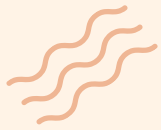


MAY 2023



# Metro Health Newsletter



May is Mental Health Awareness Month



## Organizational Updates

### Mandatory Staff Trainings on Fridays

1. FQHC 101 - Operations
2. Medical Billing - Finance and Billing Team
3. Medical Protocols - Medical Director
4. Finance of the Organization - Chief Financial Officer
5. Maximizing Avaya - Practice Administrators

Contact your supervisor for more details.



## Support Groups

1. Love Your Heart with Kimberly Carpenter - Support group for people with HIV centered on topics and issues about cardio health.
2. Long Term Survivors Chat and Chew with Reggie Williams - Support group for Persons Living With HIV centered on topics and issues that affect Long Term Survivors of HIV and their supporters.



May is Mental Health Awareness Month. Did you know that more than 18% of adults each year struggle with some type of anxiety disorder, including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder, generalized anxiety disorder and specific phobias. Mood disorders, such as depression and bipolar depression, affect nearly 10% of adults each year. Call [\(202\)638-0750](tel:(202)638-0750) today to schedule a tele-medicine appointment with our Mental Health Practitioner.



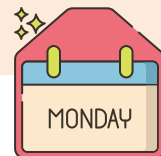
Following FDA regulatory action, CDC simplified the COVID-19 vaccine recommendations to allow more flexibility for older adults and immunocompromised adults to get second dose of the updated bivalent vaccine. More information [here](#).



## Staff Birthdays

May 02 - Labrina Lovett

*Metro Health team wishes you the happiest of birthdays.*



Clinic will be closed on Monday, May 29, 2023 on account of Memorial Day Weekend. We will resume normal hours on Tuesday, May 30, 2023 at 9:00AM

**Metro HEALTH**  
MULTIDISCIPLINARY INTEGRATED AND PRIMARY HEALTHCARE  
*Washington, D.C.*

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