



The Pulse

Olde Towne
MEDICAL & DENTAL CENTER

5249 Olde Towne Road
757.259.3258
www.oldetownemedical.org

October 2020 | Issue 2



See What's Happening At Olde Towne:



October Awareness Highlights:

World Mental Health Day is
October 10

National Healthcare Quality
Week is October 18-24

National Breast Cancer
Awareness is all month

National Dental Hygiene
Month is all month



Happy Halloween! When you purchase Halloween Costumes, Halloween decor and goodies or Fall decor and items, we ask that you kindly list Olde Towne Medical & Dental Center as the receiving charity when you shop **Amazon**. How do you do that? Just go to **Amazon Smile** and look for Williamsburg Area Medical Assistance Corp. and list us as your preferred donation recipient. 0.5% of your purchases



Meet our Interim Medical Director Dr. Ron Jolda

Dr. Ron Jolda has signed on as the Interim Medical Director as we continue our search for the permanent Medical Director. Dr. Jolda is a Board Certified Family Practice Physician. He was in primary care in Maine and Massachusetts for 30 years. During that time he consulted for Social Security Disability and Massachusetts Disability Services. Dr. Jolda ran the Guild of Our Lady of Providence Free Medical Clinic in Worcester, MA for 10 years. When their last child finished college, Dr. Jolda and his wife, Mary moved to Texas where he worked in the Medical Evaluation Board for the US Army at Ft. Hood for 2 years. Finding the climate too hot, they moved to Williamsburg, VA, where he worked for the US Army at Ft. Eustis and volunteered at Angels of Mercy Free Clinic and Lackey Free Clinic. Dr. Jolda and Mary moved to Christiansburg 3 years ago to work at the New River Valley Community Health Center. He retired from clinical practice in 2019 and they moved back to Williamsburg. Three of their 5 children are in Northern Virginia, one remains in

will come back to OTMDC! It's an easy way to give back to your community. For more information, visit smile.amazon.com

Visit our new website
for more information
on these items.



A Special Thank You

To the **Ford's Colony Men's Golf Association** for their generosity in raising funds to support Olde Towne Medical & Dental Center at their 25th annual Golf Tournament. The tournament had to be postponed this year from May to October 14 due to COVID-19 but was a wonderful success on the new date. Over \$70,000 was raised to benefit the patients of the center. We want to say thank you to the Ford's Colony MGA, the residents, sponsors and volunteers for supporting OTMDC.



Massachusetts and one is in Monterey, CA. Some tidbits about Dr. Jolda - He enjoys flying R/C airplanes, writing software and doing "projects". Dr. Jolda has a Masters degree in BioMedical Engineering from Worcester Polytechnic Institute and loves "engineering challenges". He combines his medical and engineering backgrounds to provide Medical-Legal Consulting to attorneys through his company, PDMG Consulting, LLC. Dr. Jolda says he is "happy to help out at Olde Towne Medical & Dental Center so that we can continue to fulfill our mission of 'assuring access to quality health and wellness care to the residents and workforce of the greater Williamsburg community' while they search for a new Medical Director." Please help us welcome Dr. Ron Jolda.



Our NEW Website Is Live!

We are excited to share that we have updated our website to make it more user friendly. We've added some information to better assist our patients and donors. And now it is offered in three languages, English, Spanish and French. Check it out at www.oldetownemedicalcenter.org



It's Time For YOUR Flu Shot

We all have enough to worry about with COVID-19, so don't let yourself be subject to the flu and its spread too. Make sure you get



Spotlight On...



Chris Rivera

Chris is one of our Registered Medical Assistants. He has been with Olde Towne for 4 years. Currently, Chris helps keep the staff and other patients safe during the current pandemic by screening all patients at the door with a temperature check and asking COVID-19 questions to make sure they have not been exposed to anyone with the virus prior to entry. His typical day includes assisting providers with triage of patients, blood work, EKGs, and immunizations as needed. When not at the center, Chris is a huge *gamer* and loves to build Gundams and other models. Chris says his favorite thing about his job at Olde Towne is being thanked by patients for what he does for them. When you're at Olde Towne, our caregivers are glad to help as evidenced by Chris.

Olde Towne

your flu shot asap. Multiple sites around our community including OTMDC are offering flu shot appointments.

SAFE WAYS TO VOTE



It is an election year and we all need to make our voices heard on November 3 by exercising our right to vote. Here are some reminders of how you can still feel safe to do so during the pandemic:

- Vote Early In Person
- Use Curbside Voting Where Possible
- Use Absentee Voting If That Applies

Waiting to vote in person on November 3?

- Wear Your Mask And Gloves
- Wait 6 Feet Apart
- Use Hand Sanitizer After Placing Your Ballot

More information is available at www.elections.virginia.gov and www.VOTE411.org

BE SOCIAL WITH US!

Follow us:



Facebook: @OTMDC

Instagram: @OTMDC

Twitter: @OTMDC1

Olde Towne Medical & Dental Center thrives through the support we receive from the community. We thank you so much for your generosity. If you would like to help support us continuing our mission

**Medical & Dental Center
Is Following Strict
CDC Guidelines
for treating patients
during the pandemic**

**To assure access to quality health
and wellness care to the residents and
workforce of the greater Williamsburg
community,**

[Click To Donate](#)

**Hope all the Halloween
candies don't go to
Waist!**



Safe Ways To Celebrate With Your Ghosts & Goblins This Halloween During COVID-19

In this time of restrictions on social interaction to prevent the spread of the virus, here are some ways that you can still help the kiddos enjoy Halloween. The following activities have a low risk of contacting the virus and can be fun instead of traditional *Trick-Or-Treating*: Try a "Goodie Scavenger Hunt" around your yard with family or limited groups of friends where kids *search* for the items. Or make a list of Halloween items they can

hunt for while exploring with you around your neighborhood when people are decorated for the season. (Example: A gravestone, a witch on a porch, a ghost hanging in a neighbors tree, etc.). Decorate pumpkins together and have a contest with a prize..

Moderate risk activities might include individual goodie bags set out for small amounts of trick-or-treaters so no hands are reaching into the same bowl. Small outdoor gatherings among family and close friends that have been screened for symptoms. A costume contest for a small group with a prize.

Some general safety rules to follow: Follow protocols for your area; then make sure to wear gloves and masks when putting treat items together. Check temperatures and symptoms before heading out so you don't spread to others. Do NOT layer masks, instead try for face paint and a cloth mask as plastic costume masks do not help curb the spread of the virus and the two together is a breathing hazard. Host all activities outside and if handing out goodies, do so at the end of your driveway, not at the door. As always, wipe down any covered items and check candy for quality and security before allowing children to open. Have a happy and safe Halloween!

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[Visit our
website](#)



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