come back and dedicate their time to Olde Towne in the very near future.

As always, I extend my sincerest gratitude to our donors and community partners. The future continues to look bright, and although there is certain to be change on the horizon, as we adjust to our “New Normal,” Olde Towne is more than ready to take on any challenges that may present themselves!

Be Well...

Beginning is easy --to keep going is hard ~ Japanese Proverb



MARK YOUR CALENDAR

We are beginning to put together our events for 2021. We hope you will put the following dates on your calendar to help support Olde Towne Medical & Dental Center:

February 14 - Valentine's Day Takeout Dinner or Dessert and Entertainment
Participating Restaurants

May 5 - OTMDC Golf Challenge
sponsored by the Ford's Colony

Men's Golf Association at
Ford's Colony

Early June - Hops & Grapes
Wine & Beer Event

September 17 - OTMDC Gala
Venue TBD

Please note that some functions may be
subject to change due to COVID-19
updates and/or restrictions.

Check our website

www.oldtownemedicalcenter.org

and social media for more information
as it becomes available.



Spotlight On...



Alex Ramos

My name is Alexander Ramos and I have been a Clinical Assistant at Olde Towne since September of 2019. I spend a lot of my time here assisting patients with scheduling appointments, answering phone calls, translating for our Spanish speaking patients, and generally any other tasks that help the clinic run smoothly.

Aaron L. Thompson
Executive Director

CRUSH YOUR FITNESS GOAL

January is when we all try to start those health improvement projects, like shedding a few holiday pounds or beginning a new exercise program, etc. If you've been trying to exercise, check out our Facebook page for tips on crushing your goals.
www.facebook.com/OTMDC



Is It A Cold, The Flu Or Covid-19?

How do you tell? Unfortunately, all three of these are respiratory illnesses. All three have similar symptoms making it hard to tell what is minor and what is or could be a major illness. The best way to tell is to contact a medical professional for assessment through either a virtual visit or an in person visit based on symptoms. Don't wait. Flu and Covid-19 can be time-sensitive. For more information, give us a call, 757.259.3258 or visit the CDC website here:

www.cdc.gov/flu/symptoms/flu-vs-covid19.htm



***Just because the holidays are over
doesn't mean you have to stop giving.***

COVID-19 is still forcing many of us to do our shopping online. As you stock up throughout the year, remember to **shop through Amazon Smile** and **list Olde Towne as your charity of choice**. It's an easy way to continue to support the health and wellness of our patients all year long.

My mission is to help patients take care of themselves and their families as much as I can. I love being a part of the OTMDC family but, I will be leaving in August to start the next chapter of my life. I am enrolling in Eastern Virginia Medical School's Master of Surgical Assisting program this fall to pursue my dream of working as part of a surgical team. I hope to eventually attend medical school to become a cardiothoracic surgeon. Although I'll be leaving soon, I plan to make the most of my time here at OTMDC to help as many patients as I can and to make fond memories while doing so.

OTMDC Inclement Weather Policy

As the winter months unfold, we are subject to some inclement weather. OTMDC follows the James City County inclement weather plan as we are housed in a county building. Please take note of our website for information on late openings or closures due to inclement weather. We will always give our patients as much notice as possible on office hour changes. Thank you.



We are listed as **Williamsburg Area Medical Assistance Corp.** So sign into Amazon Smile and choose OTMDC as you shop throughout the year. [Click here to find out more...](#)

BE SOCIAL WITH US!

Follow us:

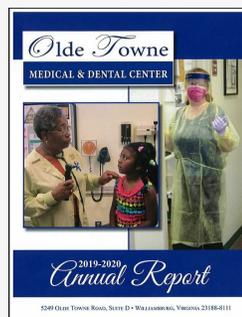


Facebook: [@OTMDC](#)

Instagram: [@OTMDC](#)

Twitter: [@OTMDC1](#)

Olde Towne Medical & Dental Center is seeing patients in person on a limited basis to allow for safety protocols and additional cleaning between patient appointments as directed by the CDC Guidelines for treating patients during the pandemic. We also offer telehealth visits. No walk-in appointments available at this time.



Our Annual Report is here!

If you are interested in learning more about Olde Towne--what we do, who we serve and our accomplishments in the past year and during the pandemic, then check it out. Available on our website at: www.oldetownemedicalcenter.org/2020-annual-report.

Hard copies are available if needed.

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Visit our
website



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