

Name

Address

City, State ZIP

April 2018

Dear [First Name],

For some patrons, the Library is truly a lifesaver.

David, age 30, visits the Central Library of Rochester & Monroe County four or five times each week. He is insured through Medicaid but currently has no primary care physician. So when he saw Nurse Barb at *Health Central* – the Library’s innovative consumer health information center – he stopped in for a blood pressure screening.

“Staff at the Library are my friends,” he said. “I feel comfortable here. I used to be homeless, and now I want to lead the way for other people.”



Barbara Best, retired RN, is one of several medical, legal and social service professionals regularly improving the quality of patrons' lives at Central Library. Nurse Barb volunteers at *Health Central* in the Science & History Division two days a week to monitor patrons' blood pressure, glucose, heart rate, body mass index and vision. Once a month, the Rochester Regional Health Mobile Dentist Unit holds regular hours at Central Library, providing cleanings, extractions and other dental procedures at no cost to people with nowhere else to turn. And around the corner from *Health Central* on the Library's 3rd floor, the *Library Resource Outreach Center* serves patrons five days a week helping with questions about housing, food, employment and legal issues.

While David's numbers are good, approximately 60 percent of the patrons Nurse Barb recently checked have had elevated blood pressure, glucose levels, and/or too high a body mass index. If these critical risk factors are left unchecked, they could lead to a heart attack, stroke or even death. Barb can refer homeless patrons to clinics for additional care, and suggest resources for other patrons.

David's only other option for health care is the hospital or emergency room. The health checks offered at the Central Library saved the cost and effort of a hospital visit and within a more inviting atmosphere.

"I need to make sure my engine is running properly," he said. "I want to keep healthy for my family."

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Sincerely,

Peg Glisson, Board President  
Friends & Foundation of the Rochester Public Library